



# CHIP CHAT

FOR ALUMNI & FRIENDS - JANUARY 19 , 2003

**WELCOME TO CHIP CHAT...** a bi-monthly publication of the Adventist Chip Association. Many of you will be receiving this CHIP CHAT newsletter for the very first time... and it may be because Harold Burden has passed along your name and email address to me... or you may have been on my list from the past year. We are setting up new mailing lists for this new year and we solicit your help. If there are any typing errors in your name or you wish to receive this at a different email address for whatever reason, please let us know... we want to do our best for you.

If you like this CHIP CHAT and would like it sent to alumni or friends, you can forward this to them... or you could provide us with a list and we would do it for you. Also, we are often looking for stories or interesting items to include in future issues... so we appreciate you sharing with us so we in turn can pass it along.

Sherwin Goerlitz [chipchat@sdachip.org](mailto:chipchat@sdachip.org)

## Quotable Quotes

“It took me a quarter of a century to learn this. Diets do not work.” –*Oprah Winfrey, January 2, 2003*

"Safeguard the health of both body and soul."  
–*Cleobulus, one of the Seven Sages of Greece*

*"God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me."*  
–*Author Unknown*

“We are taught you must blame your father, your sisters, your brothers, the school, the teachers –you can blame anyone but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change, you're the one who has got to change. It's as simple as that, isn't it?”  
–*Katherine Hepburn, American actress*

## Inspiration

We had a massive winter storm that knocked out the power to all the Gulf Islands for about a day, so I got out a little battery radio and tried to find out the extent of the damage. In the process I came across a station that broadcasts yesterdays TV shows, and Oprah was doing her January 2 show with Bob Green, her personal trainer and health guru. It was an excellent show.

With 64% of the nation overweight, many people have made resolutions to reduce... or exercise more... and most of us have already failed or given up. How can we make this year better and win at the losing game? Here is the short list that Oprah shared on her January 2 talk show... sounds almost like CHIP!

- Cut back on ‘white foods...’ sugar, refined cereals, salt, etc.
- Know your emotional challenges and why you are using food for comfort.
- Diets don’t work, so customize your own plan.
- And the single thing that helped her most was to stop eating 3 hours before bedtime... just don’t eat late at night.
- The next key was eating a healthy breakfast.

Another keeper from the program was her **Contract**. She signed a Contract with her trainer, Bob Green, that for six weeks she would do certain things and not do certain things in order to improve her health. It’s really good. Check it out in the “Cool Websites.” It’s another tool that may help you stay committed to your goals. Her January “O” magazine is dedicated to health and is well worth a read. All the best to you as you continue to figure out what works best for you.

## Cool Websites

Next best to picking up the “O” Magazine off the newsstand is to check it out online: <http://www.oprah.com/> I spent an hour poking around this site.

If you want to see the awesome Health Contract that Oprah signed, check it out at: [http://www.oprah.com/health/omag/health\\_omag\\_200301\\_fit.jhtml](http://www.oprah.com/health/omag/health_omag_200301_fit.jhtml)

### **Study: OBESITY SHORTENS LIFE SPAN BY 3 TO 14 YEARS**

<http://www.cbc.ca/stories/2003/01/07/obesity030107> check out the whole story.

New York Times article on the Merits of eating Nuts

<http://www.nytimes.com/2003/01/15/dining/15WELL.html?ex=1043736329&ei=1&en=c054be551aa7d787>

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

## Food for Thought

### Fun with Nuts

Over the holiday season we keep a large bowl of mixed nuts on the table, and the spin-off fun from cracking them and playing “**Gotchya**” adds to the festive season. Do you know what I’m talking about? When you get a nut, like an almond, that has two nuts inside, (you normally would only get one nut out of an almond shell,) you give one nut to someone else to eat and you eat the other... then you say, “let’s play Gotchya.” Now, the first one to say that word, “Gotchya” after 12:00 midnight that day to the one who ate the other nut with you, will receive a small present from the one who you “got”. If you haven’t done this, it’s a lot of fun... especially if you play it with generous friends –you can get some neat little gifts! Does anyone else do this? ...or are we the only ones who are NUTS! (pun intended) Let me know, OK?

### Planning Meals that Include Nuts

There’s a great article in the last “Canadian Adventist Messenger” about nuts. It was reprinted with permission of the Vegetarian Nutrition & Health Newsletter published by Loma Linda University School of Public Health.

