

RECOR

Foods to
Prevent
Cancer—8



Programs an Answer to Prayer—10



Agency Thanks Retiring Supporter—12

Finding a Definition for Love—6



College Adopts Orphan Park

Students at Sydney Adventist College (NSW) recently adopted a park as part of a program sponsored by their local council.

The Mayor of Strathfield Municipal Council, Councillor Eve Dutton, dedicated a plaque acknowledging the adoption of Inveresk Park in a ceremony attended by about 50 students and staff from the college. Councillor Dutton, assisted by Councillor Andrew Ho (one of the youngest councillors in Australia) and several city administrators, encouraged students to take an interest in, and value their environment.

As a part of this environmental awareness the students planted a number of trees that, during the year, will be monitored by Year 10 and 11 geography students. They intend to nurture their development and see that the park is preserved for others to enjoy.

Challenges for the Record



I love the *Record*," writes one *Record* reader, "and have withdrawal symptoms if I miss out."

I've never met her, but this woman obviously has excellent taste.

"You keep me in touch with the happenings of my beloved church," she continues in her letter. "Your editorials raise my spirits. You give me hope for this Laodicean church."

It's no wonder there was a certain glow among the editors when they received that letter. We're encouraged when we know that the *Record* is appreciated.

I'd be the first to admit that not all the letters we receive are that positive. We do take any editorial suggestion seriously. (That's a hint, by the way. If you have something you want to say about the *Record*, please let us know.) It may interest you to know that a majority of the letters we receive, and most comments made about the *Record*, are positive—that's an encouraging response to us as editors.

What's New?

This year you will find some new features in the *Record*. For instance, we have been concerned for some time that *YOR* has not been widely read among youth. We're attempting to make it a must read for them.

This year two youth (Michelle Abel and Brenton Stacey) will act as editors for *YOR*. Under the watchful eye of the editors of the *Record*, they will be responsible for content, design and

layout of *YOR*. Obviously they are more in tune with youth issues than those of us who left youthdom many years ago.

Michelle and Brenton have had some experience as editors—both working at various times in the editorial department at Signs Publishing Company. Michelle recently began work at a public relations company and Brenton is a university student studying communications. I believe they will not only make *YOR* more appealing, but also more relevant during 1996.

The Trans-Australian and the Trans-Tasman Union Conferences will be reporting regularly and directly to readers in the *Record*. This will help keep you in touch with resource development and ideas at that level in the church.

We're planning a series we're calling "Walking With Jesus." We've asked some of our best writers to help us make this series something special, something that will help lift our eyes to our Saviour.

Later in the year we plan to run a report on Adventist churches in Australia and New Zealand that are growing. And this report will not be looking at what are sometimes called ethnic churches that have seen spectacular growth. You might be surprised at what churches are growing and what they are doing to have this success.

There will also be some challenging articles, such as one recently commissioned: "How Relevant Are the Three Angels' Messages?"

And, speaking of challenges, here's one. In the letter mentioned above is the comment: "I know some people do not bother reading the *Record*, but

they are missing out on a blessing." We'll be working harder to try to make more people want to read the *Record* each week.

What's Old?

We will still keep you in touch with what's happening in the Adventist Church in the South Pacific Division and around the world. Since its beginning in 1898, the *Record* has seen as one of its main aims as keeping the church informed about the mission and progress of the church. That will continue.

One thing that is old, but new, is that we will have our copy editor—proof-reader back with us. Graeme Brown has been heavily involved in book editing over the last half of 1995. He was virtually unavailable to help with the *Record*. The editors are breathing a sigh of relief that he is back.

The editorials, the letters, the features, news, Flashpoint and Noticeboard will still be there as a service, to challenge, to instruct and to inform.

Record Offering

You may have already guessed from the enthusiasm for the *Record* in this editorial that it is time for the *Record* Offering again—next week, in fact. We do need your financial support again this year. It costs money to have the *Record* waiting for you at church each week. We've tried to do our part by holding the cost of the *Record* down as much as possible (*Record* costs have increased by less than 1 per cent over the past three years).

The church membership has supported this offering extremely well in the past—and we thank you for that support again this year. Bruce Manners

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Seventh-day Adventist Church
South Pacific Division



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Next Week:
Taking the "sin" out of "single." Why the church needs singles ministries.

A.C.N. 000 003 930

Vol 101 No 5

Home Schooling

The article "Just a Housewife" (December 16, 1995) was timely. With all her attendant tasks, this home-schooling mother has just one ambition (as does God): to train up her children for the kingdom of heaven.

At a time when families are disintegrating, home schoolers across the board are saying, "We are close as a family." That means a lot in these times—for there is love, communication, respect, learning and growing together.

This allows time for beliefs and values to take root and grow strong during the tender years. There is enough weathering to be had without the destructive blast of the current humanistic education system (plus peer pressure, television etc).

I have been home schooling my children. My daughter, at the age of 15, has experienced God's working in her life and has learned to make good choices. She plans to be baptised soon.

With this type of schooling, along with Christian worship and fellowship, you are equally-yoked with God in the responsibility of providing a fairly ideal environment for your children's development. No matter what the future holds, you have done what you can. There should be no regrets.

Suzanne Harrison, Vic

Unique Sabbath school?

Our Ferntree Gully junior Sabbath school divisions are, I think, unique. Our junior-earliteen group has a woman leader—but all her assistants, including her teenage son and the pianist, are men.

Our primary division has a woman leader, and her assistant is a man.

In our cradle roll-kinder department we have a woman pianist, but the leader and his assistants are men (his father and my teenage son). This means that in this department we have three generations of the same family: father, son and grandson.

Denise Allen, Vic

Sabbath School Thanks

We appreciated the excellent standard of preparation exhibited in the presentation of the Sabbath school programs while visiting isolated churches recently.

My wife and I were fellow travellers on a coach tour that included stopovers at Alice Springs, Darwin and Toowoomba. We were able to worship, in all these places, with our faithful members. Our association with these church members of like faith was an inspiration and a joy. We were blessed to be recipients of their vibrant hospitality. We trust that our visit was encouraging to them.

Olive and Harold Josephs, SA

Uncontainable

After reading the letter "Sad Story" (December 16, 1995), I couldn't contain myself any longer. It is so good to see someone confess to being a sexual abuser and seek help. I know what it is like to be abused.

Perhaps others in the church could come forward and be "real" people and not hide behind a cloak of respectability, living a double life. These people may look respectable on the outside, but if they don't come forward and receive help, they will probably, in the end, destroy themselves.

Unfortunately, I feel the church encourages this respectability and calls people to be moral, but God calls us to be holy. While we continue to deny that we have our struggles, we block out the healing that Christ brings and the support that fellow Christians can give.

Name Withheld



Recipe for Health

It has been widely reported that more than 40 per cent of soft-serve ice-creams are a health hazard due to the bacteria *E. coli*. Here is your own delicious do-it-yourself soft-serve in three different flavours.

Peel, slice and freeze 3-4 ripe bananas. Also freeze the diced flesh of one mango or two diced strawberries. When needed, process the frozen bananas until half is smooth; then add one of the frozen fruits. Continue processing until all is smooth. Serve in a cone or as a dessert with fresh slices of mango, or a little passionfruit on top.

The third flavour is just as nice. Don't add any fruit while processing the bananas, but add vanilla and a dessertspoon of Perfect Cheese Ricotta. No white sugar, no fat (negligible in ricotta) and no *E. coli*!

Marjorie Dodd, SA

Missing Friends

Please contact the *Record* if you know the whereabouts of Mrs Joy Van der Klift, or Helen and Ken Muggeridge.

Views expressed in Letters do not necessarily represent those of the editors or the denomination. Letters should not exceed 250 words and should be mailed to *Record* Editor, Signs Publishing Company, Warburton Victoria 3799 (CompuServe 74617,726; Internet 74617,726@compuserve.com). Writers must include their name, address and telephone number. Letters received more than three weeks after the date of the issue carrying the article to which they respond will normally not be printed. All letters will be edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all letters received will be published.

New Uni Chaplain

Adventist university students in Brisbane have a new chaplain for 1996. Peter Rowney says he would like to do all he can to help students find accommodation, settle into their study, meet other young people and keep in touch with God. He also invites all Brisbane first-year university students to join the activities of the local Adventist student association QUSDAS. Mr Rowney can be contacted on 015 760 430 or through (07) 3236 2972.

Residents Thankful

The first Adventists to move into the Capricorn



Photo: M Biddle

Adventist Retirement Village (Qld) are thankful for the vision of a senior Rockhampton church member who, in the late 1980s, dreamt of establishing the village. In early 1991 the then new church minister, Pastor Frank Tassone, became involved in the building project. Soon land had been purchased and cleared, and the first units were constructed.

Now the village has 23 units, a fully occupied 36-room hostel and six bed-sitters.

