To Your Health!
To watch Clara Iuliano, our principal contributor for this calendar, make the Peanut Noodles recipe (shown above), go to youtube.com/user/ColumbiaUnion. To download the recipe, visit columbiaunion.org.
Food for Thought

We’ve all heard the idiom, “You are what you eat.” People use it to underscore the importance of adopting healthy eating habits. And thanks to the Adventist Health Studies, done in conjunction with the National Institutes of Health, we know that what we eat plays an important role in how long and healthy we live.

But long before these studies, God created the Earth and gave Adam and Eve a recipe for success: “Then God said, ‘I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food’” (Gen. 1:29, NIV).

In Counsels on Diet and Foods, Seventh-day Adventist co-founder Ellen G. White explained how God’s meal plan benefits us: “Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance and a vigor of intellect that are not afforded by a more complex and stimulating diet” (p. 81).

Isn’t that what we’re looking for? Every other television commercial or magazine ad promotes foods, drugs and drinks that promise to help us achieve and maintain strength, endurance, vigor and intellect. Yet, the answer is found in one verse of the Bible.

This year’s calendar, themed “To Your Health!” shares vegetarian and vegan recipes that harken back to God’s original diet. We hope you’ll try and enjoy them all year long.

So, here’s to your health!

Rob Vandeman, Dave Weigley, Seth Bardu
Your Columbia Union Officer Team
Chipper Granola

4 ½ c rolled oats
½ c unsweetened, grated coconut
1 c sliced almonds (or other nut or seed)
¼ tsp sea salt
¼ c sunflower oil
¼ c pure maple syrup
2 tsp vanilla extract
½ tsp almond, orange or other flavor

1. Preheat the oven to 250°.
2. Combine the rolled oats, coconut, sliced almonds and salt in a bowl.
3. In a separate bowl, mix together the oil, maple syrup, vanilla extract and flavoring.
4. Mix the wet ingredients into the dry.
5. Spread a single layer of the mixture on a cookie sheet and bake for approximately 3 hours or until completely dried.
6. Once completely cooled, dried fruit can be added.
7. Store in an airtight container for up to 3 months.

Serves 9, ½ cup. Per serving: 181 calories, 9 g fat, 31 mg sodium, 22 g carbohydrates, 3 g fiber, 4 g protein
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- **January 1:** New Year’s Day
- **January 18:** Martin Luther King Jr. Day
- **North American Division Health Ministries Summit, Orlando, Fla., Jan. 27-Feb. 5**
Lettuce Cups

1 lb extra firm, water-packed tofu cut into ¼-inch thick slices (or 1 lb baked tofu, cubed, then follow steps 6-9 below)
3 tbs reduced sodium soy sauce
1 medium finely chopped onion
8 oz can chopped chestnuts
2 tbs Kikkoman Takumi Teriyaki Garlic and Green Onion Sauce
Juice of ½ lime
Rind of ½ lime
½ tbs safflower oil
1 head chilled butter lettuce

To Bake Tofu

1. Preheat the oven to 350°F.
2. Pour soy sauce in a 9- by 13-inch glass dish.
3. Line the dish with the tofu slices, then turn the slices once before baking.
4. Bake for about 30 minutes.
5. When cooled, cut the tofu into ¼-inch cubes.

For Mixture

6. On medium heat, in a nonstick skillet or well-seasoned, cast iron frying pan, sauté the onions in oil until brown and caramelized.
7. Add the chopped chestnuts and cubed tofu and mix well.
8. Pour the teriyaki sauce and lime juice over the mixture and combine well.
9. Serve ¼ cup of the mixture on top of one lettuce leaf.

