
connection

The Journal of
Seventh-day Adventist
Kinship International, Inc.

July 2004 • Vol.28 No. 5



Open the door and come on in...

Rehoboth Beach Mini-Kampmeeting



I'm so glad to see you my friend...





...you're like a rainbow coming around the bend.



KINSHIP BOARD

President: Bob Bouchard
Vice President: Taylor Ruhl
Secretary: Bruce Harlow
Treasurer: Karen Lee
Connection Editor: Catherine Taylor
Marketing & PR/Webmaster:
RobbCrouch/Dave Gilsdorf
Church Liaison: Leif Lind
Womyn's Coordinator: Yolanda Elliott
Kampmeeting 2004 Coordinator:
Fred Casey

BOARD MEMBERS AT LARGE

IMRU: Eric Gilleo
KinNet Coordinator: Floyd Poenitz
Office Manager/Member Services:
Fred Casey

Fund-raising: Mark Driskill
Finance: Karen Wetherell
International Coordinator:

ObedVazquez-Ortiz

EXECUTIVE COMMITTEE

Bob Bouchard, Taylor Ruhl, Bruce Harlow, Catherine Taylor, Sherri Babcock, Samuel Pang, Karen Lee

REGIONAL COORDINATORS—USA

Region 1 (PA, NJ, NY, CT, RI, MA, VT, NH, ME) Eric Gilleo
617-524-8210

ericgilleo@earthlink.net

Region 2 (WV, VA, NC, DE, MD, DC)
Yolanda Elliot 410-531-5382
yselliott@aol.com

Region 3 (TN, AL, MS, GA, SC, FL)
Fred Casey 866-732-5677

office@sdakinship.org
Region 4 (MN, IA, MO, WI, IL, MI, IN, KY, OH) Fred Casey
866-732-5677

office@sdakinship.org

Region 5 (TX, OK, KS, AR, LA)
Floyd Poenitz 972-416-1358
floydp@attbi.com

Region 6 (ND, SD, CO, NE, WY, UT, NM) Robb Crouch 402-438-0883
region6@sdakinship.org

Region 7 (AK, WA, OR, ID, MT)
Fred Casey 866-732-5677
office@sdakinship.org

Region 8 (No. CA, NV, HI) Elena Thomas-Blough 480-272-7168
elena4region8@yahoo.com

Region 9 (So. CA, AZ) Bruce Boyd
818-708-7448 cinobruce@aol.com
Michelle Cornwell 760-320-1853
mrcandsb@aol.com

AFFILIATED INTERNATIONAL REGION COORDINATORS

Australia: Noel Thorpe
sdakinhipaust@primus.com.au

Brazil: Itamar Matos de Souza
matos.souza@pmdf.df.gov.br

Canada: Brent Lehmann
rblehmann@telus.net

Europe: Ruud Kieboom
kinshipeurope@yahoo.com

Germany: Roy Ratzer
info@had-ev.de

Central & South America:
Alexander Gomez Pasco
alexpasco@yahoo.com



Who we are...

Seventh-day Adventist Kinship International, Inc. (Kinship) is a non-profit support organization which ministers to the spiritual, emotional, social, intersex and physical well-being of Seventh-day Adventist lesbian, gay men, bisexual, and transgendered individuals and their families and friends. Kinship facilitates and promotes the understanding and affirmation of LGBT Adventists among themselves and within the Seventh-day Adventist community through education, advocacy, and reconciliation. Kinship is an organization which supports the advance of human rights for all people.

Founded in 1976, the organization was incorporated in 1981 and is recognized as a 501(c)(3) non-profit organization in the US. Kinship has a board of up to 15 officers and 13 regional coordinators. The current list of members and friends includes several thousand people in 20 countries.

SDA Kinship believes the Bible does not condemn, or even mention, homosexuality as a sexual orientation. Ellen G. White does not parallel any of the Bible texts, which are often used to condemn homosexuals. Most of the anguish imposed upon God's children who grow up as LGBT has its roots in a misunderstanding of what the Bible says.

Support Kinship

Kinship operates solely on contributions from its members and friends. Help us reach out to more LGBT Adventists by making a tax-deductible donation to SDA Kinship International. Please send your check or money order to the address below (VISA and MasterCard also accepted).