Stormy Carols

A crowd of mostly non-Adventists recently attended the Stockton (NSW) church Carols by Candlelight program, despite storms forcing the program to be moved indoors. The highlight of the program, compered by a local disc jockey and featuring instrumentalists, singers, puppeteers and clowns, was an impromptu performance of "Jesus Loves Me" by three-year-old Brylie Frost. One of the organisers, Carol Clarke, said a few people questioned her about the church's beliefs. She is now following up their interest.

Computer Awards

Four Lilydale (Vic) Adventist Academy students were recently presented with Sanitarium Health Food Company (Sanitarium) computer excellence awards at the school's annual speech night. David Lister received the open award, while Kathryn Howard, Tammie Maddern and Heidi Millar were also honored. Sanitarium developed the awards because of its commitment to Christian education and its desire to see computing skills promoted.

Seven Baptised

Seven young people, including three pairs of

Students Glad of Good Foundation



Photo: A Silvester

Top academic awards were received by three past students of Townsville (Qld) Adventist Primary School. Katrina Kapitzke, Christie Krogdahl and Kate Young (pictured, from left), now attending a large private high school, proudly told parents and teachers their Adventist primary education was the best possible foundation to prepare them for high school.

brothers and sisters, were baptised recently at the Toowoomba (NSW) Central church by Pastor Clive Butcher: Haley and Tracy Clark, Cameron and Selina McKay, Candice and Jasmine Malcuit and John Webster. All publicly declared their love for Christ.

Transfers

Mike Brownhill from district director, Vanuatu Mission, to field work, South Queensland Conference.

Phil Ellison from business manager, Kambabu Adventist High School, Papua New Guinea Union Mission, to associate business manager-properties, Pacific Adventist College.

Richard Ferret from secretary, Eastern Highlands Simbu Mission, to field work, Greater Sydney Conference. **John Gate** from director, Institute of World Mission (SPD), to principal, Bible correspondence school and director, media

response, Adventist Media Centre. **Murray House** from Ministerial Association secretary, Central Pacific Union Mission, to field work, South Queensland Conference.

Reg Litster from teacher, Prescott College, to ground school instructor, Avondale College flying school. **Kelvin Peuser** from associate treasurer, Central Pacific Union Mission, to accountant, Avondale Retirement Village. **George Porter** from secretary, Papua New Guinea Union Mission, to pastor of Dargaville and Whangarei churches, North New Zealand Conference.

Peter Roennfeldt from coordinator, Mission to Secular Society (SPD), to Ministerial Association secretary, Trans-European Division.

Russell Strahan from Papua New Guinea, to accountant, Trans-Tasman Union Conference. **David Taivairanga** from dean of students, Pacific Adventist College, to field work, North New Zealand Conference. **Hayley White** from assistant

Did You Hear...?

...About the flu "drive-thru"?

Simi Valley Hospital and Health Care Services (USA) recently redefined customer convenience when it offered "drive-thru" flu shots.

Nearly 1700 community residents drove up to the hospital's Medical Arts building, poked their left arm out the window, got a quick jab, and drove away—immunised for another flu season!

accountant, South Queensland Conference, to assistant accountant, Avondale College. **Greg Young** from manager, Adventist Book Centre, Northern Australian Conference, to assistant manager, Signs Publishing Company.

Australian President



Diane Fletcher, professor of foods and nutrition professor at Pacific Union College (USA), recently became the first Australian president of the Seventh-day Adventist Dietetic Association. Miss Fletcher was elected by the association's 500 members during

their annual convention held at Andrews University (USA).

Church Retirees

The following people have retired from church employment recently: **Lafaele Ah Him**, Western Samoa, 15 years; **Alick Baenasi**, Western Solomon Islands Mission (WSIM), 31 years; **Dr Hedley Eager**, Far Eastern Division, 40 years; **Arthur Fairall**, Sanitarium Health Food Company, 44 years; **Pastor Kiko Gamana**, WSIM, 35 years; **Pastor Desmond Hills**, Trans-Australian Union Conference, 41 years; **Pastor Edward Ho**, Greater Sydney Conference, 34 years; **Neil Hughes**, Adventist Development and Relief Agency, 40 years; **Pastor Vaeaekakino**, Cook Islands Mission (CIM), 19 years; **Frederick Lang**, Victorian Conference, 35 years; **Feofaaki Lanivia**, Tonga Mission, 19 years; **David Liggett**, North New Zealand Conference, 30 years; **Pastor Donald McClure**, Victorian Conference, 42 years; **Erna**

Pathfinders Give Food to Needy



Photo: R. Stellmacher

Murwillumbah (NSW) Pathfinders recently collected and packed 35 large food hampers that brightened the Christmases of needy people within their community. The nonperishable foods were displayed at a thanksgiving service held in the church.

Radio Man Retires from AWR

Pastor Walter Scragg, an Australian, retired from Adventist World Radio (AWR) at the end of January; his position as president is filled by Pastor Gordon Retzer.

Pastor Scragg, who has directed the activities of AWR since 1990, served as a special consultant to Pastor Retzer until his retirement, and will continue to write and be involved in some special projects for AWR.

He formerly served as president of two divisions (including the South Pacific Division), and was also director of the General Conference Radio-Television Department when AWR began operating in 1971.

McCoy, Pacific Adventist College, 37 years; **Pastor Lance O'Neill**, South Queensland Conference, 27 years; **Henrietta Parkes**, Adventist Retirement Village, Western Australia, 25 years; **Pastor Tungane Pokura**, CIM, 30 years; **Pastor Robert Possingham**, Trans-Tasman Union Conference, 39 years; **Pastor Teina Taivairanga**, CIM, 33 years.

royal family appear to be aloof, but I was very impressed with their friendliness and their keen interest in humanitarian matters," said Mr Arthur.—ANR

NEWS EXTRA

Bibles for Army

Effects of the Bible distribution program, conducted by the Bible Society of Ecuador during the continuing "unofficial war" with neighbouring Peru, are now being felt. Churches in areas affected by the war desperately needed Bibles for people faced with guerilla warfare, widespread fear, conscription and economic instability. Eighty per cent of the New Testaments provided under the program were delivered to young men conscripted into the army and sent to various barracks close to the conflict area. One young soldier, whose body was found in a minefield, died holding a New Testament. The man's comrades all wanted a copy when they recognised which book it was.—*The Bible Society*

WORLD CHURCH

Royal Reception

The Queen recently invited John Arthur, director of the Adventist Development and Relief Agency (ADRA)-Trans-Europe, to Buckingham Palace for meetings with other aid leaders. Mr Arthur spoke individually with both the Queen and the Duke of Edinburgh regarding ADRA's work in Sarajevo, where it has delivered 400,000 family food parcels and 370,000 letters following the complete breakdown of mailing services there. "Sometimes members of the

CHURCH CALENDAR

February 17

March 9

March 16-23

March 30

Record Offering

Adventist World Radio Offering

Youth Week

Christian Services for the Blind and Hearing Impaired Offering

This Is Love

by Carole Ferch-Johnson

What irony is this, that the finest quality known to humankind should die the death of a thousand definitions. Love has been trivialised and scandalised, glamourised and romanticised. Love is ever on our lips with one meaning or another and will always be, because loving and being loved is our deepest and most fundamental need.

It can only be met in a relationship and can only be found in connection with another. Try as we might to meet it ourselves through any diversion, distraction or substitute, if we want full satisfaction, we're dependent on someone else to supply our need.

To a husband, love is warmth and acceptance in the heart of his wife.

To a wife, love is understanding and tenderness in the eyes of her husband.

To a child, love is care and nurture in the hands of its parents.

To a sufferer, love is empathy and companionship in the presence of a friend.

To the sceptic, love is oceans of emotion surrounded by expanses of expense.

At best, love is a risky business. There is risk in seeking love because we may not find a fulfilling source and the garden of our lives, calculated to blossom and yield the fruit of love, will be parched for the want of it and be blighted with barrenness.

If this isn't dangerous enough, the risk is even greater for the one doing the loving. As C S Lewis reflects: "To love at all is to be vulnerable. Love anything and your heart will certainly be wrung and possibly be broken. If you want to make sure of keeping it intact, you must give your heart to no one. Wrap it carefully round with hobbies and little luxuries: avoid all entanglements; lock it up safe in the coffin or casket of your selfishness. But in that casket, safe, dark, motionless, airless—it will change. It will not be broken, it will become unbreakable, impenetrable, irredeemable. . . . The only place



outside Heaven where you can be perfectly safe from all the dangers and perturbations of love is Hell."

So it would seem that refusing to love irretrievably stunts our humanness and robs us of happiness. Daring to love, on the other hand, puts us at risk of being profoundly hurt.

This predicament urges us to look beyond ourselves as we search for safety, support and assurance in the all-important business of loving—all important because we cannot escape how we are made. Being thus made presupposes a God of love as our Creator who intended that love be indispensable to our wellbeing.