Serves 4, 3 leaves. Per serving: 167 calories, 5 g fat, 465 mg sodium, 14.6 g carbohydrates, 3.4 g fiber, 10.3 g protein
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*Potomac Hispanic Ministries Discipleship Conference, Ocean City, Md., Feb. 9-12*

*Presidents Day*
Nona’s Stuffed Pasta Shells

21 jumbo pasta shells
1 pkg silken, extra firm tofu
2 tbs + 1 tsp fresh lemon juice
2 tsp Italian seasoning
1 tsp granulated onion powder
1 tsp garlic powder
2 ½ tbs nutritional yeast flakes
1 tsp salt
24 oz Classico Tomato & Basil Pasta Sauce
Daiya mozzarella style “cheese”

1. Preheat the oven to 350°.
2. Cook the jumbo pasta shells per package directions. Pat dry.
3. In a mixing bowl, break up the tofu until it is a cottage cheese consistency.
4. Add the lemon juice, Italian seasoning, granulated onion, garlic powder, nutritional yeast flakes and salt.
5. Spread 1 cup of tomato sauce evenly over the bottom of a 7- by 11-inch glass baking dish.
6. Fill the shells with a heaping tablespoon of the tofu mixture and arrange in a single layer on top of the sauce.
7. Pour the remaining sauce over the shells and sprinkle with the desired amount of cheese.
8. Bake for 15-20 minutes.

Serves 7, 3 shells. Per serving: 168 calories, 4.2 g* fat, 610 mg sodium, 21 g carbohydrates, 2.5 g fiber, 10 g protein

* Fat does not include the cheese used
March

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Sunday Monday Tuesday Wednesday Thursday Friday Sabbath

Ohio Ministry University
Columbus, Ohio, Mar. 31-Apr. 1
Falafel

2 c dried garbanzo beans
1 bunch fresh curly parsley
½ bunch fresh cilantro
5 medium cloves garlic
2 ½ tsp sea salt

4 tbs lemon juice
½ c unseasoned breadcrumbs
1 tbs onion powder
Safflower oil for frying
Tahini sauce

2. In a food processor, finely grind the beans until they somewhat stick together. It should look like ground almond meal.

3. Put the chickpeas in a mixing bowl.

4. Finely chop the washed parsley, cilantro and garlic cloves in the food processor, and then add them to the chickpeas,

5. Add the salt, lemon juice, breadcrumbs and onion powder and mix well. The mixture should stick together. Otherwise, add a little water.

6. On medium heat, pour a generous amount of oil in a nonstick skillet or well-seasoned, cast iron frying pan.

7. Take generous tablespoons of the falafel mixture and form them in your hand into 50-cent sized pieces.

8. Add them to the pan and turn until they are browned on both sides.

9. Drain on a paper towel and serve in a pita pocket with tomatoes, cucumbers, lettuce and some tahini sauce.

(Note: Freeze the uncooked falafels on a cookie sheet, then keep in a freezer-safe container for up to 3 months.)

Serves 15, 4 falafels. Per serving:
114 calories, 1.8 g fat, 345 mg sodium,
19.5 g carbohydrates, 4.8 g fiber,
5.7 g protein
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**Notes:**
- Easter Sunday
- Washington Adventist University Alumni Weekend, Apr. 12-15
- Spring Valley and Shenandoah Valley Academies Alumni Weekend, Apr. 20-21
- Mount Vernon Academy Alumni Weekend, Apr. 20-22
- Blue Mountain and Takoma Academies Alumni Weekend Apr. 27-28
- Kettering College Graduation, Dayton Convention Center, Ohio

**Additional Notes:**
- Washington Adventist University Spring Commencement
- March 2012
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Scrumptious Scramble

2-3 tsp sunflower oil
1 c chopped onions
1 c chopped red pepper
1 c chopped fresh baby bella mushrooms
1 lb extra firm, water-packed tofu
2 tbs Chik’nish seasoning (billsbest.net)
1 tsp Bragg Liquid Aminos All Purpose Seasoning
1 tsp onion powder

1. Lightly coat a nonstick skillet with about 1 teaspoon of oil and warm over medium-high heat.
2. Sauté the onion, peppers and mushrooms for about 15 minutes, or until the onions and peppers are soft.
3. Break the tofu into pieces with a fork and add it to the onion mixture.
4. Add the seasonings and mix well.
5. Let the mixture brown lightly in the skillet for about 20 minutes. (Note: Don’t over stir. If the mixture gets too dry, add 1-2 teaspoons of oil.)