SDA Kinship, P.O. Box 49357, Sarasota, FL 34230-6375 — 866-732-5677

Visit SDA Kinship's Web Site at: www.sdakinship.org

Philippines: Jonathan Co
cancer108@hotmail.com

OTHER COORDINATORS

Intersexed Coordinator:

Carolyn Parsons 425-917-0842
kinshipintersex@hotmail.com

Transgendered/Transsexual Coordinator:
Sandra Hoffecker
sandrahoff@aol.com

CONNECTION

Circulation: Fred Casey
European Editor: Ruud Kieboom
Photography: Bruce Harlow
Production: Karen Wetherell

INFORMATION

The Connection is published by Seventh-day Adventist Kinship International, Inc. Principal office: P.O. Box 49357, Sarasota, FL 34230-6375; 866-732-5677. Submissions of letters, articles, pictures, art work, and graphics are welcome. Include your name as you want it published, address and telephone number. If an item is to be acknowledged or returned, please include a self-addressed, stamped envelope. Some Connection contributors have chosen to remain anonymous or use pseudonyms.

The Connection reserves the right to edit manuscripts for length, syntax, grammar, and clarity. Address all submissions to the Connection, P.O. Box 49357, Sarasota, FL 34230-6375. Inquiries and article submissions may also be e-mailed to office@sdakinship.org. The mention or appearance of any names, organizations or photographs in this publication is not meant to imply a fact or statement about sexual orientation or activity.

Subscription requests or address changes may be sent to: Subscriptions, P.O. Box 49357, Sarasota, FL 34230-6375, or call 866-732-5677. The Kinship mailing list is confidential and used only by Kinship officers. The mailing list is not sold, rented, or exchanged for any purpose.

© 2004 Connection. All rights reserved. Reproduction in whole or in part without permission is prohibited. OPINIONS EXPRESSED HEREIN ARE NOT NECESSARILY THOSE OF SDA KINSHIP INTERNATIONAL. Member of the Gay and Lesbian Press Association.

Welcome...

to the Rehoboth Beach Mini-Kampmeeting issue! We're delighted that you could join us, at least in this

Connection format. Each year the number of carbon based

units attending gets larger. This year we overflowed into hotels, a local Methodist Church, and the beaches. We flew kites, ate great food, talked for hours...and hours...and hours...went shopping and enjoyed great speakers and good fellowship. This year our Friday night format shifted a bit. One of our neighboring accountant/therapist teams prepared a meal for us to share (no one died of food poisoning), we had a get acquainted circle, and finished up with an evening devotional. Sabbath morning we began our annual tradition of having Sabbath School. Thank you teachers. Thank you speakers. Thank you singers. Thank you David for leading the singers. Thank you Yolanda for organizing this wonderful weekend. Thank you Joyce for playing such a great keyboard...and for loving Yolanda...

Barley Harvest Beginnings

Friday night devotional from Mini-Kampmeeting..

Barley was the first crop harvested during the springs of ancient Israel. It was the grain that reached up from the earth after the winter rains to provide fresh food for the people of a desert agrarian world. It was the barley wave sheaf that became the gift of Passover services. And it was the Passover service that reminded us that there had been slavery, and that there would always be freedom, offered and paid for by a loving and redemptive God. When the writer of Ruth slipped in the subtle sentence that became verse 22 of the first chapter of the book, I can just imagine most Hebrew listeners waking up from what could have been a romantic bed time story and beginning to listen with sharpened ears. Passover means someone has been in slavery. Passover means someone is going to be sent as a redeemer. The questions are all about "who."

"In the days when the judges ruled, there was famine in the land." Since this is a theocratic state, we already know that the reason there is a famine of calories is because the people have

apostatized and there is also a famine for the word of God. Even more ironically, the famine story focuses on Bethlehem, whose very name means "house of bread". From Moses' farewell sermon a few years before, we know that the way to deal with both famines is to return to a worship of the covenant Yahweh. Elimelech's name means "God of the King". His wife is called Naomi; in Hebrew, "pleasant", "a delight", "splendor". In a particularly Hebraic heartbreaking vignette, these two people whose names should have indicated they would be the first to bring back the people to true worship and full stomachs, chose to make their home in Moab. Now, if this was a silent movie back in those days, you would hear the piano rumble, the audience moan hisses and the tension mount precipitously. Moab was the people who almost destroyed Israel, right on the borders of the promised land. Their king Balaam sent for Balaam to put a curse on the immigrants. That failing, they literally seduced the people, almost at the Jordan River. Tens of

thousands died and Israel dripped with bitterness towards the people who had begun existence as their relatives.

