



CHIP CHAT

FOR ALUMNI & FRIENDS - FEBRUARY 3 , 2003

There may be some CHIP CHATS you won't remember... but I guarantee that if you read all of this one, you won't forget it. Hans Diehl faxed me a copy of an article that appeared in the Wall Street Journal January 14, 2003 and asked me to do a review of it for CHIP CHAT. I think you'll want to read the whole thing.

You want to know where the CHIP program really started?

While Dr. Diehl was attending Loma Linda University School of Health doing his research and working on a Doctorate in Health Science, the first CHIP program was beginning on the other side of the world in Finland!

Thirty years ago Dr. Pekka Puska pioneered a program in Finland that is basically identical to CHIP. In a community of 780,000 people, dramatic reductions have occurred in the mortality rates in a 25-year period between 1970-1995.

Coronary Heart disease dropped	73%
Lung Cancer dropped	71%
All cardiovascular diseases dropped	68%
All cancers down	44%
Life expectancy increased about 8 years!	

How were these results achieved in just 25 years? In an aggressive education approach, the entire community was attacked. Right from the grade school to the restaurant, from the sausage maker to the bread baker, everyone got involved in the reducing the consumption of high fat, high cholesterol animal products to low fat, plant based foods.

Of course the dairy industry fought the program, but in the last 30 years there are half as many cows in Finland, and the consumption of berries has tripled! Check out the whole story... the entire article is on our web site.

Sherwin Goerlitz chipchat@sdachip.org

Quotable Quotes

“If you haven't any charity in your heart, then you have the worst kind of heart trouble.” –*Bob Hope*

“The surest way to happiness is to lose yourself in a cause greater than yourself.” –*Unknown*

In the News

From the Wall Street Journal, January 14, 2003

Finns Find a Fix For Heart Disease: Vast Group Effort

**Doctors Cajole Whole Towns To Change Their Habits,
From Bad Diet to Smoking**

Praise From the Mayo Clinic

By Gautam Naik

**PITKARANTA, Russia –Some students give their teachers apples.
Tatjana Tvanova’s students gave her 10 tons of potatoes.**

And that’s not all, as Ms. Tvanova, headmistress of the Raimala grammar school here, demonstrated on a brisk tour of the school’s frigid cellars. Along with the potatoes, housed directly beneath her office, are large jars of vegetable preserves, all grown on school grounds. A nearby greenhouse, now covered in snow, is used in summer to grow cabbages, cucumbers and tomatoes.

“There’s no sense in just teaching kids subjects,” Ms. Tvanova says. “We also want to show them how to eat more healthily.”

Ms. Tvanova’s lessons in growing vegetables are part of an ambitious healthcare campaign that began in nearby Finland and is now inspiring similar efforts around the world. To get people to change their habits, from eating foods high in saturated fat to smoking and drinking, government health officials are taking an in-your-face approach unusual in the annals of public health.

The idea: to get the whole community involved in the effort. So health workers descend on a town and evangelize local leaders, from government officials to teachers to hospital workers, making the case for healthier living and urging them to spread the word to residents. Health officials even take their case to local farmers, pushing them to grow healthier crops. Sometimes they stage contests to get a town to meet a goal, such as giving up smoking or lowering cholesterol.

(Doesn’t this sound like CHIP!) Read the entire story online:

http://www.sdachip.org/resources/chipchat/more/wsj_011403.cfm

CHIP Happenings

Anchorage, Alaska

“We are in the midst of our first CHIP program and it is going great! We have 53 participants including staff who are taking the course. BPs have dropped, insulin reduced, people asking to help with the next program, etc. Pam Libby, MS is the director and I'm an RN acting as her assistant.” –Ann Heusser, January 26, 2003

Feb. 2 **Aldergrove/Langley, BC** –starting CHIP 5 –Betty Steinke, Director

Conception Bay So, NFLD –starting first CHIP –Treva Sharpe, Director

Kamloops, BC –starting CHIP 3 –Ole & Ulrike Unruh, Directors

Mountain View, CA –starting CHIP 3 –Larry Outtrim, Director

Roseburg, Oregon –starting CHIP 5 –Andrea Collins, Director *“We like what you produce & believe we will be better staff for having read the CHIP report. Graduates and alumni only will receive the CHIP CHAT. I have volunteered to forward these CHIP helps to the designated people.” –Lois Rigutto*

Whitehorse, Yukon –starting CHIP 11 –Butch Johnson, Director

Feb. 3 **Lincoln, NE** –starting CHIP 3 –Clifford Korf, Director

Orlando, FL –starting CHIP 2 –Julius Garner, Director

Puyallup, Washington –starting CHIP 3 –Diane Meharry, Director

Winter Springs, FL –starting first CHIP –Julius Garner, Director

El Paso, Texas –starting first CHIP –Dionico Rivera, Director

Feb. 10 **Green Bay, WI** –starting first CHIP –Scott Messinger, Director

Nanaimo, BC –starting CHIP 5 –Bill & Elaine Moore, Directors

Ventura CA –starting first CHIP –Sandi Geli, Director

Feb. 11 **Aspen Park, CO** –starting CHIP 2 –Jim Row, Director

Feb. 17 **Brewster, Washington** –starting CHIP 5 *“I really like your newsletter and want to use what I can for my newsletter here to our alumni. I'm printing out your newsletters and putting them into a notebook so I can get to them when I need them. What a gold mine!” – Esther Hansen, director*

Kingsbury, NY –starting CHIP 2 –Retha Rempher, Director

Penticton, BC –starting CHIP 6 –Connie Kiefiuk, Director

Salmon Arm, BC –starting CHIP 4 –Myrna Heghesan, Director

Trail, BC –starting first CHIP –Eileen Toop, Director

Vernon, BC –starting CHIP 2 –Pam Pfanmueller, Director

Feb. 23 **Albuquerque, NM** –starting first CHIP –Mel Matthews, Director

Edmonton, AB –starting CHIP 4 –Christine Simpson, Director

Feb. 24 **College Place, WA** –starting first CHIP –Stephanie Renshaw, Director

What's happening in your area? Why not drop me a note so I can share it? Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest you and share it with your friend or family member.