But how would He lead us to understand the essential nature of love? Could He send representatives to teach us? He did, but it fell on deaf ears. Could He give us object lessons? He did, but they fell on blind eyes. Could He come Himself and reveal love in everything He did and said? He did.

Love lay on a bed of straw in an ani-

mal shed—a helpless, dependent infant at the mercy of sinful humanity.

Love grew to maturity on the dusty streets of a border town in the limestone hills of Lebanon; sharing His meal with the hungry, bringing water to the thirsty, shouldering the heavy load of a weary passer-by.

Love spilled over the borders of Galilee and flowed throughout the length and breadth of Palestine, working miracles of healing and restoration wherever the blight of sin had left its hateful mark.

Love spoke as nothing else can to the ears and hearts of women and men; and love in His image, after His kind, was born again in whosoever would.

Love bent and braced itself against the forces of hatred screaming in opposition to His gracious influence until the time had come for Love to bow His head in death, that Love may be the victor.

Love has never left the earth, but remains in the hearts of all who want Him. He keeps on spreading His light, His joy and His will to serve wherever He is welcome.

One day, Love will recreate the earth with nothing of the old order left but love. All who feel at home in such a place will be there.

But this isn't the kind of love we expected. It simply isn't natural. Our loves are reciprocal or they wither. They spring from emotion and are bathed in feeling.

Our natural heart simply does not love with no return or give to no advantage. The Irish dramatist Isaac Bickerstaffe epitomises natural love when he says: "I care for nobody, not I, if no one cares for me." Loving, for us, must feel good both in the receiving and in the giving.

The love of God is altogether different from this. It is supernatural, and above all that is a part of our sin-troubled lives. William Blake tries to describe it thus:

Love seeketh not itself to please
Nor for itself hath any care.

But for another gives its ease
And builds a Heaven in Hell's
despair.

There is a quality to God's love that
transcends the mutual meeting of
needs or the motivations of emotion.

This is a love that chooses against
the tide of adverse feeling to bless and
serve another.

This is a love that knows no bounds
to its commitment to another.

This is a love that goes as far as it
possibly can or is permitted to go in
concern and care for another.

This is a love that sacrifices all com-
fort, safety and familiar loves to love
the unloving.

This love was nailed to a wooden
cross and raised above the ground, and
in His face we saw it: mercy and ten-
derness, kindness and compassion,

patience and forgiveness, grace and
goodness.

My friends Mike and Paul under-
stood it when their happy little family,
complete with two compliant, academ-
ically gifted children, was asked to
enlarge its capacities and care for a
third child. Despite the care and nur-
ture they offered, she rejected their
love and broke their hearts.

For 10 years they provided and cared
for her, but she didn't respond. It took
another 15 years of love on their part
for them to see a response.

My neighbour Marenida understood
it when she lifted the phone every
week and invited me to go shopping
with her. She knew I was housebound
in my isolation and made it seem like a
privilege to take me along. Never once
did she give me the impression she was

doing me a kindness, though she surely
was.

Week in, week out, month in, month
out for years she remembered me. She,
ever the giver—I, ever the receiver.
This is the love that God is.

To be born again is to reflect this
love and to bear its fruit: joy, peace,
patience, kindness, goodness, faith-
fulness, gentleness and self-control. Love
has only one criterion for discipleship
that it sees itself mirrored in those who
follow it, "Then shall all men know
that you are my disciples when you
have love one for the other" (John
13:35, *The Message*). □

*Carole Ferch-Johnson is the coordinator of
Women's Ministries for the South Pacific Division.
This article is adapted from a presentation made at
the division session.*

The Language of a Look

by Phil Fitzsimmons

The day was hot and the windows in our train carriage didn't open. Because of the incredible crush of people, the conditions inside were almost intolerable. Our seats were close to the rear of the carriage. The only spare space left in our carriage was in the gangway between the toilets—fouled, by this time, beyond imagination.

My wife and I arrived early at the train station and were pleasantly surprised to find our seats vacant, thanks to a conductor who allowed only ticket-holders into the carriage. This doesn't always happen on Indian trains. As the 12-hour trip wore on, successive conductors were not as vigilant and the carriage filled even more. Soon people stood or sat in the aisles, on the roof and hung onto window ledges.

So great are the numbers travelling from Bombay to Ahmedabad that, although there were 12 trains daily, we had to wait a week to get our seats. We planned to travel to Ahmedabad, on to Jaipur and then to the oldest, inhabited city in the world, Jaiselmer, in the north-west frontier. Once an important stop on the silk route from China, it's now a small rock fortress in the middle of the Thar desert.

An hour out of Ahmedabad, the train pulled into a small station. To our amazement, more people scrambled onto the train, even filling the space between the carriages. The only ones who did not manage to get onto the train were a family with a seriously ill father. Unable to walk, he was dragged by his sons up and down the platform.

They begged to be let on. At last, seeing their despera-

tion, the conductor on our carriage opened the doors and let them in, placing them on the floor between the toilets.

As the train pulled out of the station I returned to the book I'd been reading.

In what seemed only a few minutes later, the train stopped again. Amid confusion and uproar, the family who had just boarded dragged their father off the train and laid him outside our window. He died, right there.

His wife, already sobbing uncontrollably, began to rock backwards and forwards, cradling her husband's head in her lap. A crowd gathered and, when they saw their obvious poverty, began throwing coins into her lap. Moved by this pitiful scene, I struggled out of the carriage and pushed through the gawking crowd. I threw the woman 10 rupees. As the note fluttered down into her lap, she looked up into my face.

Fifteen years later, those eyes still haunt me. Total helplessness. The family's breadwinner was gone. His body would be burned on the cheapest of wood, his ashes simply scattered in a nearby stream. In all the aspects of her life—emotional, financial and spiritual—there was now no hope.

Climbing back onto the train, I knew I had changed. I wondered how many on that train had heard the gospel of Jesus. Not many, I knew. I wondered how many had heard of Seventh-day Adventists. Probably none.

Perhaps for the first time I fully appreciated the hope and certainty I had in Christ. I knew the peace that was mine for the asking. And I realised that countless others, sadly, do not yet know Him. □

Phil Fitzsimmons writes from Wollongong, New South Wales.

Plant Foods That Help

by Winston J Craig



Foods documented to reduce the risks of cancer are often in our supermarket produce section.

On average, cancer accounts for about 30,000 deaths per year in Australia. And each year about 60,000 new cases are diagnosed. Researchers have estimated that as many as 35 per cent of all deaths resulting from cancer are caused by improper diet.

A quick survey of two of the most prevalent—and preventable—forms of cancer reveals some common and instantly recognisable characteristics.

About one in every nine women will develop breast cancer sometime during her lifetime. In Australia, breast cancer claims about 2400 lives per year. The incidence of breast cancer has been associated with such factors as alcohol use and a diet high in fat and low in fruits and vegetables. While the risk of breast cancer is closely related to hormonal status, dietary factors may contribute to those risks by influencing hormonal levels.

Studies in Japan reveal that women who eat meat daily have four times the risk of breast cancer compared with those who consume meat less than once a week. The regular use of animal products such as eggs, butter and cheese increases the risk of breast cancer to two- to threefold.¹

Colon cancer is the third most fre-

quently diagnosed cancer in Australia. More than 4000 deaths each year are traced to cancers of the colon and rectum. Evidence points to diet as one of the greatest factors that increase one's chances of being one of its victims. A diet high in fruits and vegetables has been shown to greatly reduce the risk of this type of cancer.

Data from China indicate that death rates from colon cancer in China are 40 per cent less than in Australia and New Zealand. On average, Chinese eat three times more fibre and one-third as much as their Australian and New Zealand counterparts. In China itself the risk of colon cancer is twice as high in people who eat vegetables less than five times *per week*, compared to those who eat regular servings of vegetables at least *twice a day*.²

A study in Boston (USA) recently confirmed the important role of meat consumption in the development of colon cancer. Colon cancer in women who ate beef, pork or lamb as a main dish every day was found to be two and-a-half times greater than for women who consumed those meats less than once a month.

So, while tabloid magazines and television newscasts tout every alleged "breakthrough" in cancer treatment (including so-called miracle cures), foods that are documented to reduce the risks of cancer are often no farther than our supermarket produce section.

Out With the Old . . .

Recent studies reveal that about three dozen foods have possible cancer-preventative properties.³ Scientists at the US National Cancer Institute initially focused their attention upon six foods that have shown good promise in preliminary studies. The identified plant foods contain small amounts of active compounds called *phytochemicals*, which are known to help prevent cancer.

Before we outline some of the foods that *reduce* the risk of cancer, we should look at how some dietary factors can *increase* that risk.