For Elimelech and Naomi to choose to head south during the famine was to choose to take themselves even further from the source of life. The results were predictable. First Elimelech, then his sons died. Naomi was left forfeit with two Moabite daughters-in-law. She, and the Hebrew readers of the story, know that if the Moabite women step foot into Israel their lives are in danger. Feeling toward this particular country is so strong, that its women could be killed with impunity. Naomi hears that there is food again in Bethlehem and decides to go home. Despite the local belief that it is the daughter's duty to care for the mother and mother-in-law, Naomi does the gracious protective choice and tells Ruth and Orpah to go home, where it's safe.

Now, here's where the story really gets interesting for me. Orpah, like any sane woman,

We're trying to continue a practice of asking people questions for each issue of the Connection so we can get to know each other a little better. At the Mini-Kamp, Catherine asked folk what brings them to Rehoboth and what would they like to say to other members of Kinship.

TJ: It's nice to see folks. I like to come to social events. This is a great group of people. I don't go to church or the vespers kind of stuff. We like the community though.



Denise: I come here to mingle with GLBTI SDA's (whew..that's a lot of acronym). I come to the beach to fly my kite, to feel the breeze, to see the ocean. When I see the ocean I picture God's creation of all the earth. And, I come to see

my favorite seagulls. I think it's important to show that a deaf woman wants to mingle with other



people who have similar interests. I would like it if more people made more effort to learn deaf culture. I

would love it if they would learn just enough sign to talk to me. There is a difference between being an interpreter and just signing. Some people don't know the difference.

Alex, my interpreter, cannot say

Barley Harvest Beginnings...

Katie: TJ brings me here. I didn't even know of Adventists. I'm so excited to find a group of people who are vegetarians.



Fulton: That's a tough one. There is so much I would like to say to Kinship folk. I can talk about mini-Kampmeeting. I came here to get together with the members of Region 2. It's like a refreshing of my interest in Kinship. It's being connected again. The meetings, the vespers open up the line of connection we have. I feel more drawn to the outlook on life. I like getting together with people who understand my experiences in life.



Andrew: What brought me here? American Airlines and Budget Rent-a-Car. Kinship is very important to Samuel. And Samuel is very important to me.

heads home where it's safe. Ruth, in what could have been considered suicidal lunacy (or incredible love) insists on heading north. She, the erstwhile pagan, speaks in Covenant language so strong, it's almost only been heard from the mouth of the Holy One. "Don't urge me to leave you or to turn back from you. Where you go, I will go. Where you stay, I will stay. Your people will be my people. Your God will be my God. Where you die, I will die. And there I will be buried." Ruth, like the later Redeemer, leaves a place where she is loved, fed, and safe to go to a land where she almost certainly will be killed. Ruth, like the later Redeemer, chooses to make a covenant of love and commitment to someone who had lost their vision, lost their way, and lost their hope. Ruth chooses to make her life, and her death, in the land where she is heading in her love for a heart broken soul. "May the Lord deal with me ever so severely if anything but death separates you and me."

In what has to be the ultimate Hebrew understatement the writer says "When Naomi realized that Ruth was determined to go with her, she stopped urging her." Determined certainly was one way of framing that behavior...

We know what happened in the rest of the story. We know that Ruth lived. We know that Ruth was blessed and through her blessing brought unexpected life to Naomi. We know that Ruth's chromosomes, with their amazing courage, surprising love, unusual hope and history shifting optimism became part of the double helix that fed King David and a gentle Messiah. The power of her story even shifted Biblical laws. No descendent of a Moabite was allowed to worship in the sanctuary for ten generations. Four generations from Ruth, her great great grandson lit the fires of the most beautiful home for Yahweh this planet had ever seen. Generations after that, another descendent became the incarnation of the Shekinah Glory.

