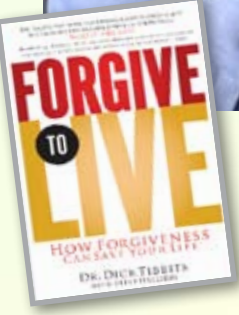
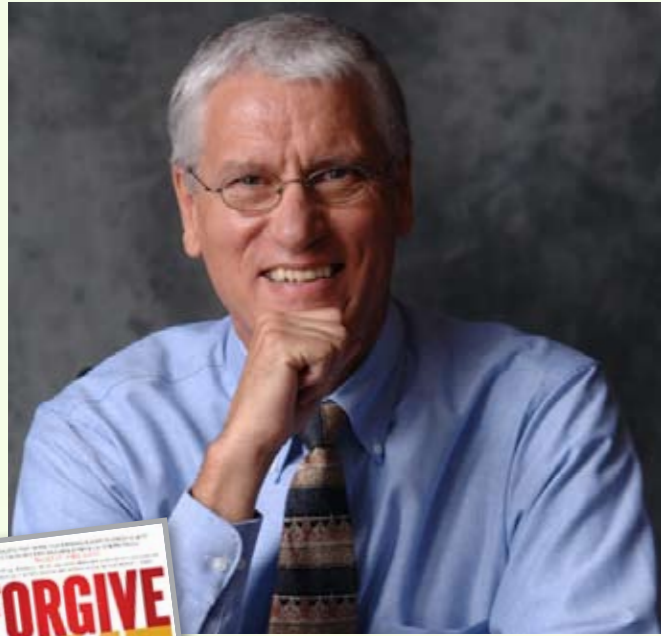


**HEALTH RETREAT: FORGIVE TO LIVE
TUI RIDGE 23-25 JULY 2010**



We either become overwhelmed by life's difficulties or we become strengthened by life's hardest lessons. The difference is found in one's ability to forgive. Dr. Dick Tibbits shows you how forgiveness can effectively reduce your anger, drastically improve your health and put you in charge of your life again, no matter how deep your hurt.

- Discover what forgiveness does and doesn't mean.
- Take steps to reframe your grievance story.
- Stop giving control to the people and pains of the past.
- Find a freedom, peace and strength you've never had.

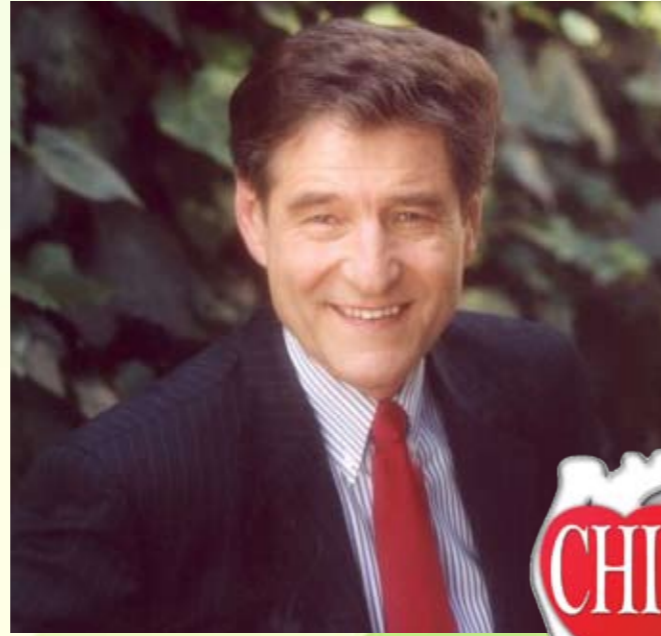
Dick Tibbits is an ordained minister and a licensed, professional mental health counsellor. Dick has a doctoral degree in pastoral psychotherapy. His current position is Chief Learning Officer; Vice President for Spirituality and Health at Florida Hospital.

The knowledge Dr Tibbits shares will be of great benefit to you personally and will resource you to share with your community.

Don't miss these excellent events!

Go to www.adventisthealth.org.nz/health-events for applications forms

**CHIP SUMMIT & DIRECTORS TRAINING:
TUI RIDGE 26-29 NOVEMBER 2010**



The Coronary Health Improvement Project (CHIP) is a community-based lifestyle health education programme with thousands of graduates worldwide. For more information see www.chip.org.nz.

