



CHIP CHAT

FOR ALUMNI & FRIENDS - MAY 5, 2003

The WALKING/HIKING Special Issue



View from Kalalau Trail

There is something magic that I feel when I look back on the memories of those extra special hikes Shirley and I have enjoyed together. We were inspired to start hiking in exotic places about 10 years ago after stumbling across a magazine article entitled, “**The Ten Top Hikes in the World.**” Since Mt. Everest wasn’t on the list, I thought, “hey, I can do that!” So, we took our first “Top Ten Hike” in Hawaii, on the north end of Kauai, the **Kalalau Trail.** It’s the only overland route along the north Na Pali coast... and it is just magnificently picturesque. It was like spending a day in heaven!

The trail is so lush and beautiful I’ve heard people say it reminds them of the Garden of Eden, and they hike it in various stages of undress! But that had nothing to do with our reason for wanting to take the hike... we just love to enjoy the wondrous beauty of nature, we love exploring interesting places together and it’s a great way to burn off a few extra calories to stay fit... or to get fit! We’re also amateur photographers who enjoy the opportunity to capture some memories along the trail.



Part of the trail is paved with rock



Hanakapiai Beach

The first section of the hike is about two miles (takes two hours) with a steep climb and the reward of spectacular cliff top views. You can feel the power of the ocean as you hear the surf pounding against the rocks below... and then you descend to the white sandy Hanakapiai Beach. We then decided to go further and explore the trail to the 300-foot Hanakapiai Falls. It was just too much of a good thing.

What started out to be a lovely Sabbath afternoon hike where we both shot pictures like crazy of the impressive scenery ended up with us both being very tired, thirsty and hungry. We didn’t think we would go as far as we ended up going; hence we didn’t even take a snack, just a single water bottle each. We knew we had to hurry to get back before dark. In Hawaii we have learned that day turns to night very quickly, without the usual twilight period we are used to in Canada... and that trail would not be any fun in the dark. As we were on the final leg out I was begging the back packers who were on their way in to sell me their bed roll so we could lie down and sleep... I wanted to give my tired legs a rest. They just smiled and kept on hiking.



Hanakapiai Falls

CLICK on photos to enlarge image

Footnote: The hike begins where Route 560 dead ends at Kee Beach, about 20 minutes north of Princeville. Although the total trail is 22 miles round trip and requires an overnight camping permit, you don’t need a permit for a day hike... and you don’t need to hike the whole thing to feel you did it! However, if you really want an adventure, plan to do the whole thing and spend a couple days to backpack in and out. It is rated as one of the most difficult hikes in Hawaii, with parts of the trail along a cliff only 10 inches wide and 1,000 feet above the ocean. Make one wrong step and it’s seaweed time.

Quotable Quotes

“Walking is man’s best exercise.” –*Hippocrates*

“An early morning walk is a blessing for the whole day.” –*Henry David Thoreau*

“The more we exercise, the better will be the circulation of the blood. More people die for want of exercise than through over fatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation.” –*Ellen White*

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” –*Edward Stanley*

Did You Know?

What are the benefits of walking and getting regular exercise?

- Exercise reduces heart disease and cancer risk
- Exercise benefits HDL Cholesterol Levels
- Exercise improves the chances of successfully stopping smoking
- Exercise boosts your immune system and energy levels
- Exercise is a benefit to mental health and well being
- Exercise improves your ability to handle stress
- Exercise helps reduce anxiety and depression
- Exercise reduces muscle tension, heart rate, and some stress hormone levels.

“For most people the very best exercise is brisk walking.” –*Neil Nedley, Proof Positive p. 409*

Cool Websites

GENEVA - The World Health Organization is calling on countries to take action on nutrition and exercise. This news story contains some good links on obesity:

http://www.cbc.ca/stories/2003/04/23/Consumers/WHOdiet_030423

The Walking Connection: Many good articles on great walks, plus free newsletter:

http://www.walkingconnection.com/AAA_Walks.html

One Day Hikes: <http://www.onedayhikes.com/default.asp>

This site includes the best hikes all over the world... includes photos and descriptions.