God's love and Their people almost never fit into neatly prescribed, church approved categories. God defines true followers as those who move where they are called, who love with an everlasting love, who call for justice, who hold up the vulnerable, who place flesh on dry bones, and reach up to realms whose seat is seen through the curtains of the nebula.

Blessings. •

what she feels. Sometimes the interpreters are straight and sometimes they are lesbian. They stick by the code of ethics but I imagine Alex thinks this is cool. Often, my interpreters ask me about the group. I talk about our activities.

Stanley: For me, Kampmeeting is a spiritually and socially great experience. I was blessed to have circumstances work out so I could come here. I've been having significant stresses and I thought I could use some spiritual refreshment. I've gotten both. It's a lovely environment and I can only rave about the food. There are those who say that as the oppression of sexual orientation wanes and we become more amalgamated into society, the need for Kinship will disappear. The reality is that many people experience oppression or repression which is traumatizing for them. I think what Kinship offers can be life saving in some cases. The need for Kinship gets underscored when we hear coming out stories.

Jeremy: Leif's son is my best friend. I got connected with Kinship five or six years ago. Recently I talked with Leif and Taylor. They sent me materials and invited me up here. I'd like to say hello to some of the people I am just meeting.

David: Sometimes I would like to have us have a strong voice in the church. The binder here is our Seventh Day Adventist background. I'd like to see us use our background to be a strong, positive influence in our churches. Sometimes when the church finds out we are gay or lesbian they want us to go away or take a back seat. I think it's important that we



Local News

Our most wondrous production genius is retiring after the Kampmeeting 2004 issue. If you would like to work as our production person or become the new editor of the Connection, please let Bob know, about two days after you get this issue, so we can plan. Ted is collating all of our production processes so the person kind and adventurous enough to take over this post will have a clear and easy format to follow. It would be helpful if you could work tightly as a team, and be able to "produce" at least once every five or six weeks. Many thanks for considering this.

On the immigration front, one of our beloveds has finally gotten a three year visa!!! Kudos!! This answer to many prayers is also thanks to another one of our beloved churches and facilitated with the help of Dave Ferguson. Yea to everyone involved in the process, whether or not you can have your name placed on these pages.

Two of the Kampmeeting speakers for this year are Ron Oden, Mayor of Palm Springs, and Dr. Arlene Taylor. Ron Oden, the out-and-proud Mayor of Palm Springs, California, is a graduate of Oakwood College where he studied to become a Seventh-day Adventist minister. Ron, who will

don't go away. I'm gay and SDA and I'm here to stay.

The fellowship and the community brings me to mini-Kampmeeting. Here I can be at ease. To be with people who are loving and confirming is wonderful. Two years ago I came here and I wanted to come back and be a part of this.

be arriving at Menucha on Wednesday, is looking forward to participating at Kampmeeting, and will be addressing us on Friday, with thoughts on what it means to be a gay mayor with Adventist/ministerial roots. That should be interesting...! Dr. Arlene Taylor, (<http://www.arlenetaylor.org>), a well-known international conference speaker, lives in Napa, CA. She is remembered for her lively presentations on the brain and its functions ("Male-Female Differences", "Music and the Brain", etc.), and will be speaking to us on Thursday and Friday. There will of course be other interesting seminars and speakers, but thought you might be interested in hearing of these two. Kinship does not normally announce speakers ahead of time for reasons of confidentiality, but these speakers have consented to have their names shared.

Kinship's Europe Region

Coordinator, Ruud Kieboom, recently wrote and submitted an article titled, "Devout and Gay", to the Dutch magazine "Vroom en Vrolijk". Congratulations to Ruud -- the article was accepted for publication June 2004. Hopefully he will bring a copy of the article (in English?) to Kampmeeting where we all can enjoy his effervescent personality. •

Karen: What brought me here? MY Impala. (She and Andrew must have a similar sense of humor.) I appreciate so much the loving concern the members of Kinship show for each other and especially the tenderness shown to new members just beginning their journey, by older members who have heard the stories time and time again. I came to Mini-Kampmeeting for the chance to worship God and be completely myself.

A Different Set of Wheels

Out of Africa with Larry Hallock

It was a chair that could have come from a 1950s dining set; aqua blue, tubular metal frame, vinyl cushion. Lashed to the top of our Toyota Land Cruiser, it was like the spotter's seat on a safari vehicle. People from Addis Ababa to Yabelo, 355 miles to the south, might have wondered who was supposed to ride up there and exactly why.