Serves 6, ½ cup. Per serving: 85 calories, 4.8 g fat, 128 mg sodium, 5 g carbohydrates, 1.6 g fiber, 7 g protein
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- **May 1:** Highland View Academy Alumni Weekend, May 4-6
- **May 6:** Mother's Day
- **May 20:** Blue Mountain Academy Graduation
- **May 21:** Chesapeake Conference Constituency Session
- **May 22:** Columbia Union Conference Executive Committee
- **May 24:** Spencerville Adventist Academy Alumni Sabbath
- **May 27:** Memorial Day

**Columbia Union Conference Executive Committee**

**Highland View, Mount Vernon, Pine Forge, Spencerville and Shenandoah Valley Academies Graduation Weekend, May 25-27**
Banana Surprise

4 peeled and frozen bananas
½ c soymilk (if needed)

1. Cut up the bananas and place in a food processor, blender or Champion Juicer.
2. When using a food processor or blender, some milk may be needed to get the blades moving, but don’t add too much or you will end up with a milkshake rather than soft serve.
3. Decorate with some puréed strawberries and top with fresh, cut berries.

Serves 4, ½ cup. Per serving: 127 calories, <0.5 g fat, 16 mg sodium, 30 g carbohydrates, 4 g fiber, 2 g protein
### June 2012 Calendar

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**Events:**
- **June 1-3:** Spring Valley and Takoma Academies Graduation Weekend
- **June 8-10:** Allegheny West Conference, Chesapeake Conference Spanish, Ohio Conference Biker Camp Meetings
- **June 14-16:** Allegheny West Conference Camp Meeting
- **June 15-17:** New Jersey Conference English Camp Meeting
- **June 15-23:** Mountain View Conference, Pennsylvania Conference Camp Meetings
- **June 21-23:** Allegheny East Conference Camp Meeting
- **June 22-24:** New Jersey Conference Spanish Camp Meeting
- **June 28-29:** Potomac Conference Spanish Camp Meeting

**Dates:**
- **May 31:** Father's Day
- **June 1:** Spring Valley and Takoma Academies Graduation Weekend
- **June 8-10:** Allegheny West Conference, Chesapeake Conference Spanish, Ohio Conference Biker Camp Meetings
- **June 14-16:** Allegheny West Conference Camp Meeting
- **June 19-23:** Potomac Conference English Camp Meeting
- **June 21-23:** Allegheny East Conference Camp Meeting
- **June 28-29:** Potomac Conference Spanish Camp Meeting
1. Grind the chickpeas in a food processor until homogenous.
2. In a mixing bowl, combine the chickpeas with the olive oil, breadcrumbs, water, garlic, and Bragg and ranch seasonings.
3. When well incorporated, add the wheat gluten and mix it in thoroughly with your hands.
4. Preheat a nonstick or well-seasoned, cast iron frying pan on medium high heat and add a small amount of oil.
5. Form a burger from ⅓ cup of the mixture and brown on both sides in the skillet, or brush the burgers with oil and bake on a cookie sheet in a preheated oven at 375°. (Note: A baked burger will be much drier.)
6. Serve on a bun with your favorite, healthy garnishes. (Note: Any uncooked mixture freezes well. From the freezer, brown on both sides in a skillet.)