●Alcohol

Alcohol consumption is associated with increased risk of cancer of the liver, pancreas and upper gastrointestinal tract—especially the mouth, oesophagus, pharynx and larynx.

Women who use alcohol have a slightly higher risk of breast cancer—even if they have as few as three drinks *per week*. Regular use of beer is linked to colon and rectal cancer in both men and women.

●Caffeine

In a recent French study a significant association was found between coffee drinking and increased risk of bladder cancer. Among nonsmokers in the study, there was a *fivefold increase* in

Prevent Cancer

risk for those who drank three or more cups of coffee a day, compared with those who drank only one cup a day.⁴ While caffeine alone doesn't seem to cause cancer, it does appear to enhance the frequency with which other carcinogens induce tumours.

● Nitrites

Sodium nitrite is a food additive used to preserve and colour foods such as cured meats. Its use is important for the prevention of botulism. But nitrites can react with protein products to produce potent cancer-forming chemicals called nitrosamines. These nitrosamines have been found in significant quantities in meat and fish products, including sausage, frankfurters and bacon.

In With the New...

Now for the good news. The regular consumption of fruits and vegetables has been associated with lower rates of cancer of the lung, breast, colon, rectum, prostate, bladder, stomach, oesophagus and cervix. Combined mortality from these cancers is 70 per cent less among those who eat several servings of fruits and vegetables every day.

The six foods considered especially promising by the USA's National Cancer Institute (NCI), in terms of the phytochemicals they contain, include garlic, licorice root, soybeans, flaxseed, citrus fruits and umbelliferous vegetables (carrots, celery, parsley, parsnips and coriander). Other plant foods that have shown anticancer properties in NCI studies include cereal grains, cruciferous vegetables (broccoli, cauliflower, brussels sprouts, cabbage and kale), onions, solanaceous vegetables (tomatoes, eggplant and peppers) and turmeric.

As you plan your diet, be sure to include one or more of the following fruit and vegetable groups:

● Dark-Green Leafy Vegetables

Vegetables such as spinach, kale and

Swiss chard contain high levels of beta-carotene. Beta-carotene and other carotenoids act as antioxidants and have the ability to protect cells from damage that may lead to the development of tumour cells. Carotenoids are also known to enhance several aspects of immune function.⁵

● Bright-Yellow/Orange/Red Fruits and Vegetables

Mangoes, pineapples, tomatoes, peaches, strawberries, watermelons, cantaloupes, carrots, pumpkins and sweet potatoes—all contain compounds associated with lower cancer rates. In addition, the presence of yellow pigment may indicate a substance that, in addition to inhibiting cancer, also seems to possess anti-inflammatory properties.⁶

● Citrus Fruits, Nuts, Berries and Grains

Compounds in these items help protect against cancer by degrading certain carcinogens.

In 1989 the National Research Council (USA) issued the following dietary recommendations to individuals who want to reduce their risk of cancer:

- Reduce total fat intake to 30 per cent of calories or less.
- Eat five or more servings per day of fruits and vegetables, especially green and yellow vegetables and citrus fruits.
- Eat six or more daily servings of foods that are high in dietary fibre and complex carbohydrates—breads, cereals, legumes.
- Balance food intake and physical activity to maintain appropriate body weight. Overweight persons have a greater risk of cancer.
- Avoid alcohol consumption.
- Limit salt intake. Foods that are salt-cured and salt-preserved should be used sparingly.

Back to the Future...

Until recently, vegetarians have been

on the defensive against "scientific" claims that a strictly vegetarian diet could not sustain a normal, modern lifestyle.

Now it's practically universally understood that a balanced diet high in natural fruits, vegetables, legumes, grains and nuts, prepared simply and eaten in moderation, provides all the basic dietary requirements necessary for optimal health. And such a diet reduces many of the risks associated with a diet high in animal foods and products.

Indeed, when the United States Department of Agriculture recently published its revised food guide pyramid, it bore a remarkable resemblance to the ideal diet given to our first parents in Eden. It recommended ample quantities of vegetables (three to five servings a day) and fruits (two to four servings a day).

Implicit in that recommendation is an acknowledgement that diseases common in our day are largely preventable through proper diet. It's also a tacit admission that our heavenly Father really knows best! □

1. Committee on Diet and Health, Food, and Nutrition Board, National Research Council, *Diet and Health: Implications for Reduction of Chronic Disease*, Washington, DC; National Academy Press, 1989.
2. S Grahams *et al*, "Diet in the Epidemiology of Cancer of the Colon and Rectum," *Journal of the National Cancer Institute*, 61, 1978: 709-14.
3. A B Caragay, "Cancer-Preventative Foods and Ingredients," *Food Tech*, 46, 1992, pages 65-8.
4. J Clavel and S Cordier, "Coffee Consumption and Bladder Cancer Risk," *International Journal of Cancer*, 47, 1991, pages 207-12.
5. A Bendich, "A Role for Carotenoids in Immune Function," *Clinical Nutrition*, 7, 1988, pages 113-17.
6. M Nagabhusan and S V Bhude, "Curcumin as an Inhibitor of Cancer," *Journal of the American College of Nutrition*, 11, 1992, pages 192-8.

Winston J Craig, an Australian, is professor of nutrition at Andrews University in Berrien Springs, Michigan, USA. Adapted, with permission, from *Adventist Review*.

Programs an Answer to Prayer

Russian Adventists had a three-year prayer answered recently when Pastor Arthur Bath, a retired minister attending Bundaberg (SQld) church, baptised 79 people after an evangelistic program.

The meetings, held in the eastern Siberian city of Bratsk by Pastor Bath, Peter Harding, secretary of the East Siberia Mission Pastor Sergio Partsekanich, and a team of six volunteers, were successful despite some problems.

Pastor Partsekanich was not able to hire a hall until five days before the meetings started.

"The Russian organisation was chaotic," said team member Ivy Williams. "For several days we had no interpreters and the handbills were not distributed. So we had to deliver them ourselves two days before the start of the program."

As a result only 200 people attended the opening meeting. But news of the meetings taking place quickly spread.

"Night by night the numbers grew," says Ms Williams. "Some people invited up to 15 friends."

Alexi Usov was one who attended. He had been contemplating suicide after his mother-in-law cheated him out of his house and car, and persuaded her daughter to leave him—taking their two children from him. He was obliged to support his family even though he had no access to his children. Despite these problems he continued to attend the program. Toward the end of the series he started to change. Eventually, responding to a baptismal call, Mr Usov told Pastor Bath that while his problems were still unresolved, he had hope for the future.

In addition to the main crusade, Pastor Bath's team also conducted



Photo: J Williams

Some of the people baptised as a result of the Bratsk mission.

other special meetings including:

- a nightly children's program attended by up to 200 children. Their program, culminating in a concert held in the main evangelistic hall, resulted in several of the older children requesting baptism.

- a five-day stop-smoking plan, where over 150 people, some as young as 12, attended. Many people drink and smoke in Bratsk because alcohol and tobacco are so cheap.

- a visit to a local retirement village where several older Bratsk church members live. "We were appalled at the conditions in which they were forced to live," said Ms Williams.

The climax of the program came on the last Sabbath when more than 100 people celebrated communion.

"Some of the team had their feet washed several times as they led the new folk into the joyful experience of knowing Jesus," said Ms Williams. That afternoon, the team travelled to a man-made lake where 79 people were baptised.

However, despite the success of the 1995 mission, there may not be another mission in Bratsk. A new Russian law means no public buildings can be hired for religious meetings. So Pastor Partsekanich and the local church members must raise \$US35,000 for a permanent building in which to worship.

"Please pray for these lovely people," says Ms Williams, "because this year their religious freedom will be taken from them."

Good Results from Serbian Crusade

Encouraging evangelistic work recently completed in Serbia by Tasmanian minister Pastor Don Fehlberg and his wife, Eileen, saw 80 meetings conducted in six cities over a period of six weeks.

Most of their meetings were held in Pristina, a city where the Adventist Church membership is only seven. Conflict between the Albanians and the Serbians initially kept people away—yet after four weeks of Pastor Fehlberg's meetings 120 people were enrolled in a Bible correspondence course, a Sabbath school was organised for Albanian young children, 15 people were attending follow-up meetings and the senior elder's son, who was not interested in church, decided to become a minister.

Also, the editor of an Albanian university newspaper printed "Digging Up the Past" lessons, the strategy being that interested readers would bring completed quizzes to Pastor Fehlberg for marking at the program.

After completing their meetings in Pristina, the Fehlbergs moved on to Nis. Here, 200 mostly nonchurched people (or "friends") attended the opening meeting. At the end of the two-week series 100 people were enrolled in follow-up seminars. Similar meetings were also conducted in Zrenjanin, where 50 people were encouraged to join Bible-study classes.

While in Serbia, Pastor Fehlberg became the first overseas minister to preach a sermon at the Leskovac Adventist church.