Yabelo offers considerably more than the typical smaller villages of round huts with mud or grass roofs in this part of southern Ethiopia. Its dirt streets are laid out in a grid and most of its homes of stick-and-mud construction are rectangular and have corrugated metal roofs. Yabelo even has a bank that's about the size of a four-car garage and has several employees: one to operate a manual typewriter, one to dispense cash and three to sign off on a simple transaction to change money. But only after the serial number of each \$20 bill has been recorded in triplicate carbon copy.

The main drag is lined with several blocks of small, open-front shops that look more like shacks by American standards. They have dirt floors, sometimes covered with mats, and most are illuminated

only by daylight. Some sport flimsy electrical cords running to bare light bulbs that take advantage of generated electrical power when there is some.

These shops sell sugar, condiments, cloth, grain, incense, new and used clothing, basic pots and pans and so forth. Two shops display half a dozen rudimentary mannequins of painted plastic which hang on wire under a tree like so many female outlaws brought to justice in their finest. Shades of the regretful Miss Otis in her velvet gowns.

Kassahoun, our driver, stops in front of a shop where bicycles are repaired. (Oddly, there aren't many bicycles in these parts.) We untie the chair on top of the car and lower it to the ground, along with some parts that go with it. A crowd of thirty or so gathers to watch as the parts are assembled; the seat, a floor, and some wheels. An old tire pump that looks like it was salvaged from a junk yard falls apart in the hands of the shopkeeper. But he manages. While he inflates the tires, I turn to watch the colorful traffic: people, goats, sheep, cows, a camel here and there, and the occasional donkey-drawn rickshaw.

A large field nearby is the site of Yabelo's weekly market. That's not today; the field is bare. Gazing across it, I happen to focus on two guys riding a bicycle in the distance. As they come closer, I notice they're grown men, not boys. One is pedaling, one riding

the sidesaddle bar. I don't think this scene is particularly odd in a place where nearly everything that hits my eyes is unusual to me. The bicycle seems to be heading for me, and indeed comes to a stop right in front of me. Only the one who is pedaling gets off the bicycle. Dismounted, he picks up his friend in both arms and lifts him down. Lifted to the ground the leg of the cyclist's friend seem to fold away and out of sight, like the roof of a hardtop convertible. He appears to be standing from the waist.

The first man picks up his friend again and steps toward the crowd surrounding the wheelchair. Just as the last bolt has been tightened and the tool set aside, the crowd parts, and the two friends move into the inner circle. The polio survivor is placed in the wheelchair and everyone cheers. The celebrity of the moment just grins like it's the best day of his life. There are no speeches, no fanfare. Someone starts to push the chair, and the crowd parts again. I take pictures as the man moves back across the field in the direction from whence he came, on a different set of wheels.

The entire event seemed as choreographed and as perfectly timed as a wedding. Before we knew it, the revelers were left to mingle and talk about the weather. •

Beastly Health Notes of the Month

All fats aren't created equal -- some are necessary for your dog's health.

Feeding your dog a balanced diet that includes healthy omega-6 and omega-3 fatty acids helps regulate blood flow to your dog's body tissues and aids in blood clotting after injury. Early research also suggests that omega-3 fatty acids may inhibit certain cancers in dogs....Many common over-the-counter and prescription medicines can be poisonous to pets, including aspirin, acetaminophen, vitamins, and sleeping pills. According to the ASPCA, just one regular-strength ibuprofen pill (200mg) can trigger stomach ulcers in a 10-pound dog. Exercise caution by always storing medicines out of your dog's reach. •

Comments...

Ron: Curiosity brought me here. I haven't spent much time around GLBTI SDAs. I've spent more time around non-SDA GLBTI people. So, it's curiosity as well as a chance to get to know some members of Kinship. I've enjoyed the fellowship. I've especially enjoyed the music, the Friday night vespers and the Sabbath Programs. It's refreshing to see gay Adventists who are still enjoying Sabbath and being individuals inside the church.