The CHIP Summit is for anyone who is interested in health, while the CHIP Directors Training is specifically for those who want to run a CHIP program in their community.

The keynote speakers for the CHIP Summit are:

Dr Hans Diehl
Clinical Professor of Preventive Medicine, Loma Linda University & Founder of the CHIP Program

Dr Caldwell Esselstyn
Author of *Prevent and Reverse Heart Disease*

Presenters from Australasia include Dr Darren Morton, Dr Maurice Curtis and Dr Ross Grant.

Dena Guthrie, who is the National Trainer for CHIP America, will be presenting at the Directors Training along with Dr Diehl and local CHIP Directors.

Choose Life

Mānakohia te Ora **Adventist Health**

Close your eyes and just for a minute imagine. Imagine a world where everyone is able to live, and not just live, but truly live life to the absolute maximum. Imagine a world where everyone is able to be everything God created them to be. A world where every child were free to grow; free to become the best they could possibly be. Imagine a world full of warmth, smiles, laughter and realised dreams.

Take a picture of this world. Some would say that this world is simply a pipe dream, a fantasy, an unobtainable reality; others would say that this world will only become a reality when we get to heaven. However Jesus said that this world was possible here and now. In John 10:10 Jesus says "I have come that you may have life and have it to the full." The essential truth of Christianity is that everyone can enjoy life and not just any life, but life to the full, to the absolute maximum. As followers of Christ, I believe that it is our responsibility not only to live life to the maximum but to remove barriers that stop people from experiencing life to the maximum.

So my challenge to you is this. Today live life, really live it to the absolute maximum. Share your picture of this world and make it a reality for those around you. Today, Choose Life.

Paul Rankin
Health Director



2010 HIGHLIGHTS

HEALTH RETREAT - Jul 23-25
Tui Ridge Park
"Forgive to Live" Dick Tibbits

CHIP SUMMIT - Nov 26-28
Tui Ridge Park
Caldwell Esselstyn and more

CHIP DIRECTORS TRAINING
Nov 28-29
Tui Ridge Park

For more information about health events, application forms, or ministries that are happening around NZ, please visit:

www.adventisthealth.org.nz

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IN THIS ISSUE:

- NZ Alcohol Reform - What's Happening?
- Health News from Adventist Churches Around New Zealand
- A Delicious, Easy-to-make Recipe!
- Up and Coming Health Events



NZ ALCOHOL REFORM



THE 5+ SOLUTION

1. Raise alcohol prices

- Introduce a minimum price per unit of alcohol (primarily to reduce harmful drinking).
- Increase the current level of excise tax on alcohol (primarily to compensate for the harm).

2. Raise the purchase age

- Restore the minimum age for purchasing alcohol from any licensed premises to 20 years.

3. Reduce alcohol accessibility

Outlets

- Return supermarkets and convenience stores to being alcohol-free.

Hours

- Restrict the opening hours of all off-licenses on a nationwide basis from 10am to 10pm.
- Restrict on-license premises from selling alcohol after 1am on a nationwide basis.
- Provide for a standing extension to serve alcohol until 3am if the premises operates a one-way door policy whereby patrons can remain on the premises, but new patrons cannot enter the premises after 1am.

4. Reduce marketing and advertising

Introduce a New Zealand version of the French strategy, "Loi Evin."

This would mean:

- No alcohol promotion permitted through television, radio, cinema, billboard or internet advertising.
- No alcohol promotion permitted through sponsorship of cultural or sporting events.
- Limited advertising is permitted in printed media but must be limited to messages that provide information directly related to the product rather than selling values or a lifestyle.
- Marketing of alcohol at youth is explicitly prohibited.

5. Increase drink-driving counter-measures

- Lower the Blood Alcohol Concentration (BAC) limit from 0.08 to 0.05 for those 20 years
- Lower the BAC limit to zero for those under 20 years

PLUS: Increase treatment opportunities for heavy drinkers

This includes increased assessment and treatment opportunities for drink drivers, especially those who are heavy drinkers.