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.*

Question of the Week

Where was your most enjoyable walk or hike... either in your area or anywhere in the world? These are some reader's responses:

I got into walking quite a bit, and although my diet is far from healthy, I lost about 16 pounds and my blood pressure is much better. I take only one 5mg pill a day now. I may not need it at all later. Anyways my favorite walk is down to the **Hardy Falls**, all the way and then I climb up the hill on the road above and go home that way. It is a beautiful walk or I should say hike. Tiny enjoys it the most; actually I got into walking mostly for him and started to really enjoy it later. *—Emma Jurek —Peachland, BC*



Shirley with Mark & Carole Albrecht on the summit

Of all the hikes Sherwin and I have taken over the years probably the best hike for long-term gratification would be **Carrot Mountain** in the Okanagan Valley. We have hiked some very exotic trails, my favorites being the Kalalau Trail in Hawaii, the Grand Canyon Bright Angel Trail to Plateau Point, and Sabino Canyon Trail in Tucson, but Carrot Mountain has good memories for us. For two or three years Sherwin worked almost daily building a trail up that mountain that enabled us to climb to the top. Many mornings I would go with him and help on the trail but the bulk of it he did on his own. The trail starts off in a subdivision that we built in Shannon Woods taking you through a canyon winding past a spring/summer waterfall and on up to open meadows where you are sure a bear is waiting for you. When you break out at the top the view is forever and the wild flowers are heavenly. Of course you could come back the same way but Sherwin completed a second trail down the other side, which is drier and less forested. The best memories I have of the trail are when there was just the two of us and we took our time climbing, stopping when we wanted to explore or taking some time to build up the trail. We often took our lunch and ate along the way or waited for the view at the top. In June the rare Okanagan Fame Flower is in bloom on the summit. *—Shirley Goerlitz, formerly Westbank BC*



Okanagan Fame Flower with 25-cent

I really like the walk from Todd's Tent Town all along the beach into Peachland and back; it takes over an hour—it is all level—but it is so nice to walk along the beach and look at the lake or look the other way into people's gardens. There are the people with the fish too. You can make the walk as long or as short as you like. I also like to hike the trail in **Kalamoior Park** in Lakeview Heights. There are so many places where you can start—along the lake at Casa Loma and it's level or at Collens Hill Road and then hike down to the lake and then take the high narrow path back. Spring is neat because of the spring flowers, in the summers its nice to stop and watch the boats and cool off in the water—in the fall it's beautiful too when the sun is out. *—Carole Albrecht, Westbank*

In just a few clicks you can access information about some of the best places to hike in your area. Just go to Google and type in "**Hiking Trails**" or "**Parks**" in your region... check it out and see if there are not some interesting places not too far away that you have yet to see, where you can explore and get some good exercise.

The world is out there... Hike it!

CHIP Happenings

Walla Walla, WA “Had a very successful first CHIP program. 123 people registered and 121 completed and graduated. We had a gentleman that lost 33 pounds during the four weeks; his Triglycerides went from 2,054 to 337, blood pressure 158/86 to 134/92, glucose 231 to 190, and cholesterol from 410 to 234. His cholesterol ratio went from 11.0 to 9.0. If you look at his new numbers they show he is still in trouble. It's when you look at where he came from that you start rejoicing. He no longer has to take his inhaler with him everywhere he goes.

Another gentleman was taking 70 units of insulin. He was quite lethargic, just sitting and watching the world go by. He rarely spoke to anyone. At the end of 4-weeks he was down to 30 units of insulin. He started walking during the CHIP program and you could actually see the bounce coming back into his step. He no longer shuffled but actually picked up his feet. There was a new sparkle in his eye and he actually reached out to speak to others.