<http://www.sdachip.org/locations/>

Cool Websites

What's your cholesterol IQ?

Take this little quiz and see if you can ace it!

<http://www.msnbc.com/news/746992.asp>

Travel Across the USA for under \$100.

There's just no stopping this sizzlin' Southwest Sale

http://www.msnbc.com/modules/exports/ct_email.asp?/news/862372.asp

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.

Did You Know?

Hunger Pangs and Water:

In professional Physique Transformation work, one of the SIMPLEST yet most important things you need to do is drink water. But it's not just a matter of drinking water, but knowing how MUCH. A good rule of thumb is .5-.6 ounces per pound of bodyweight per day.

One glass of water shuts down midnight hunger pangs for almost 100% of dieters. In 37 percent of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. It is estimated that 75% of Americans are chronically dehydrated.

Even MILD dehydration will slow down your metabolism as much as 3 percent, so drinking more water may provide you with more energy. Lack of water is the #1 trigger of daytime fatigue.

For more information and to start your Physique Transformation visit:

<http://www.physiquetransformation.com>

Recipe of the Day

Vegetable Chili

There are some people who just can't imagine a main meal without the presence of a meat dish, but this tasty Chili offers a great alternative to that old-fashioned idea. We enjoy serving this on brown or Spanish rice... or with corn bread, corn muffins or corn chips, with lime wedges on the side.

- 1 large onion coarsely chopped**
- 2 green peppers coarsely chopped** (*or 1 green, 1 red*)
- 3 sticks of celery chopped**
- 2 medium carrots chopped**
- 1 cup zucchini cubed**
- 2 jalapenos chopped, no seeds** (*check the heat... one may be enough*)
- 1-½ cups of quartered mushrooms**
- 2 –19 oz. can black beans**
- 2 –19 oz. can kidney beans**
- 2 –19 oz. can chickpeas**
- 2 –19 oz. can kernel corn**
- 3 –28 oz. cans of diced tomatoes**
- 3 cloves garlic, minced**
- 1 small bunch cilantro finely chopped**
- 1 tbsp chili powder**
- ½ tsp dried oregano**
- ½ tsp dried basil**
- ½ tsp cayenne pepper** (*adjust to taste*)
- 4 tbsp cornmeal** (*fine... to thicken*)

We start out using our electric frying pan with non-stick olive oil spray. Add onions, green and red peppers, celery, carrots and garlic. Cook over medium heat, stirring often, until vegetables are starting to soften (4-5 minutes).

Add mushrooms and zucchini, cook and stir for another 3 minutes. Put into a large kettle and add the beans, corn and chickpeas. Stir well. Taste before adding the spices, then add cayenne pepper and chili powder to build up to desired heat. Bring to a boil and then reduce heat to medium-low. Cover and simmer for 20 minutes, stirring occasionally.

This recipe makes plenty... it's great to put some into the freezer in separate packages for future use. This is also a recipe that one can modify to your hearts content to suite your personal taste... or according to what you have on hand at the time. So, go for it!

Laugh a Little

A CURE FOR HICCUPS



A man entered a drug store and asked to see the pharmacist. When the pharmacist came out, the man asked if he could give him a cure for the hiccups. The pharmacist immediately reached out and slapped him across the face.

"What'd you do that for?" the man asked.

"Well, you don't have the hiccups anymore, do you?"

"No," the man replied, "but my wife out in the car still does!"

~~~~~

*I used to get the hiccups and they often lasted for two or three days. I had tried several different tricks to cure them. I even looked on the web to find help... and this is the thing that I found that works. Just hold your nose closed while drinking a tall glass of water non-stop, without taking a breath. Pretty simple, eh? It works for me!*

### Closing Thought

**“First they ignore you,  
then they laugh at you,  
then they fight you,  
then you win.”**

*–Mahatma Gandhi*

**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.**

To subscribe just send a blank email to [chipchatsubscribe@sdachip.org](mailto:chipchatsubscribe@sdachip.org)

If you wish to unsubscribe send a blank email to [chipchatunsubscribe@sdachip.org](mailto:chipchatunsubscribe@sdachip.org)

No hard feelings

We welcome your comments and suggestions... send them to [chipchat@sdachip.org](mailto:chipchat@sdachip.org)

**This CHIP CHAT is designed for you to use, in all or in part for your local Chip Chapter. Feel free to copy and paste and include your own local information and upcoming events in your community. Add your name to the title block and make it yours... or, if you wish, send us the email addresses of your CHIP graduates and we will send this CHIP CHAT to them twice a month. Just contact Sherwin at: [chipchat@sdachip.org](mailto:chipchat@sdachip.org)**