For more information please see the following websites: www.alcoholaction.co.nz
www.ourturn2shout.blogspot.com

NZ HEALTH HAPPENINGS

Our Vision

To see all Seventh-day Adventist Churches in NZ embracing and delivering a comprehensive Health Ministry; positively impacting the health of every individual and community we serve.

HEALTH NEWS

- The Te Kao CHIP team were honoured at the Whanau Ora Innovations Celebration at Waitangi in December 2009, for their outstanding role in improving Maori health.
- *Depression Recovery* programmes have been run at Royal Oak, Auckland and Garden City, Christchurch.
- *Eat for Life* has been created in Cambridge following on from their *Recipe Club* and nutrition seminars. Up to 45 people attend each *Eat for Life* session - held on the first Monday of each month.
- *Fit for Life*, aerobic exercise classes, are designed to complement the *Eat for Life* programme, and are held four times a week.

- *Fat Busters*, a weight-loss support group created by Tania Hassounia, is being run by Tania and her team at Garden City, Christchurch.

- Mama and Paul Fairey and Paul Rankin are working with the Maori Obesity Community Action Plan in South Auckland.

CHIP NZ

CHIP programs have been held by the following churches so far this year:

- Napier
- Tauranga
- Hamilton
- Dargaville
- Papatoetoe
- Otara
- Pakuranga
- Kaitiaki
- Invercargill
- Te Kao
- Manurewa
- Gisborne
- Ashburton

RECIPE: INDIAN CHICKPEAS



INGREDIENTS

- 1 onion, finely chopped
- 2 T water
- 1 t curry powder
- 1 t garam masala
- ½ t ground ginger
- ½ t ground cumin
- 420g can tomato puree
- 420g can Indian tomatoes
- ¾ cup lite coconut milk or non dairy milk
- 420g chickpeas drained or 2 cups cooked chickpeas
- 2 medium boiled potatoes, cubed
- 1 ½ cup cauliflower, cut into florets
- 1 cup frozen peas
- ½ teaspoon salt (optional)
- chopped coriander or parsley to garnish

METHOD

Sauté onion with water in a large pan, stirring frequently, until the onion is clear. Stir in the curry powder, garam masala, ginger and cumin. Continue to cook, stirring frequently, for one to two minutes longer.

Add tomato puree, tomatoes, coconut milk, drained chickpeas, potatoes, cauliflower and peas. Simmer for about 5 minutes until cauliflower is just tender. Season to taste.

Serve over steamed basmati rice or brown rice with roti.

SERVES 6

PER SERVE: Energy 1018 kJ (243 Cal); Protein 10g (17%); Carbohydrates 27g (52%); Sugars 10g; Fat 9g (31%); Fibre 10g; Sodium 481mg; Calcium 80mg

The position of the Seventh-day Adventist (SDA) Church in regard to alcohol is one of total abstinence as stated clearly in the 22nd Fundamental Belief of the Seventh Day Adventist Church. However, this hasn't stopped the SDA Church from being at the forefront of promoting legislation that can reduce the harmful effects of alcohol on society. For example, on October 11, 1992 the General Conference of the Seventh-day Adventist Church released a statement which began, "From the very inception of the Seventh-day Adventist Church, temperance has been a major focus and the church has played a key role in struggling against the inroads of alcoholic beverages, tobacco, and other drugs."

Now, in 2010, with the release of Sir Geoffrey Palmer's Law Commission's final report, 'Alcohol In Our Lives: Curbing the Harm', and it's recommendations for the review of the adequacy of our current liquor licensing laws, New Zealanders have a 'once-in-a-lifetime' opportunity to make decisions which will have a huge impact on our worrying alcohol culture.

Sir Geoffrey's report recommends that eventually alcohol sponsorship and advertising be banned, but Members of Parliament (MP) will need strong encouragement to do this since there will be huge resistance.

Following on from the Law Commission Report it is anticipated that legislation will be introduced into Parliament within the next couple of months dealing with alcohol sales, advertising, pricing, alcohol blood levels and purchasing age.

A number of groups in New Zealand, campaigning for a better society with regard to alcohol, have come together under the banner of the 5+ Solution. The 5+ Solution contains recommendations to Parliament for proposed legislation. While the SDA Church maintains its total abstinence stance, please read through the recommendations from the 5+ group below, and encourage your MP to support these changes.