Makes 7 burgers. Per serving:
219 calories, 5.8 g fat, 540 mg sodium, 23.8 g carbohydrates, 2.9 g fiber, 18.5 g protein
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- Allegheny East Conference
- Fit 4 You Retreat, July 15-29
- Independence Day
- Washington Adventist University Summer Commencement
- Independence Day
- Washington Adventist University Summer Commencement
- Independence Day
- Washington Adventist University Summer Commencement
Smoothie Pops

**Orange Blush**
½ c orange juice
20 strawberries
½ banana

**Tropical Freeze**
1 c fresh or frozen pineapple
1 c fresh or frozen mango
½ c pineapple juice
1 drop coconut flavoring

**Razzle Dazzle**
1 c fresh or frozen raspberries
1 c fresh or frozen pineapple
½ c soymilk
½ tbs honey (optional)

1. Put all of the ingredients into a blender and blend on high until mixed well.
2. Pour into Popsicle molds and freeze for a few hours or overnight.

*Each recipe makes 4 pops, ½ cup.*

**Per Orange Crush serving:**
46 calories, 12 g carbohydrates, 1.6 g fiber

**Per Tropical Freeze serving:**
63 calories, 16 g carbohydrates, 1.3 g fiber

**Per Razzle Dazzle serving:**
97 calories, 22 g carbohydrates, 3 g fiber, 1.4 g protein
## August

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- National ASI Convention, Dallas, Aug. 8-11
- Columbia Union Pathfinder Camporee, Danville, Ohio, Aug. 8-11
- Mountain View Conference Wellness Camp, Aug. 19-Sept. 2
- Pine Forge Academy Alumni Weekend, Aug. 31-Sept. 2
Nutty Harvest Loaf

2 c chopped onions
3 c chopped celery
1 lb extra firm, water-packed tofu
½ c reduced fat mayonnaise or Nayonaise
¼ c reduced sodium soy sauce
1 ½ tsp sage
1 tsp onion powder
4 ½ c organic herb stuffing
⅔ c chopped walnuts
⅔ c chopped pecans

First cold-press extra virgin olive oil for sautéing

1. Sauté the onions and celery in the oil.
2. Drain and mash the tofu.
3. In a bowl, stir all other ingredients together.
4. Pour into a 9- by 13-inch glass baking dish.
5. Cover and bake at 350° for 30 minutes.
6. Uncover and bake for another 30 minutes.

Serves 6, about 2 cups. Per serving: 420 calories, 24 g fat, 743 mg sodium, 38.5 g carbohydrates, 7.7 g fiber, 16.2 g protein
## September

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- Labor Day
- Festival of the Laity, Dallas, Sept. 7-10
- Pennsylvania Conference Fall Camp Meeting, Sept. 15-16
- New Jersey Conference Constituency Session
- North American Division “Let’s Move!” Day
- Columbia Union Executive Committee
Caribbean Bean Salad

2 15 oz cans black beans, drained
2 ¼ c frozen organic corn
1 c chopped tomatoes
¼ c very finely diced purple onion
⅓ c fresh lime juice
¼ c chopped fresh cilantro
½ tsp salt (or to taste)

1. Cook the corn.
2. Toss all of the ingredients together. Refrigerate until serving. Serve cold or at room temperature.

Serves 10, ½ cup. Per serving: 75 calories, 0.4 g fat, 128 mg sodium, 13.8 g carbohydrates, 5 g fiber, 3 g protein
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**October 7, 2012**

- Pennsylvania Conference Constituency Session
- Ohio Conference’s National Conference on Innovation, Columbus, Ohio, Oct. 7-9
- Columbus Day

**October 14, 2012**

- Allegheny East Conference Constituency Session

**October 21, 2012**

- Society of Adventist Communicators Convention, Albuquerque, N.M., Oct. 18-20

**Columbus Day**

**Society of Adventist Communicators Convention**
Pumpkin Pie

15 oz can pumpkin puree
12 oz silken, extra firm tofu
1 c Turbinado sugar
½ tsp salt
1 ½ tsp cinnamon
½ tsp ginger powder
¼ tsp nutmeg
⅛ tsp ground cloves
1 tsp vanilla
3 tbs cornstarch
9-inch, pre-made whole wheat pie crust

1. Preheat the oven to 350°.
2. Put all of the ingredients in a blender and blend on high until smooth and creamy.
3. Pour the mixture into the crust and bake for 40-50 minutes, until the filling around the crust edge is set. (Note: The pie will firm up. The texture is best when cooled overnight.)

