



CHIP CHAT

FOR ALUMNI & FRIENDS - JULY 28, 2003

Celebrate Summer

Summer is here at last. What a treat it is to enjoy some time off with family and friends... or to travel and explore beautiful and different places. It's also a time to party and picnic... to go camping... or go to Campmeeting.

If this is your first summer since taking the CHIP program, you may be looking for some healthy alternatives to barbeque, of which there are many possibilities. If you have some favorites that you can share, I always appreciate hearing from you.

When we are invited over to friends during the summer for a barbeque, what is the best way to accept and not offend them for not wanting to eat the beef burgers or steaks? We ask if there will be vegetarian options... and if not we volunteer to bring our own veggie burgers or hot dogs to cook there. Since more people are choosing not to eat meat, others may be eyeing your burger and wishing they had one too.

We sure don't frequent the fast food drive-thru restaurants, but most all of them now offer a veggie burger option and fresh garden salads. Subway now offers a veggie burger that you can customize as you like... and it is totally awesome. They have designed burger patties that are about 2 by 6 inches made just to fit into the bun... and if you ask for a foot long sub it will have two of them. They heat up the burger and with all the fresh veggies it makes a wholesome and filling meal.

Quotable Quotes

“You're getting old when you're on vacation and your energy runs out before your money does.”

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“If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.” *–Herodotus*

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“Energy is eternal delight” *–William Blake*

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“Live in the sunshine, swim the sea, drink the wild air...” *–Ralph Waldo Emerson*

## Did You Know?

### Take a Break

Don't just keep pushing hard without stopping all day long thinking you will unwind when you get home. Taking time during the day for a break is a good health habit.

Recent research shows that high job strain may have a negative impact on your health. In a study, high job strain was associated with an increase in cholesterol levels, a marker of heart disease risk. Keep your cool at work by taking short breaks. Use the time to stretch, breathe deeply, or sip a cup of soothing tea.

*From RealAge Tip of the Day: <http://www.realage.com/> -(get daily free newsletter tips)*

### In the News

## Animal fats linked to breast cancer

### Study offers more reasons to cut intake of meat, full-fat dairy

WASHINGTON, July 14 — Young women who eat more red meat and full-fat dairy products such as cheese may be raising their risk of breast cancer, researchers reported Tuesday.

THE RESEARCHERS said their study, published in the Journal of the National Cancer Institute, provides yet another incentive for women to shun fatty foods and consume fresh fruits, vegetables and whole grains.

“When we compared the women in the highest fat intake group with women in lowest intake group, those with the highest intake had a 33 percent greater risk of invasive breast cancer,” Eunyong Cho of Brigham and Women’s Hospital and Harvard Medical School said in a telephone interview.

Cho said her study was unique because it included women who had not reached menopause. Breast cancer takes years to develop, although it usually shows up after menopause, and factors early in a woman’s life may be important.

Women most at risk of breast cancer obtained, on average, 23 percent of calories from animal fat, versus 12 percent in the lowest-risk group.

To read the complete article go to: <http://www.msnbc.com/news/939221.asp>

## Cool Websites

Check out the **Boca** meat substitutes... a better choice for summer barbeques:

[http://www.bocaburger.com/main.aspx?m=boca\\_organic](http://www.bocaburger.com/main.aspx?m=boca_organic)

This used to be our favorite veggie burger, until we discovered the Big Bertha Burger, which you can find on our website in the recipe section.

Why do your friends or family sabotage your diet plans? **The Way to Eat:**

[http://www.oprah.com/omagazine/200306/omag\\_200306\\_katz.jhtml](http://www.oprah.com/omagazine/200306/omag_200306_katz.jhtml)

Whether you're wondering how to battle the belly bulge or figure out trans fats, nutritionist [Dr. David Katz](#) has the answers.

U.S. Violates World Health Organization Health guidelines for **Mad Cow Disease:**  
A Comparison of North American and European Safeguards

<http://www.organicconsumers.org/madcow/GregerBSE.cfm>

This is the most shocking and well written timely article on the topic of **Mad Cow Disease**. Well researched with 291 references. **Michael Greger, MD**, is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine. Dr. Greger has been publicly speaking about mad cow disease since 1993. In 1997 he was invited as an expert witness to defend Oprah Winfrey in the infamous meat defamation trial. He has contributed to many books and articles on the subject and continues to lecture extensively.

Dr. Greger can be contacted at 857-928-2778, or [mhgl@cornell.edu](mailto:mhgl@cornell.edu)

Jonathan Simms is still fighting for his life.

"**Johnny's Story**," a special BBC presentation, is online at:

[http://news.bbc.co.uk/media/video/39254000/rm/\\_39254221\\_johnnysstory\\_vi.ram](http://news.bbc.co.uk/media/video/39254000/rm/_39254221_johnnysstory_vi.ram)

This 15-minute video is a heart-wrenching story of a fathers fight to save his son from the dreaded Mad Cow Disease.