Ah, things I would like to say to other Kinship members? It's important to make others feel welcome. Have fun. Don't be afraid to have fun. Be a Gladventist, not a Sadventist. •

The Other Side of the Blackboard

(These thoughts were contributed anonymously)

Like every teacher, at the beginning of each new school year I always feel a trace of nervousness, very eager to succeed and unprepared. However, my situation is unique. These emotions overcome me not only because I'm worried about the new curriculum, the various visitations by my superintendent and principal, meeting the expectations of the parents, and having good classroom management; but rather, I'm worried because my job is on the line. I'm gay and also happen to teach in an Adventist school.

To many people, hearing "gay and Adventist" teacher in the same sentence seems to be an oxymoron. After all, each year I sign a contract that strictly states that I will uphold Adventist doctrine and policies, including their statement on homosexuality. It's embedded in the curriculum. Every year, I come to that dreaded chapter in the science book that completely denounces the gay lifestyle. And even during casual dialogue with my colleagues, I'm sometimes forced to hear about their opinion about what's wrong with this world-including their view that homosexuality is a sign of the end of times. It's enough for any gay, Adventist church member to cringe. It's even harder to bear as I realize that not only does being gay make up who I am as a person, but also that I happen to be a very good Adventist teacher.

Does my position as Adventist teacher undermine the churches mission? Should I resign my position so that I can be more honest with myself as well as with my employer? Each new school year is a theater of dramatic expressions, self-doubt and hope. While there are no easy answers to these questions, I believe that I have been commissioned by God to carry out His work. I have realized that my job first and foremost is not to teach about my sexuality, but to prepare children for eternity.

Why am I an Adventist teacher? I work at my school, not because I want to deceive students, parents, and my fellow colleagues alike, but because I want to show God to my students each and every day. More important than math, reading, and writing instruction is how I teach them how to live as Christians-how God's grace brings balance to your life and weathers the storms.

This year I am making a commitment to cast all my doubts that I have of being an effective gay, Adventist teacher. My prayer each and everyday will be, "Lord, take me as I am!" God has worked miracles in my life, and I'm excited to find out when I get to heaven why he wanted me in the Adventist system of education. But until then, I will be carrying out His work as long as I feel the calling of the Holy Spirit. •

Websites of the Month

http://story.news.yahoo.com/news?tmpl=story&cid=101&e=3&u=/po/20040702/co_po/trialgenerichivdrugcombworks

<http://members.aol.com/CuttyhunkRose/geese.html>

<http://www.katu.com/news/story.asp?ID=69097>

<http://www.lambdalegal.org/cgi-bin/iowa/documents/record?record=1013#II>

Humane Health Notes of the Month

In a study, men with a large circle of friends that they saw regularly were almost half as likely to develop heart disease compared to men who had little social contact or support. Both casual friendships and deeper, more supportive relationships appeared to be protective of heart health.....Although gradual muscle loss is a natural part of the aging process starting at about middle age, it's not something you have to accept. Research shows that regular exercise, and particularly strength training, helps to halt age-related muscle loss in both men and women and helps them maintain their strength late in life..... A diet with a moderate amount of fat in it may be best for health. In a recent study, both moderate- and very low-fat diets of similar calories helped overweight people lower their bad cholesterol, but only the ones on the moderate-fat

diet maintained their healthy levels of good cholesterol. The caveat: the moderate-fat dieters stuck to unsaturated forms of fat..... Folate is a water-soluble B vitamin and occurs naturally in food. A study revealed that getting enough folate in your diet now may help prevent a stroke later in life. Folate was particularly effective in decreasing the risk of ischemic strokes, the most common kind of stroke.....Research shows that sweet or salty foods may taste even sweeter or saltier when you are really hungry. Skipping meals can increase your sensitivity to these tastes. When your stomach is rumbling, grab some fruit or some slices of your favorite raw vegetables to quell the noise and keep your taste buds sane.....A recent study in women revealed that an inability to concentrate could be a symptom of iron deficiency. In the study,

iron-deficient women performed worse on a cognitive test compared to women who had sufficient levels of iron circulating in their blood. Food sources of iron include enriched bran flakes, lentils, lean red meat, and turkey. ...Research has shown that the time of year that a person receives cholesterol testing may play a role in the results. In a study, people tended to have higher cholesterol readings in the winter than they did during the summer. If your readings were borderline high or borderline healthy, consider having them checked at a different time of year

