



# CHIP CHAT

FOR ALUMNI & FRIENDS - JUNE 9, 2003

## Why all the fuss over ONE SICK COW?

Our world has been turned upside down recently because one cow in Peoria, Alberta was infected with Mad Cow disease. The farmer's entire herd of 150 was promptly destroyed. Canada's five billion dollar beef industry is threatened. The price of beef fell to half or less. The 1.7 million cattle that Canada ships to the US annually have been stopped... in fact the list of countries banning beef from Canada continues to grow... Indonesia, Australia, South Korea, Singapore, New Zealand and Japan have all banned Canadian beef. McDonald's stock hit the skids, reaching its lowest point in years. European and Japanese beef consumption has plunged. Four thousand Germans are going vegetarian every week. School cafeterias are banning beef. A European insurer started offering discounts to vegetarians. The chancellor of Germany publicly called for an end to 'factory farming'. Do you see a pattern here?

A threatened cattle industry is fighting for survival. **This is not IRAQ... it's a different kind of war.** The beef producers are struggling for their market share. It lobbies the government to keep the regulations as lenient as possible and plays down the real danger. The cattle industry sued Oprah Winfrey and her guest, Cattle Rancher Howard Lyman a few years ago, because they told the truth about the cover-up of Mad Cow Disease. Even though Oprah Winfrey and Howard Lyman won the court action, the cattle industry wanted to send a strong message of intimidation to anyone else who might even think about speaking truth. Fortunately, in Canada and the U.S., Truth Telling is still a legitimate defense.

The government doesn't like to be told that they are doing a cover-up, that everything is really ok... but what would you call it when Prime Minister Chrétien and the US Agricultural Secretary "eat steak" to help bolster confidence and get media coverage? We have come full circle to the Garden of Eden when the enemy convincingly persuaded Eve to believe the lie, **"you can eat it... you won't die."**

Another questions that bugs me is why did it take four months to get around to announcing the animal tested in January had BSE? Why the delay?

This recent health crisis is yet another opportunity for CHIP to reach out to help others. We must get the truth out... we must do all we can to help people understand their choices do make a difference. In this Special Issue of CHIP CHAT it is our goal to provide you with a better understanding of Mad Cow disease... Bovine Spongiform Encephalopathy (BSE)... Creutzfeld-Jacob disease (CJD).

## Quotable Quotes

“There is now an overwhelming scientific and medical case for avoiding the consumption of meat and meat products despite the government’s attempts to persuade us otherwise.”

–Dr. Richard Lacey, prominent microbiologist and BSE researcher

## Did You Know?

### What is Mad Cow Disease?

Mad Cow Disease is the common term for Bovine Spongiform Encephalopathy (BSE), a progressive neurological disorder of cattle that can be transmitted to other species, including humans. In humans, it is called Creutzfeld-Jakob Disease, (CJD) so named after the two doctors who first described the symptoms of the disease.

The disease in cattle is called Bovine Spongiform Encephalopathy because this form of the disease occurs in cows (hence the term bovine), it causes a sponge-like destruction of the brain (therefore, the term spongiform encephalopathy –*enceph* means brain and *pathy* means pathology –meaning an abnormality).

### What are the symptoms of Mad Cow Disease?

Symptoms include an excitable or nervous temperament to external stimuli such as touch to the skin, a progressive unsteadiness of gait resulting eventually in the inability to stand up. The disease is virtually 100% fatal. The cow in Alberta found with BSE had been shipped to market because it could no longer stand up.

The human equivalent of Mad Cow Disease, Creutzfeld-Jakob Disease, causes memory loss, emotional instability including inappropriate outbursts, an unsteady gait, progressing to marked weakness, severe rapidly progressive dementia and death, often within a year of the onset of symptoms.

### What is the cause of Mad Cow Disease?

Currently the most accepted theory is that the causative agent is a modified form of a normal cell surface protein called a prion (pronounced PREE-ON) protein.

A prion is neither a virus nor a bacteria. Prions are proteins that contain no DNA or RNA, two substances previously felt to be essential for reproduction of living tissue.

Prions are normal constituents of the body when in their normal conformation, but they can become twisted in a conformational change ( a change in shape - in the way the molecule is folded), and then they are thought to cause disease.

## **In the News**

### **Ailing Cows Make it into Food System, says Expert**

*By Nicholas Read, CanWest News Service, Victoria Times Colonist May 23, 2003*

Cows sick with ailments that are never diagnosed are allowed to enter the Canadian food chain each year, a veterinarian with Canada Food Inspection Agency said Thursday. Sylvie Farez said that while she did not know how many sick, or “downed,” animals are killed in Canadian slaughterhouses each year, many of them are never tested to find out what’s wrong with them. **“You cannot test them all, because there are too many,”** she said.