Photo: D Fehlberg

Pastor Don Fehlberg and the first Albanian to work as a minister, Dijana Daka, holding a new Albanian translation of the Bible.

Missionary's Grandson Named MP

The grandson of a Tongan Seventh-day Adventist missionary was named Tonga's Police and Immigration Minister on January 12, 1996.

Clive Edwards, OBE, succeeds the late Noble Akau'ola.

Mr Edwards's grandmother, Maraea Young, a young Pitcairn islander, travelled to Tonga on the mission ship *Pitcairn* after it visited Pitcairn Island in 1890. She later married Charles Edwards, one of the first converts of that missionary visit. A nurse, Maraea Edwards (nee Young) served as the private nurse to Queen Salote of Tonga, and as

midwife at the birth of all the royal princes and princesses.

Mr Edwards was educated in Tonga, but graduated from law school in New Zealand, where he started practising law. In 1974 he was involved in negotiating amnesty for Tongan "overstayers" who were living in New Zealand. He returned to Tonga that same year and has been president of the Tonga Law Society since 1993.

At the time of his appointment, Mr Edwards was one of 61 candidates vying for nine parliamentary seats in Tonga.

The Seventh-day Adventist Church is respected in Tonga, where it is known for the high academic standards of Beulah College—a large boarding school near Nuku'alofa—and its famous brass band that performs at many state functions—ANN

Factory a Shoe-in for Clinic

A Nepalese cardiologist, on behalf of his government, recently asked the Adventist Development and Relief Agency (ADRA) to convert an old shoe factory into a heart clinic.

Dr Thapa, a leader in the field of cardiology, and Paul Dulhunty, director of ADRA-Nepal, have wanted the clinic for a long time.

"Heart problems are prevalent here largely because people come down with a simple throat infection, which is often followed by rheumatic fever that damages the heart's valves and eventually causes heart failure," said Mr Dulhunty. "A simple operation can give them back their life."

A large group of New South Wales Rotarian volunteers also helped ADRA in Nepal. Tradesmen worked on new nurses quarters for the Scheer Memorial Hospital, and dentists visited selected villages to give dental aid.

"The saddest thing we came across was examining the older women coming in from the fields at night—most of them had only a mouthful of stumps for teeth," said one dentist.

ADRA, highly respected by the King and Queen of Nepal, will begin renovations on the factory later this year.



The director of ADRA-Nepal, Paul Dulhunty, and the Queen of Nepal, at the official handing over of homes for lepers, another ADRA construction project.

CHURCH NEWS

Albany and Mount Barker, WA:



Members from both churches have had a busy end-of-year (1995), with highlights including:

- the baptisms of Joanne Sawyer, Sherilee Dyson, Melissa Elsegood, Emily Searle (pictured, from left), and David Rosendall.
- Albany Adventist School's annual concert and speech night, formal tea and Year 10 graduation.
- the Albany Pathfinder investiture, taken by Pastor Paul Goltz and featuring the presentation of the Green Beret award to Desiree Smoker.
- a secret sister program—where women from Albany church selected other female members to care for, without giving away their identity.
- a health assessment and awareness program conducted by young Mount Barker members at two local shows.

Esk, QLD: Six people were baptised, and Pastor Ervin Ferris and his wife, Val, retired on December 9, 1995, at Camp Somerset, located in the Brisbane Valley. Pastor Ferris baptised Paul Borowski, Brian Fuller, Felix Rijavec, Antje Schultz and Philip Vaessen, while Gatton (QLD) church minister Pastor Ray Fraser baptised Joylene Devonshire. A farewell tea was then provided for Pastor and Mrs Ferris, and for Esk church elder Nathan Thorpe, who is taking up volunteer service in Korea.

Gin Gin and Monto, QLD: Five people were baptised in the Kolan River on December 9, 1995, finishing a busy time for Gin Gin and Monto church members. Kathy and Jack Allen, Carolyn Curnuck, Phil Carter and Kylie Wakenshaw were baptised by Pastor Phil Downing. A health video program and banquet were held at Monto, and a public vegetarian program and another baptism were conducted at Gin Gin.

Aid Agency Thanks Retiring Supporter

Relief aid valued at more than \$A1.5 million was raised by Croation Relief Organisation (CRO) members, who met recently to acknowledge the support of Mr Neil Hughes.

Mr Hughes, retiring associate director of the Adventist Development and Relief Agency (ADRA), helped CRO raise the money for the humanitarian aid. The organisation, an Adventist initiative, then shipped 50 containers of relief supplies to Zagreb, where they were distributed through the ADRA network to victims of the civil war.

"The CRO story is quite a remarkable one of cooperation with ADRA, both here in Australia and in Croatia," says CRO public relations officer Lyn Knight. "The tremendous goodwill the organisation's efforts have created is outstanding. The recognition it receives from both the Australian and Croation govern-



Croatia Relief Organisation board members, who met recently to acknowledge the support of the retiring associate director of the Adventist Development and Relief Agency, Mr Neil Hughes.

ments gives us all great heart to realise that our denominational efforts are welcomed and respected."

Hundreds of volunteers in Sydney, Melbourne and Brisbane are members of CRO.

CHILDREN

The Angel and the Bull

by Eileen Pearson

Melanie and Cory were staying at Uncle Don's farm for the holidays—something they really enjoyed. But on the day the angel visited the farm Uncle Don was away in town.

Jake, who worked for Uncle Don, was in control of the farm that day.

Cory had climbed a tree, and was looking out across the fields when he saw Uncle Don's very expensive prize bull out of his paddock.

"Hey," Cory called out, "the bull must have got out! There he is going up toward the haystack. We'd better find Jake and tell him."

Running hand-in-hand the chil-

dren stopped short, panting. Looking up they saw Jake trying to head-off the bull as it charged across a paddock. He tried to open a gate and get the dog to make the bull head toward it, but he couldn't.

Suddenly the bull crashed through a fence and came rushing in Cory and Melanie's direction. Melanie gave a scream of horror, and little Cory's voice was loud and urgent, "Quick, ask Jesus to stop him!"

Melanie hugged Cory and closed her eyes for a moment. When she looked again she saw the bull stop suddenly, turn deliberately and then trot quietly through the open gate.

Jake just stood staring, too surprised to close the gate. He



wiped the back of his hand across his perspiring forehead and muttered, "Could you believe it? Could you believe it?"

Still a little shaken, but thrilled with such an answer to prayer, Melanie managed to breathe, "I can. It was as if an angel stood right there and stopped him."

"Of course," agreed Cory.

This story first appeared in Primary Days.

Appreciation

Hawken. Lance, family and relatives want to thank all their friends and members of the church family who supported them with expressions of sympathy, cards and floral tributes on the death of Daphne, loving wife, mother and grandmother.

Saunders. The family of the late Victor Saunders (New Zealand) would like to thank their friends for their sympathy, comfort, support, cards and floral tributes at the time of their sad loss of a loving husband, father, father-in-law, grandad and great-grandad. Isabel, Colleen Reid (both of Rai Valley, NZ), Raewyn Diggerman (Toowoomba, Qld), Alan (now at Coonabarabran, NSW) and Peter (Melbourne, Vic).

Anniversaries

Bowden. Cliff and Margaret, celebrated their 50th wedding anniversary in late 1995. Margaret has been church clerk at Parramatta for many years and involved in the music program of the church. She and Cliff have two children, Jennifer and John; and three grandchildren. Sally Nelthropp

McLean. John and Edna celebrated their 60th wedding anniversary late 1995. Edna has been a member of the Parramatta church all her life; her grandmother, Maria Forsyth, was a charter member of the Parramatta church (among the 21 baptised by Pastor Robert Hare in 1892). Unfortunately, John died the week before Christmas from a sudden heart attack. They had one son and three daughters. Sally Nelthropp



Weddings

Butler—Thomson. Kym Butler, son of Ron and Daphne Butler (Canberra, ACT), and Carissa Thomson, daughter of Trevor and Jill Thomson (Canberra), were married on 17.12.95 at Canberra National SDA church. A M van Rensburg

Dean—Scotter. Geoffrey Dean and Shirley Ann (Shan) Scotter were married on 17.12.95 at Nunawading SDA church, Vic. G D Giles

Green—Vause. Neil Green, son of Kenneth and Glenice Green (Mackay, Qld), and Alisa Vause, daughter of Edward and Pam Vause (Kenilworth), were married on 10.12.95 at Maroochydore.