*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.*

## Cooking Tips

Bean eaters often complain of problems with gas after a meal. To eliminate some of the gas-forming ingredients, drain the water after beans have finished soaking, refill the saucepan with fresh water, and simmer until tender.

If you are not accustomed to eating beans, incorporating them gradually into your diet will give your intestines a chance to adapt to this new carbohydrate source and help cut down on gas problems. —*Tufts University Guide to Total Nutrition p. 95*

## CHIP Happenings

The summer months are traditionally less busy with CHIP events, but come fall there are lots of programs scheduled. The three months just prior to the **CHIP Summit** the end of November in Vancouver, BC. looks great! This extended weekend offers leadership training for those wanting to get involved. For info and registration to this annual 4-day Summit go to: <http://www.sdachip.org/summit/>

Aug. 4 **Joshua, TX** **Toronto, ON** starting first CHIP –Theron Collins, *Director*

17 **Chicago (Burbank) IL** starting first CHIP –Ken Williams, *Director*

Sept. 8 **Lincoln, NE** starting 4<sup>th</sup> CHIP –Virgil Carner, *Director*

**Livermore, CA** starting first CHIP –Alyson Cloke, *Director*

**Mt. Grove, MO** starting first CHIP –Baynard Vermilea, *Director*

**Overland Park, KS** starting 2<sup>nd</sup> CHIP –Carol Blackwell, *Director*

**West Seattle, WA** starting first CHIP –Ray Foster, *Director*

15 **Calgary, AB** starting 4<sup>th</sup> CHIP –Ron Blaney, *Director*

**Chilliwack, BC** starting 5<sup>th</sup> CHIP –Anne Clawson, *Director*

**Mission, BC** starting 3<sup>rd</sup> CHIP –Ernest Rainda, *Director*

**Victoria, BC** starting first CHIP –Carol Domke, *Director*

22 **Simi Valley, CA** starting 3<sup>rd</sup> CHIP –Bob Stotz, *Director*

25 **Calistoga, CA** starting 3<sup>rd</sup> CHIP –Janet Larssen, *Director*

28 **Spruce Grove, AB** starting first CHIP –Linda Wilkinson, *Director*

29 **Armstrong, BC** starting 3<sup>rd</sup> CHIP –Barry Johnston, *Director*

**Omaha, NE** starting first CHIP –Marilyn Sabata, *Director*

**Salmon Arm, BC** starting 5<sup>th</sup> CHIP –Myrna Hegesan, *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

## FART WRAP

We bought this cookbook last summer while on holiday... it's called "*How it all Vegan*" –by Tanya Barnard and Sarah Kramer. There are several fun ideas that one won't find in a traditional "Adventist" cookbook... like this Fart Wrap and a Fart Sandwich. Kids will love them. Sarah thinks farts are one of the best parts of growing up vegan!

- ¼ cup re-fried black beans\***
- 1 flour tortilla**
- 1/8 cup tomatoes, diced**
- 1/8 cup cucumber, sliced and quartered**
- 1 leaf lettuce and/or spinach shredded**
- 1/8 cup avocado diced**
- 1 tsp chives (or diced onion)**

Place all ingredients on the tortilla shell, sprinkling on chives to taste, wrap up and enjoy.

For a variation on the same theme try adding a hot dog... I like Super Links by Worthington Foods.

\* If you are trying to watch your fat intake, Shirley's recipe doesn't use oil to re-fry like most store bought ones will...or use regular beans.

## Shirley's Refried Beans

- 2 cups cooked black beans**
- ½ cup vegetable stock or water**
- 2 cloves garlic, minced finely**
- ½ cup cilantro, chopped**
- 1 tomato, sliced**
- ¼ tsp cayenne pepper**

Cook on medium heat for 15 minutes then smash the beans.

To air is human... most people "drop a rose" 14 times a day and pass three pints of gas... maybe more in fresh fruit season! So, maybe you are normal!

<http://www.niddk.nih.gov/health/digest/pubs/gas/gas.htm> ...

| <b>NutritionFacts</b>           |     |
|---------------------------------|-----|
| per serving<br>makes 1 servings |     |
| Amount per serving              |     |
| <b>Calories</b>                 | 214 |
|                                 |     |
| % Daily Value *                 |     |
|                                 | 11% |
| Saturated Fat 1.3g              | 6%  |
|                                 | 0%  |
| <b>Sodium 142mg</b>             | 6%  |
| <b>Total</b>                    |     |
| <b>Carbohydrate 29.7g</b>       | 10% |
| Dietary Fiber 6.6g              | 26% |

2,000 calorie per day diet.  
Your daily values may differ.

### Additional Information

## Laugh a Little

### Go Figure



A waiter brings the customer the steak he ordered with his thumb over the meat.

"Are you crazy?" yelled the customer, "You have your hand on my steak!"

"What?" answers the waiter, "You want it to fall on the floor again?"

### Closing Thought

*A vacation is having nothing to do and all day to do it in.*

*Robert Orben*

**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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