One funny thing happened the first evening. We decided to serve food samples each evening. The first evening the video is extremely long so we decided to do a very short demonstration of (browning) rice since all our participants were on the Jump Start program. It was quite the ordeal to get the demonstration mirror in place but we made it. The rice was about done when the fire alarm went off. Luckily there was one of our team that knew how to disarm the alarm but it took several minutes of ear splitting pain before silence reigned again. By then we were hopelessly behind schedule. We discovered that the demonstration mirror funneled all the steam from the cooking right into the smoke alarm. We moved the table but none of the demonstrators were brave enough to demonstrate any actual cooking again. –*Stephannie Renshaw, Director*

May 4 **El Paso, TX** –starting CHIP 2 –Dionico Rivera, *Director*

May 5 **Lacombe, AB** –starting first CHIP –Vicki Moore, *Director*

Medicine Hat, AB –starting first CHIP –Doreen Cazes, *Director*

Oak Harbor, WA –starting first CHIP –Kathy Campbell, *Director*

May 18 **Springfield, MA** –starting first CHIP –Gary Peiffer, *Director*

May 26 **London, ON** –starting first CHIP –Gord Rayner, *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://sdachip.org/locations/>

Recipe of the Day

Big Bertha Burger *(not just for golfers)*

Here is a tasty veggie burger that is totally wholesome, free of additives often found in most supermarket varieties. If you like them as much as we do, you will be making a double recipe and freezing the extras.

- 4 cups water**
- ½ cup Braggs Aminos** (or low low-sodium soy sauce)
- ¼ cup nutritional yeast flakes**
- 2 Tbsp canola oil**
- 1 Tbsp flaxseed meal**
- 1 Tbsp dried sweet basil**
- 2 garlic cloves, minced**
- 1 large onion, finely chopped**
- 1 tsp ground coriander**
- 1 tsp dried sage**
- 1 cup chopped cashews, walnuts or pecans**
- 4 cups rolled oats**

Place a 3-quart pan on burner over medium heat and add the ingredients in the order given above, except for the rolled oats.

Bring the water to a slow boil, quickly stir in the rolled oats and immediately remove from heat. Cover and set aside to cool.

Preheat oven to 375°.

Form oat mixture into three-inch round patties and place on oiled baking sheets.

Bake for 25 minutes on each side. Serve with whole-wheat buns, soy mayonnaise, lettuce and slices of onions, tomato and pickles.

TIP: To shape the round burger patties use the lid of a large-mouth canning jar. Fill and pat the burger mixture into the lid and then push the lid through the ring onto baking sheet. *See pictures.*



Nutrition Facts

per serving
makes 18 servings

Amount per serving

Calories 209

Calories from fat 71

% Daily Value *

Total Fat 7.8g 12%

Saturated Fat 1.3g 6%

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 26.8g 9%

Dietary Fiber 4.4g 18%

Protein 7.7g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

34% of calories from Fat
51.3% from Carbohydrates
14.7% from Protein

Laugh a Little

PUNS FOR THE PUN OF IT



Marathon runners with bad footwear suffer the agony of defeat.

~~~~~  
Even if the government raises the price of a pack of cigarettes to 30 dollars, smokers will still find a way to cough it up.

~~~~~  
Doctors tell us there are over seven million people who are overweight. These, of course, are only round figures.

~~~~~  
The band was just getting under way when a large insect flew into the room. The highschoolers, eager to get ready for the first football game, tried to ignore the buzzing intruder, but eventually one student, Little Johnny, could stand it no more. He rolled up his music book and swatted the insect, and then he stomped on it to ensure its fate.

“Is it a bee?” Another student asked.

“Nope,” Johnny replied. “Bee flat.”

### Closing Thought

"Bad habits are like chains that are too light to feel  
until they are too heavy to carry."

—Warren Buffet, *Businessperson*

**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>

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