Maurice Woods, Lloyd Grolimund

Hutton—Wawrzyniak. Derek Brian Hutton, son of the late Robert and Arlene Hutton, and Elizabeth Wawrzyniak, daughter of Stefan and Krystyna Wawrzyniak (Melbourne, Vic), were married on 17.12.95

at the Dandenong Polish SDA church. John Baron

Lahnor—Poyer. Jeffrey John Lahnor, son of Robert and Erica Budd (Ardlethan, NSW), and Sharon Elizabeth Poyer, daughter of Roy and Vicki Poyer (Coonabarabran), were married on 17.12.95 at Jinchilla Gardens, Dubbo. Doug Weare

Leeson—Lyne. Darrin John Leeson, son of Neville and Annette Leeson (Lismore, NSW), and Tracey Meredith Lyne, daughter of Brian and Carolyn Lyne (Brisbane, Qld), were married on 17.12.95 in the Springwood SDA church. Ken Martin

Moriarty—Rath. Nigel Moriarty, son of Malcolm and Veronica Moriarty (Innislail, Qld), and Alison Rath, daughter of Wilf and Hazel Rath (Canberra, ACT), were married on 31.12.95 at Canberra National SDA church, ACT. They plan to set up their home in Sweden. A M van Rensburg

Opini—Tuake. Patrick Opini, son of Pat Ramona Opini (Avondale, Auckland, New Zealand), and Linda Tuake, daughter of Tani and Pepe Rongo Tuake (Cook Islands), were married on 24.12.95 at Ponsonby SDA church, Auckland, New Zealand. John Veld

Robinson—Waldrup. Darren Robinson, son of Robert and Sandra Robinson (Bendigo, Vic), and Michelle Waldrup, daughter of (Dr) Harold and Verlie Waldrup (Yarra Junction), were married on 17.12.95 at Warburton SDA church. A H Waldrup

Rush—Lawty. Paul Rush, son of Wayne and Martha Rush (Sydney, NSW), and Georgina Lawty, daughter of Raymond and Pamela Lawty (Alstonville), were married on 25.11.95 at Bexhill, Lismore. Harold Gross

Schulz—Potter. Matthew Schulz, son of Jude Wilford (Sydney, NSW), and Karen Potter, daughter of David Potter (Coorabong) and Jan Potter (Paterson), were married on 29.10.95 at Galston, NSW. Wayne Krause

Smith—Saunders. Gregory John Smith, son of George and Betty Smith (Muswellbrook, NSW), and Lorelei Anne-Marie Saunders, daughter of Alan and Marilyn Saunders (Coorabong, previously of Christchurch, New Zealand), were married on 17.11.95 at Hillview SDA church, Morisset, NSW. Steve Wold

Standish—Peate. Dr Russell Roland Standish and Glenice Lorraine Peate were married on 20.12.95 at the Amazing Truth College, Narbethong, Vic.

Colin Standish, O K Anderson, T T Turner

Sykes—Hallam. Lee Anthony Sykes, son of Malcolm and Robyn Sykes (Logan City, Brisbane, Qld), and Briohn Joy Hallam, daughter of Murray and Gail Hallam (Logan City), were married on 10.12.95 at Calamvale Gardens, Brisbane. Ken Houlston

Watson—Hitchick. Brad Anthony Watson, son of Paul and Yvonne Watson (Sydney, NSW), and Fiona Gai Hitchick, daughter of Douglas and Margaret Hitchick (Sydney), were married on 21.12.95 at Eureka. Brad and Fiona will both teach at Kabuifa, Papua New Guinea, in 1996.

Harold Gross

In the Footsteps of...



In the Footsteps of... is a series of tours covering Church and Bible history. Join us in the exhilarating experience of retracing the footsteps of the heroes of our faith. These tours attempt to integrate history, leisure and spirituality.

Abraham and Patriarchs. Syria, Jordan and Israel, May 13, 1996 Martin Weber, Project Editor of Ministry, and Pastor Terje Bjerka.

Jesus. Israel, Nov. 11, 1996. Dr. William G. Johnsson, Editor of the Adventist Review, Noelene M. Johnsson, Director of Children's Ministries N.A.D, and Pastor Terje Bjerka.

Paul. Greece, Sept. 30, 1996. Hans LaRondelle, Prof. Emeritus of Theology, and Pastor T. Bjerka

Paul and John. Turkey and Patmos April 15, 1996. Martin Weber, Project Editor of Ministry, and Pastor Terje Bjerka, Norway.

Wesley and the Pilgrim Fathers. Great Britain, July 8, 1996. Pastor Per deLange. Dr. PH.

the Adventist Pioneers. USA, Oct. 6, 1996. James R. Nix, Vice Director E.G. White Estate and Pastor Ed Peterson.

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Wilson—Green. Michael Wilson, son of Alan Wilson (Atherton, Qld) and Lesley Sivyer (Mackay), and Kylie Green, daughter of Alwyn Green (Murgon) and Maxine Green (Mackay), were married on 30.4.95 at the Mackay Central SDA church.

A Faro, R McGrath

1953. He predeceased her in 1966. On 29.6.74 she married Ralph Brewer. Pat is survived by her husband (Rosewood); sons, Bevan Bewert (Sandgate), Noel Bewert (Dysart), Leslie Bewert (Yamanto) and Henry Bewert (Rosewood); and daughter, Lynette Kiss (Rochedale). Daughter, Maureen, predeceased her in 1982. David M Lamb

Obituaries

Askin. Samuel Murray, born 21.6.01 at Lawrence, New Zealand; died 10.11.95 at Lorne Hospital, Invercargill. He was baptised in the Sydenham SDA church in the early '20s after purchasing the book *The Great Controversy* from a colporteur. He served with the New Zealand Air Force as an engineer in the Pacific during World War II. He married Frances Mary Ibbetson at Timaru in 1932. She predeceased him in 1990. Sam is survived by his son, Murray (Moeraki); brother, Allan (Nelson); four grandchildren and four great-grandchildren.

Terence McHugh

Beard. Gracie Ellen, born 6.3.03 at Woolgoolga, NSW; died 27.12.95 at Elizabeth Lodge, Wahoonga, and was buried in the Camden Cemetery. Baptised 30 years ago, she was a member of the Campbelltown church. She was a keen collector for Adventist Appeal and Dorcas leader. Predeceased by her husband, Alfred, and three sons, she is survived by five sons and one daughter.

John Silver, Ken Low

Brewer. Patricia Angela Emma (nee Dau), born 17.3.27 at Harrisville, Qld; died 26.12.95 at Rosewood. She married Charles Bewert in

1941. For many years Nancy helped with Meals on Wheels in the Swanssea area. She belonged to an art group, enjoyed crocheting and china painting. Harry predeceased her in 1980. She is survived by her sons, Fred (Adelaide); John, and Chris (Swanssea, NSW); six grandchildren; and

Tom T Turner, H Weymark

Dose. Nancy Louisa (nee Jones); born 9.4.14 in Adelaide, SA; died 19.12.95 at Swanssea, NSW. Married Harry Woodward Dose on 14.12.35 at the Clarence Park Methodist church, Adelaide. They were baptised in 1951. For many years Nancy helped with Meals on Wheels in the Swanssea area. She belonged to an art group, enjoyed crocheting and china painting. Harry predeceased her in 1980. She is survived by her sons, Fred (Adelaide); John, and Chris (Swanssea, NSW); six grandchildren; and

13

seven great-grandchildren.

L Barnard, L Coombe, A Macauley

Duncan, Joan Tasma, born 4.3.14 at Katanning, WA; died 11.12.95 at Freeman Nursing Home, Rossmoyle. In 1945 she married Stanley Duncan in Perth. She was baptised on 2.10.82 at the Morley church. Joan was a courageous, loving mother who maintained a strong faith and trust in the promises of God. She is survived by her sons and daughters-in-law, Kim and Rita (Mirrabooka) and Terry and Gayle (Dianella); and six grandchildren.

Merv Chapman

Godber, Robina Ruby Ruth (nee Blair), born 23.7.1899, at Camperdown, Sydney, NSW; died 11.12.95 at Charles Harrison Nursing Home, Coorabong. She married William Albert Godber on 15.3.22 in Wellington, New Zealand. He predeceased her on 1.9.29; and daughter, Gwen, in August, 1949. She is survived by her daughter, Berenice Cassels (Tauranga, New Zealand); and son, Ian (Burrell Creek, NSW).

L C Coombe, S R Goldstone

Golby, William Henry (Bill), born 25.1.03 at Parramatta, NSW; died 27.12.95 at Elizabeth Lodge, Normanhurst. He married Stella Smith on 27.7.23 at Parramatta. Bill was renowned for his "photographic" memory and his ability to recite from memory large portions of Scripture and extracts from the writings of E G White. Predeceased by his wife on 4.12.85; daughter, Merradene; and son, Leslie. He is survived by his brother-in-law, Charles Boulting (Sydney).

John Silver

Gruberski, Henryk Jan, born 16.5.13 in Warszawa, Poland; died 22.11.95 in Adelaide, SA. Baptised in 1947. He married Emilia Kunowska on 25.9.54 in Warszawa. He is survived by his wife; son Marek (both living in SA); and sister, Maria Gruberska (Poland).