Serves 8. Per slice: 245 calories, 9 g fat, 282 mg sodium, 36 g carbohydrates, 2 g fiber, 4 g protein
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Oatmeal Cookies

⅓ c soymilk
2 tbs ground flax
⅔ c brown or date sugar
⅓ c oil
1 tsp vanilla
¾ c whole-wheat pastry flour
½ tsp cinnamon
2 tsp baking powder (optional)
¼ tsp salt
1 ½ c quick oats
½ c raisins

1. Preheat the oven to 350°.
2. Combine the milk, oil and vanilla.
3. In a separate bowl, mix together the flax, flour, oats, salt, baking powder, sugar and raisins.
4. Combine the wet and dry ingredients.
5. Drop about 1 tablespoon of dough on a parchment paper-lined baking sheet and bake for 10-12 minutes.

Serves 12, 2 cookies. Per serving: 135 calories, 7.4 g fat, 55 mg sodium, 14.7 g carbohydrates, 2.2 g fiber, 2.6 g protein
December

Sunday Monday Tuesday Wednesday Thursday Friday Sabbath

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Christmas

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Columbia Union Conference Territory

Key:
• Columbia Union Headquarters
• Conference, College, University and Healthcare Headquarters
• 9 Academies
• 6 Adventist Book Centers
• 8 Campsites and Retreat Centers
• 13 Hospitals

Allegheny East Conference
Delaware, Maryland, New Jersey, Pennsylvania, Virginia, the District of Columbia and eastern West Virginia

Allegheny West Conference
Ohio, West Virginia, western Pennsylvania and Virginia’s Shenandoah Valley area

Chesapeake Conference
Delaware, Maryland and the eastern edges of Virginia and West Virginia

Mountain View Conference
West Virginia and the northwestern Maryland panhandle

New Jersey Conference
New Jersey

Ohio Conference
Ohio

Pennsylvania Conference
Pennsylvania

Potomac Conference
Virginia, Washington, D.C. and a portion of southern Maryland
Columbia Union Directory of Organizations

1. Columbia Union Conference
5427 Twin Knolls Road
Columbia, MD 21045
Tel: (410) 997-3414; (301) 596-0800
Fax: (410) 997-7420
Website: columbiaunionadventists.org
Twitter: twitter.com/VisitorNews
Facebook: facebook.com/ColumbiaUnionVisitor

President: Dave Weigley
Exec. Secretary: Rob Vandeman
Treasurer: Seth Bardu
Education/VP: Hamlet Canosa
Ministries Development/VP: Frank Bondurant
Communication: Celeste Ryan Blyden
Multilingual Ministries: Rubén Ramos
Information Technology: Harold Greene
Plant Services: Curtis Boore
Revolving Fund: Peggy Lee
Undertreasurer: Carol Wright
Trust Services/PARL: Walter Carson

2. ALLEGHENY EAST CONFERENCE
President: Charles L. Cheatham
Communication: Robert L. Booker
Pine Forge Road
Pine Forge, PA 19548
Mailing: P.O. Box 266
Pine Forge, PA 19548
Tel: (610) 326-4610
Toll-free: (800) 830-0224
Fax: (610) 326-3946
Website: myalleghenyeast.com

3. ALLEGHENY WEST CONFERENCE
President: Fredrick Russell
Communication: Bryant Taylor
1339 East Broad Street
Columbus, OH 43205
Tel: (614) 252-5271
Fax: (614) 252-3246
Website: awconf.org

4. CHESAPEAKE CONFERENCE
President: Rick Remmers
Communication: Samantha Young
6600 Martin Road
Columbia, MD 21044
Tel: (410) 995-1910; (301) 596-5600
Fax: (410) 995-1434
Website: ccosda.org