Michael Hansen, a U.S. biologist with a special interest in mad cow disease, says this is outrageous, and no downed animals should ever be allowed to enter the human food chain “because hiding among those downed animals could be an animal that has BSE. **“Its wrong,”** Hansen said. **“It should never happen.”**

Farez said she had no statistics to show how many downed animals are killed in provincial and federal slaughterhouses each year, but Liz White of the animal protection group, Animal Alliance of Canada, says the number could be in the thousands. *(A cow is considered downed if it is not able to enter a slaughterhouse on its own power. In that case, it is allowed to be dragged from a transport truck with a chain.)*

Michael McBane, executive director of the Canadian Health Coalition, a watchdog group that monitors Canadian health issues, says even those animals end up in the food chain because animal feed given to healthy animals is made from the carcasses of rendered sick ones. **“It does enter the food system,”** McBane said. **“So either the agriculture ministry is ignorant of the rendering process, or its misleading Canadians. Either way it is unacceptable.”**

Farez said it is up to veterinarians at slaughterhouses to decide if a cow looks as if it might have BSE. If it does, it could be sent to a laboratory for testing, she said. **“But some downed animals are allowed to be slaughtered,”** she added. **“If they had to test all the downer animals, it would be too many.”**

According to 1990 figures from the European Union, 84 cases of BSE were identified among 150,000 downed animals, compared to 75 cases among 1.5 million so-called healthy cattle.

But McBane says despite a 1997 federal regulation that forbids feeding rendered cows to live cows, Canadian cattle continue to be fed beef blood, fat and gelatin, and that pigs and chickens are fed all parts of the cow. They, in turn, can be killed and rendered, he said, and fed to Canadian cattle.

## Cool Websites

**News Stories are posted daily here on Mad Cow Disease:**

<http://www.organicconsumers.org/meatlink.html> *this is a great site to follow the major news stories on the saga of Mad Cow Disease.*

**How Safe is U. S. Beef... Really?** <http://www.msnbc.com/news/922648.asp>

**Why is Jonathan Simms Alive:**

<http://www.nytimes.com/2003/05/11/magazine/11MADCOW.html?ex=1054547257&ei=1&en=5a2c0f999c9ff5c5>  
*The amazing story of a parents fight to save their son who has Mad Cow disease.*

**All Agog over Healthier Kabobs:**

<http://www.msnbc.com/news/904948.asp>

*Try grilling vegetables and fruit instead of meat.*

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

## CHIP Happenings

**Lacombe, AB** We are just finishing up our May CHIP and launching our June CHIP June 2nd –Our HeartScreen #2 & #1 are this Friday! It will be a busy week with grad and HeartScreen evaluations to do –but somehow it will get done. We have 20 people ready to go for June. We had our Nutrition workshop last Sunday and will do a repeat this Sunday to catch both groups. I am starting to look forward to July!!

Everyone is enjoying and benefiting from the program. –Vicki Moore, *Director*

*(Holding two CHIP events back to back has never been done before. We all wish for the very best and trust Vicki has good holiday planned immediately after the graduation of the second group.)*

June 1 ~~**Toronto, ON** starting first CHIP –Lois Miller, *Director* postponed due to SARS~~

2 **Lacombe AB** starting second CHIP –Vicki Moore, *Director*

**South Orlando, FL** starting first CHIP –Anji Brailsford, *Director*

30 **Woodland Park, CO** starting second CHIP –Don Dunkin, *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](mailto: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

### Black Bean Polenta Casserole

Eating vegetables is a sure way to avoid Mad Cow disease. Here is a very tasty entrée that you can make quickly and is sure to be a hit. We made it this past weekend and it was wonderful. *Thanks to our daughter Sherilee Chapman for sharing this recipe.*

#### Layer one:

- 3 cups soy milk**  
(can substitute 2 ½ cups water)
- ½ tsp. salt**
- 1 cup coarsely ground cornmeal**

Bring milk and salt to simmer and slowly drizzle in the cornmeal constantly stirring with a whisk. Turn heat down to low and let mixture thicken for about 10 minutes. When the cornmeal mix is of a serious thickness remove from heat and let cool slightly.

#### Layer two:

- 2 T. olive oil**
- 1 large white onion, finely chopped**
- 1 large red sweet pepper, finely chopped**
- 12 oz. cooked black beans, drained**
- 12 oz. kidney beans, drained**
- 8 oz. corn kernels, drained**
- 1 heaping tsp. oregano**
- 1 heaping tsp. cumin**
- shredded soy mozzarella cheese** (*optional and not calculated in Nutrition Facts*)

Sauté onion and red pepper in oil; add remaining ingredients. Take layer one and place in casserole, smoothing down to make a bed for layer two. After you have placed layer two you can top with shredded soy cheese if you like or leave plain. Bake in oven at 375° F. for 30 minutes.

Serve with tossed green salad and steamed asparagus for a wonderful meal.

<b>Nutrition Facts</b>	
per serving makes 8 servings	
Amount per serving	
<b>Calories</b>	272
Calories from fat	58
% Daily Value *	
<b>Total Fat 6.5g</b>	10%
Saturated Fat 0.9g	4%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 226mg</b>	9%
<b>Total Carbohydrate 41.2g</b>	14%
Dietary Fiber 10.4g	42%
<b>Protein 12.2g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
21.4% of calories from Fat 60.7% from Carbohydrates 18% from Protein	

## Laugh a Little

### How to Recognize Mad Cow Disease



There are two cows in a field. One says to the other, "So how do you recognize Mad Cow Disease?"

The other replies, "I dunno, I'm a chicken."

### Closing Thought

Life is a fragile thing, Harry.  
One minute you're chewin' on a burger,  
the next minute you're dead meat.

—Jim Carey in the movie *Dumb & Dumber*

**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 once a month. Just contact Sherwin at: [chipchat@sdachip.org](mailto:chipchat@sdachip.org)**