Have you ever wondered how many nuts it takes to equal a serving? It said that a serving of nuts is one ounce or about one-quarter cup. A serving of nut butter is two tablespoons. Depending on the type of nut, a serving provides about 160 to 200 calories. And in case you don’t have a measuring cup handy, here’s a rough guide to the number of nuts in an ounce.

**1 ounce** = 24 almonds, 8 Brazil nuts, 18 cashews, 20 hazelnuts,  
11 macadamia nuts, 35 peanuts, 15 pecan halves, 47 pistachios, 14 half walnuts

Shirley just made a wonderful fresh batch of granola, and as you know, the nuts really add a lot to it. There are so many ways that you can use nuts; in baking, in stir fries, in entrees or making salads... or for an occasional snack! Just remember what Hans says about snacks... ***“The bigger the snacks, the larger the slacks!”***

***There’s another great benefit from eating nuts... they help lower cholesterol!***

“Nuts in general have been studied extensively and have been found not only to lower blood cholesterol levels, but also to provide a corresponding decrease in the risk of heart disease. This study on nut consumption was conducted at Loma Linda University and has received international attention. Those who consumed nuts one to four times per week lowered their risk about 25 percent... those who consumed nuts more than five times a week cut their risk in half. Previously, health professionals commonly encouraged patients to avoid nuts because of their high fat content. Now we know that nuts in small to moderate amounts are part of a healthful diet because they supply some fat nutrients that are beneficial for preventing heart disease.” –Neil Nedley, MD. *“Proof Positive”, p. 68*

## My Story

I am 69 years old and the recipient of an Angioplasty (1986) and six bypasses (1997). Not too good a history for a former better than average athlete and someone who was always proud of his health and physical condition. Medication and “eating in moderation” did little to reduce my high blood pressure, cholesterol, prostate PSA, my 270-pound body, nor my tendency toward depression.

In February of 2002, I became involved with CHIP and bought into the program “hook, line and sinker.” Since then I have been 100% vegan, given up on wine and do a fairly consistent job of walking, swimming and lifting weights. Something happened to me during my first CHIP session that is akin to a new birth or being born again. One can now see that I am in the mid-170 weight wise, records bare witness to my blood pressure being routinely in the 120 over low 80’s or high 70’s and my cholesterol in the 150’s and lastly my PSA has dropped to 1.3. Neither have I experienced any bout of depression.

Now having said all of the above, I fear that it might sound like bragging, but I share this with you with the deepest humility and sense of gratitude to the CHIP program and the volunteer staff.

Sincerely, **Bob Kastama** (submitted by Diane Meharry Chip Director –Puyallup, Washington)

## Recipe of the Day

### Eleven Mothers Garlic and Spinach Soup

Adapted from *The Roasted Vegetable*, by Andrea Chesman (Harvard Common Press, 2002). This delicious broth, fragrant with garlic and rich with the vitamins and minerals of fresh spinach, takes its name from an old folk saying that garlic is as good as ten mothers. Since Shirley modified this, it’s even better and now we have eleven mothers involved!

What a tasty, nourishing soup to ward off those winter sniffles and sneezes... they won’t come near you after this! We made a meal of it with wheat toast and cherry tomatoes. Serves 4.

- 2 heads of garlic**
- 2 teaspoons extra virgin olive oil**
- 5 cups good quality vegetable broth**
- 4 cups chopped fresh spinach leaves, tough stems discarded**

Remove the outer papery covering of the garlic. Slice off the top of each head so most of the cloves are exposed. Place in a small roasting dish. Drizzle 1-teaspoon oil over each head and cover tightly with foil. Place in oven pre-heated to 425... or we did it in a toaster oven for 45 min.

When cool enough to handle, squeeze the garlic pulp into a blender. Add one cup of the vegetable broth and blend. Combine with the remaining broth and simmer for 15 minutes to allow the flavors to get acquainted.

Just before serving, stir in the spinach and simmer until wilted... about 4 minutes. Serve hot!

## Laugh a Little

### Carpe Diem



Some of us make resolutions like one man, named George. He said to a friend: "There's nothing like getting up at six in the morning, going for a run around the park, and taking a brisk shower before breakfast."

His friend Bob asked, "How long have you been doing this?"

George replied, "I start tomorrow."

## Closing Thought

*"By and by never comes."*

*-Saint Augustine*

*What is it that you are putting off until tomorrow?*

**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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