next time.....Within an hour of eating a fatty meal, study participants experienced increases in inflammatory proteins that are associated with heart disease. The inflammatory proteins

remained elevated for as many as three or four hours after the meal. Lower your Real Age each morning with a serving of high-fiber cereal, fresh fruit, and skim milk instead...A recent survey revealed that many people who walk for exercise don't walk often enough to maximize the health

benefits. A comprehensive exercise program with several different activities in addition to walking, such as swimming and calisthenics, may help people better meet their minimum physical activity needs..... Playing with your dog not only keeps him or her young, but also keeps you young, too. Regularly spending quality time playing or bonding with your pet can help protect your heart. Research shows that pet owners have lower blood pressure levels than non-pet owners. Healthy blood pressure levels can help reduce your risk of heart attack. ...Research suggests that adequate magnesium intake may help protect against heart disease. However, studies also show

that most Americans don't get enough. Trading mayo for several slices of avocado on a sandwich can up your intake by as much as 50 milligrams. Other sources of magnesium include pumpkin seeds and cashews. ...Experts agree: a diet rich in fruits and vegetables can reduce your risk of chronic diseases. And strawberries are one of the healthiest fruit choices around. In addition to

delivering a high dose of heart-healthy vitamin C, strawberries are packed with phytochemicals and flavonoids that have been credited with cancer-fighting powers. ...In a small study, men and women who drank about 17 ounces of cold water after a meal temporarily experienced a 30

percent increase in the rate at which their bodies burned calories. The increased calorie burning was attributed to thermo genesis, a process by which the body burns calories for digestion purposes. ...Vitamin E is vital to optimal health. Not only does it help keep bad cholesterol from sticking to artery walls and causing heart attacks, but it also helps protect your cells from potentially cancer-causing cellular damage from free radicals. Boost your intake of E with hazelnuts, sweet potatoes, peanut butter, and safflower oil, or take a supplement. •

*If you don't know where
you are going,
you might wind up
someplace else.*

—Yogi Berra

Recipe of the Month

Fred Casey

Okay here is the recipe for Jacob's Pottage, Jacob's Guile or as some call it in the Middle East, Mejedra.

Feeds 8

Preparation Time 1 hour - can be made ahead of time and the pottage reheated in the oven or microwave (there are some who say the flavors of the pottage improve over time so making this a day ahead may be an flavorful advantage) Great for large groups, just multiply the ingredients Can be vegan - substitute olive oil for butter or just sauté the onions with water; the rice must be sautéed with some type of oil. Meat eaters love the flavors of this dish too

3 medium onions, chopped coarsely
3 cups (1 small bag) dark lentils
1 cup medium or long grain rice
4 Tbsp butter
1 bag lettuce greens, preferably the weed type
2 large tomatoes, cubed (I like a lot of tomato, otherwise pick medium ones)
1 medium cucumber, peeled and sliced
1 bunch radishes, sliced or quartered
1/4 cup lemon juice
3/4 cup extra virgin olive oil
1/2 tsp paprika
Pinch sugar
Garlic salt to taste

Pottage

1. Quickly sauté onion in 3 Tbsp butter and transfer to large cooking pot when half cooked
2. Sauté rice in 1 Tbsp butter - do not brown, it will turn clear briefly and then back to white - transfer to large cooking pot
3. Add washed lentils to the onions and rice in the large cooking pot and cover with water (2" more than lentils, rice and onions)
4. Cook on medium heat stirring occasionally and adding water if necessary for 45-60 minutes.
5. Start salting to taste in the last 15 minutes.

Dressing

1. Pour lemon juice into blender
2. With the lemon juice whipping, gently pour olive oil into lemon juice until it is all in. Stop the blender
3. Add the paprika, sugar and 4 or 5 shakes of garlic salt
4. Mix the dressing and re-salt until sharp "edge" of the lemon disappears

Salad

1. Mix the greens, tomato, radishes and cucs together.

Plating

1. Spoon hot pottage onto a large dinner plate
2. Add salad mixture on top of the pottage
3. Use dressing freely over the entire dish

Enjoy!!

–Thank you Fred!

•



25th Annual SDA Kinship Kampmeeting

August 15-22, 2004

Portland, Oregon USA

Register online at www.sdakinship.org