Dariusz Keberek, Eugeniusz J Majchrowski

Hill, Iris Olive, born 24.10.21 at Maitland, NSW; died 17.12.95 at Bethshan Nursing Home, Wyee. During the war she served in the air force as a member of the WAAF. With her husband, she was a devoted member of the Kanwal church and a quiet, consistent Christian. She is survived by her husband, Keith; daughters, Cheryl, Noela, Pamela and Robin; and sister, Doris.

L H Barnard

Howe, Rose Mary, born 28.11.04 at Swan Hill, Vic; died 2.12.95 at Eildon Private Nursing Home, Ringwood. At the age of 18, she was baptised at Merbein. She married Joe Howe on 26.12.27. Rose was a devoted wife and mother. She is survived by her children, Edna Brownjohn (Charlton, Vic); Irene Powell (Seacombe Heights, SA); Hazel McAdam (Boronia, Vic); and Josie Paterson (Ringwood North).

Clem Van Ballegooyen

Johnstone, Irene May, born 16.6.03 at St Kilda, Vic; died 12.12.95 at Esther Somerville Nursing Home, Normanhurst, NSW. Rene was baptised in Tasmania. She was predeceased by her husband, Robert Roy Johnstone, in 1950; and son, Ron. She is survived by sons, Keith and Kevin (Tasmania); and daughter, Denise Ferris (Sydney, NSW); seven grandchildren; and 10 great-grandchildren.

John Silver

Keegan, Ashton Olivia, born 22.12.95 at King Edward Memorial Hospital, Perth, WA; died 22.12.95 after living only 18 minutes. She is survived by her parents, Mark and Jenny Keegan; and brother, Callan (Manjimup, WA).

Pat Marshall

Love, William Herbert, born 21.2.04 at Towamba, NSW; died 11.12.95 at Bega. Married Ivy Barker in October, 1931, at Bega. She predeceased him in 1967. Bill was baptised on 7.7.79 at Bega. He is survived by his children, Valda Overend (Pambula), Noeline Millner (Bega), Neville (Nowra) and Lynette Murphy (Bega).

Mike Fritter

Macko, Josef, born 1.3.19 at Wisnitz, Poland; died 12.11.95 in Adelaide, SA. From the age of 14 until the second world war he worked in Poland as a literature evangelist, then after the war as a gardener. He married Anna Zisper on 24.1.47 in Poland. He is survived by his wife; daughter, Gertruda Haanstra; son, George; their spouses; six grandchildren; and sister, Anna Przybylko (all of Adelaide, SA). Predeceased by son, Jan.

Jerzy Lipski, Dariusz Kuberek

E J Majchrowski

Markey, Grace Inga, born 23.3.06 at Mudgee, NSW; died 3.12.95 at Freeman Nursing Home, Rossmoyle, WA. Married David Markey in 1930 at Northam. Inga's faith and belief in God was always positive. She spent her life in unselfish ministry to her family and wherever she saw a need. She is survived by her sons, Ian (Bridgetown, WA) and Clive (St James); daughter, Ione Hinwood (Sydney, NSW); five grandchildren; and 12 great-grandchildren.

Merv Chapman

Menhenett, Francis John (Frank), born in England; died 17.12.95 in Mildura, Vic. Frank's philosophy of honesty, perseverance and humour enabled him to stand up to the tough times of his generation. He is survived by his wife, Joan (Mildura). Predeceased by his son, Peter; and daughter, Wendy.

Ross Chadwick

Musk, Mabel ("Bell") Florence, born 23.6.12 at Murwillumbah, NSW; died 13.12.95 at Mountain View Nursing Home, Murwillumbah. In 1971 she was baptised by Pastor H Dickens in the Ballina church. She was predeceased by her first husband, Roger Legge in 1979. In 1981 Bell married Jim Musk. A farewell service was held in the Ballina church, where members of the Musk and Legge families paid their last respects to a loving wife, sister, mother and grandmother.

W V Fedorow, G Burton

Neil, Mary Esther (nee Yarrick), born 3.4.15 at Fremantle, WA; died 10.12.95 at Armadale. Married Henry Arthur Neil on 24.12.33. He predeceased her in 1979. She is survived by her children, Barry, Janice Swift, Lynette Dobell (all of Perth).

Maurice Bland

Oakes, Albert Edward (Ted), born 17.8.12 at Clapham, England; died 29.11.95 at Hollywood Hospital, Perth, WA. Married Marjorie Bates-Darvill on 17.6.37 at Clapham. A master builder, he taught at the England School of Building. After his arrival in Australia on 2.9.49, he helped construct major buildings in Perth, including the

Empire Games stadium. Baptised by Pastor S M Uttley following studies with Pastor John Wade, he joined Queens Park church, then moved to Gosnells where he served as deacon, elder, lay activities leader and treasurer. After joining the Seventh-day Adventist workforce in 1967, he supervised the building of the SHF bakehouse at Carmel College, served as Clerk of Works supervising the construction of Sydney Adventist Hospital and Warburton Health Care Centre. He is survived by his wife; children and their spouses, Wendy and Ron Millen, Linda and George Drinkall, Leonard and Rena, Rosemary and Reijo Karvinen, Victor and Robyn, Julie and James Sutherland; 16 grandchildren and three great-grandchildren.

George W W Drinkall

O'Brien, John Erik, born 1963 in Brisbane, Qld; died 7.12.95 in San Francisco, USA. John spent two years at Avondale College, two years at Pacific Union College, USA, and one year as a student missionary in Korea. He was an accomplished musician. He is survived by his parents, Jim and Inge (Sandgate, Qld); sisters and brothers-in-law, Esther and Mark Shaw (Shorncliffe) and Anne-Marie and Ray Grauf (Kingaroy); nephews and

Volunteers Needed

Teachers, Aore Adventist Academy—Two single (male/female) teachers are needed to teach science/history/geography/English for senior classes (Forms 5 and 6), commencing February 1996. Appointment is for 11 months.

English Language Teachers are urgently required to work with ADRA/Laos as follows:

Vientiane. Stipend approximately \$US250 per month; accommodation, insurance, and textbooks provided; transport—bicycle provided, and approximately \$US700 towards international travel.

Pakse (more isolated, but nicer surroundings, old southern capital). Stipend \$US250; accommodation, insurance, and textbooks provided; transport—bicycle, plus \$US200 internal travel, and \$US\$500 international travel.

Wanted: Tradesmen volunteers for 1996. Two weeks in April or November to work in Katmandu for ADRA on the First National Heart Centre. Carpenters, electricians, plumbers, painters, mechanics and handymen etc. For further details phone/fax Pr Des Mowday on (02) 9980 8258 or Pastor Eric White.

Fly'n'Build—Western Solomon Islands. An electrician, builder, and two labourers needed to help in the construction of a Home Science block at the Kukudu Adventist High School, Western Solomon Islands, April 1-14 inclusive. Cost \$A1490. Contact Carl Ginger (mobile) 015 403 005, (home) (02) 9980 7814, or Volunteer Service Coordinator, South Pacific Division. Inquiries close Sunday, February 17.

For any information on volunteer service, please contact Pastor Eric White, Volunteer Service Coordinator, 148 Fox Valley Road, Wahroonga NSW 2076; phone (02) 489 7122 or fax (02) 489 1713.

Position Vacant

Director of Nursing
Sydney Adventist Hospital

The South Pacific Division is seeking applications for the position of Director of Nursing for the Sydney Adventist Hospital. Suitable applicants should have:

1. Qualifications enabling registration as a Registered Nurse with the NSW Nurses Registration Board
2. A Bachelor in Management degree or be undertaking same
3. A minimum of 10 years postgraduate nursing experience
4. Previous management in hospitals with more than 100 beds
5. Effective communication and interpersonal skills
6. A commitment to the philosophy and objectives of the Seventh-day Adventist Church and the Sydney Adventist Hospital

It is desirable, but not essential, that the applicant also have a Masters in Management as an alternative to the Bachelor in Management degree.

Please send a *curriculum vitae*, copies of certificates and references to:

V B Parmenter
Associate Secretary
South Pacific Division
148 Fox Valley Road
Wahroonga NSW 2076

Applications close on March 8, 1996.

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niece, Michael, Dane, Jay and Melanie.
 D Leamon

Peterson, Mollie Ada Gladys (nee Mudie), born 3.11.10 in Broken Hill, NSW; died 16.11.95 at Gawler, SA. She married Frank Peterson on 31.12.30 at Woodville. They were baptised in 1950 in Adelaide by Pastor George Burnside. Mollie was not only a devoted wife and mother, but used her time and talents to bring help and comfort to anyone in need. She is survived by her husband (Gawler); children, (Pastor) Adrian (Indianapolis, USA), Christine Starke (Adelaide, SA), Dennis (Adelaide), Errol (Melbourne, Vic), Felicity Jones (Adelaide) and Gay Pearce (Adelaide). Predeceased by son, Barry.