5. MOUNTAIN VIEW CONFERENCE
President: Larry Boggess
Communication: Monica Zill
1400 Liberty Street
Parkersburg, WV 26101
Tel: (304) 422-4581
Fax: (304) 422-4582
Website: mtviewconf.org

6. NEW JERSEY CONFERENCE
President: José H. Cortés
Communication: James A. Greene
2160 Brunswick Avenue
Trenton, NJ 08648-4489
Tel: (609) 392-7131; (609) 802-0840
Fax: (609) 396-9273
Website: newjerseyconference.org

7. OHIO CONFERENCE
President and Communication: Raj Attiken
2 Fairgrounds Road
Mount Vernon, OH 43050
Mailing: P.O. Box 1230
Mount Vernon, OH 43050
Tel: (740) 397-4665
Fax: (740) 397-1648
Email: information@ohioadventist.org
Website: ohioadventist.org

8. PENNSYLVANIA CONFERENCE
President: Ray Hartwell
Communication: Tammya Horst
720 Museum Road
Reading, PA 19611
Tel: (610) 374-8331
Fax: (610) 374-9331
Website: paconference.org

9. POTOMAC CONFERENCE
President: William Miller
Communication: Dan Jensen
606 Greenville Avenue
Staunton, VA 24401
Tel: (540) 886-0771; (800) 732-1844
Toll-free in Maryland: (301) 572-0714
Fax: (540) 886-5734
Email: info@pcsda.org
Website: pcsda.org

Healthcare Systems

10. ADVENTIST HEALTHCARE
President and CEO: William G. “Bill” Robertson
Adventist Communication Liaison: Tom Grant
1801 Research Boulevard, Suite 400
Rockville, MD 20850
Tel: (301) 315-3030
Fax: (301) 315-3043
Website: adventisthealthcare.com

11. KETTERING ADVENTIST HEALTHCARE
President and CEO: Fred Manchur
Marketing and Communication:
Christina Keresoma
3965 Southern Boulevard
Kettering, OH 45429
Tel: (937) 384-4583
Fax: (937) 395-8142
Email: information@kc.edu
Website: kc.edu

Other Organizations

COLUMBIA UNION REVOLVING FUND
Toll-free: (866) 721-CURF
Tel: (410) 715-0328
Fax: (443) 259-9690

ADVENTIST BOOK CENTERS
Tel: (800) 765-6955
Website: adventistbookcenter.com

ADVENTSOURCE/PLUSLINE
Church Resources
Tel: (600) 328-0525
Toll-free: (800) 732-7587
Fax: (402) 486-8819
Website: adventsource.org or plusline.org

Sunset times listed in this calendar are for Baltimore, Md. For a complete sunset calendar of locations within the Columbia Union Conference, please refer to the Bulletin Board section of each issue of the Visitor.
LET'S MOVE! DAY
Sunday, September 23, 2012

HELP US REACH OUR 1 MILLION MILE GOAL IN ONE DAY!
Register at www.AdventistsInStepForLife.org

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

Find resources and information at www.AdventistsInStepForLife.org

Let’s Move Day is an event of Adventists InStep for Life
Sponsored by the North American Division Health Ministries Department
Food for Life

Through ADRA, you can give the tools needed that fulfill the nutritional needs of children and their parents around the world.

This is one of the many ways ADRA changes the world, one life at a time.
2012 Visitor Calendar • Editor and Publisher: Celeste Ryan Blyden • Managing Editor: Beth Michaels • Principal Contributor: Clara Iuliano • Photographer: Joel Springer • Graphic Design & Styling: Kelly Butler Coe • Contributing Editors: Sandra Jones and Taashi Rowe • Additional Free Copies: bweigley@columbiaunion.net; columbiaunionadventists.org

Sponsored By:

ADRA
Changing the world, one life at a time

12501 Old Columbia Pike
Silver Spring, MD 20904
1.800.424.ADRA (2372)
www.ADRA.org