Ross Simon, Bryce Andrews, Robert Parker

Smith, Beverley Estelle, born 31.7.19; died 17.12.95 at Wyong Hospital, NSW, and was buried at the Avondale Cemetery, Cooranbong. She is remembered fondly for her caring ministry to the retired in Coronella (Nunawading, Vic) and Elizabeth Lodge (Sydney, NSW) retirement homes. A dedicated worker for the Lord, she used her skills as a musician and counsellor. She is survived by her husband, Ian; and children, Dianne, Elaine, Trevor and Yvonne; eight grandchildren; and five great-grandchildren.

S R Goldstone, L C Coombe

Smith, Edna May, born in Sydney, NSW; died 24.11.95 at Sydney Adventist Hospital, Wahroonga. She married Bill Smith on 8.4.43 at North Sydney Adventist church, St Leonards. Edna is survived by her husband; son and daughter-in-law, James and Jenny; daughter and son-in-law, Robyn and Noel Were; grandchildren, Sonia and Sheldon (all of Sydney); and sister, Joyce Keeler (Gorokan).

Eric Greenwell, John Silver, John Cernik

Tangimetua, Taivairanga (Tai), born 18.9.24 at Titikaveka, Rarotonga, Cook Islands; died 10.12.95 at Bethesda SDA Home, Manukau City, New Zealand. He is survived by two daughters and six sons (five living in Australia and three in New Zealand). Ritchie Way, Alvin Coltheart

Vaughan, Elizabeth May, born 3.8.10 at Prestbury, Macclesfield, England; died 19.11.95 at Swan District Hospital, Middle Swan, WA. Married (Pastor) Albert Dudley

Vaughan on 3.8.31 at Mount Barker. He predeceased her on 30.6.74. They were baptised in 1940. During her husband's ministry they pioneered the mission programs at Karalundi and Wiluna. Affectionately known as "Mummy Vaughan," she touched many lives and hearts. She was a "loving and lovable Christian" who generously gave of herself. She is survived by her daughters, Barbara Reynolds (Mooroolbark, Vic) and Margaret Harders (Narembeen, WA); sons, John and Peter (both of Cooranbong, NSW); sister, Mary Banks (Capel, WA); 17 grandchildren; and 17 great-grandchildren.

Merv Chapman, Cyrus Adams **Watson**, Arthur Robert, born 8.6.24; died 3.12.95 at Gosford, NSW. Married Margaret ("Peg") Stubberfield on 6.9.48. He was baptised in about 1960 at Maryborough, Old. A loyal and loved husband, father and friend, Arthur was known for his work for his church, war widows and the oppressed. He is survived by his wife (Kangy Angy, NSW); daughters, Robyn Radford (Narromine), Deniece Dixon (Wamberal), Sandra Bradley (Deniliquin), Kerry Howard (Gorokan) and Jennifer Rand (Lisarow); and son, Trevor (Bundaberg, Qld).

Eric Livingston, Gordon Lee

Williams, Ronald David, born 18.7.21 at North Sydney, NSW; died 1.12.95 at Berkley Vale, NSW. Ron was a founding member and elder of Bankstown church. Later he attended Ourimbah church. Ron was much loved by his family, and a strength to the church. He is survived by his wife, Iris; children, Allan, Neville, Merrilee, and Jill; 18 grandchildren; and two great-grandchildren.

Douglas Jenkins, John Oaklands

Withycombe, Michael Timothy Morse, born 26.9.44; died 8.12.95 at his home at Barrack Point, NSW. He is survived by his wife, Margaret (nee Piper); sons, Nicholas, Mark, Richard and Geoffrey; and their wives; brother, Dr Robert Withycombe; and sister, Charmain Parker. M G Townend

Advertisements

Mobile Home for Sale—Arizona Pines Caravan Park, Brisbane—Floor area 35'x 20'—block 55'x 40'. Fully self-contained. Double carport, shed. Minutes from church, ABC and campground. Giveaway price to church member. Phone (07) 3888 1343 after 6 pm.

For Sale. Delightful 2-storey, 2 BR, "Settlers Cottage" on 5 selectively cleared acres with dam and shed. Tasmanian oak kitchen and bathroom, tastefully decorated, partially landscaped with verandas and pergola. Located at Blackbutt, Queensland, a great buy at \$89,000. Contact R Cantell on (07) 63 0622.

For Sale or Lease. Large house, granny flat, mobile home (latter two rented short-term) on five acres suitable horses. Inground pool. NW Sydney. 15 Kellyville/Windsor churches. Phone (02) 679 1487.

Furnished House for Rent for six months from March 1. Three BR, garage. \$220 per week. Contact Mr Frank Stilinovich, 14 Havelock Avenue, Palmerston, New Zealand. Phone (06) 357 7500.

Cedarvale Health Centre. Mr B is the

Head Chef

The Food Services Department of Sydney Adventist Hospital is inviting applications from qualified chefs to fill the above full-time role.

The position will mainly be responsible for:

- organising and overseeing all food production
- assisting with the development of menus and standardised recipes
- training and educating staff involved in food preparation
- establishing and implementing quality management goals for the food preparation areas
- patient meal presentation

Essentially, applicants will have at least two years experience in large quantity cooking and preferably have had a previous supervisory role.

Please apply in writing by **February 22, 1996**.
 Personnel Officer, Human Resources Department

Sydney Adventist Hospital
 185 Fox Valley Road
 Wahroonga NSW 2076
 Fax (02) 487 9266

SIGNS OF THE TIMES

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\$3 will be collected to help defray expenses. All inquiries to our president, Ken Killoway (03) 980 18986.

Real Estate—Cooranbong. From Lake Macquarie to the Wattagan Mountains, we can assist you to buy or sell. For friendly and professional service contact Geoff & Deirdre Reiley on (049) 77 2911.

Advertisers Please Note: All advertisements should be sent to Record Editor, Signs Publishing Company, Warburton Vic 3799. Advertisements approved by the editor will be inserted at the following rates: first 30 words, \$A30; each additional word, \$A1.50. For your advertisement to appear, payment must be enclosed. Neither the editor, Signs Publishing Company nor the Seventh-day Adventist Church is responsible for the quality of goods or services advertised. Publication does not indicate endorsement of a product.

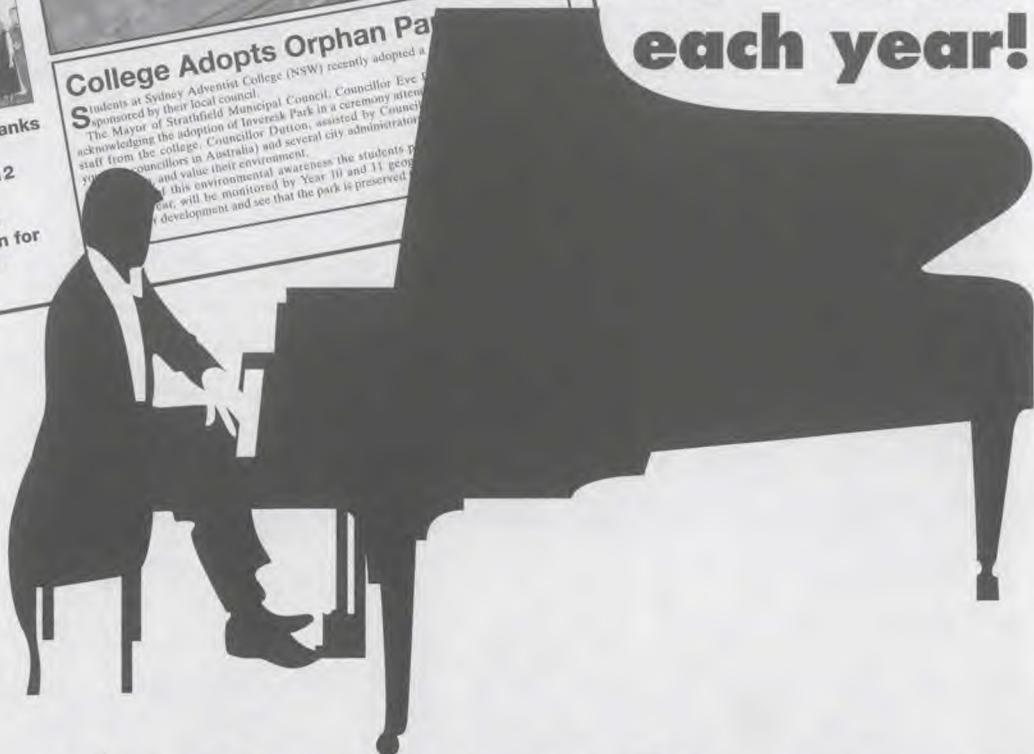
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