

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 3 MARCH, 1979

## The Health And Happiness Kitchen

Just shortly past 6:30 p.m., the student coordinator of Weimar College's Cooking and Nutrition Seminar steps into an already crowded kitchen at the Veteran's Hall in Colfax. Unfolding her check list, she begins to ask questions. Are the servers prepared? Are the demonstrations ready to go?

Hazel Hon, assistant to seminar Coordinator Sallie Fredericks, is busy in one corner dicing vegetables for her Oriental Vegetable Treat; Scott Richards, a student, is looking over the elements for his salad demonstration; Pastor Fredericks, first on the agenda for the evening with the devotional, samples the salads.

Some fifty persons from the community have filtered into the hall, coming as early as 6 p.m. They pick up their name tags and recipe sheets for the evening at the reception desk. A large sign over the table says "The Health and Happiness Kitchen." Some recent arrivals chat in the lobby.

One elderly lady is concerned about her cornmeal. She had been instructed to use it in place of oil in her bread pans, but it had not been sticking to the sides of her pans. What to do?

"You'll have to use a knife to cut the edges away from the sides," suggests a staff member. "The cornmeal won't help there. It'll take a little work..."

"I KNOW that takes work," the lady assures. "I've been having to do that all week."

After a quick consultation in the kitchen, roles are confirmed. The servers are prepared and samples of the evening's demonstrations are placed on the serving table. The guests, now filling the room, file into line for a paper-plate-full of

Oriental vegetables and three-bean salad.

After a brief description of the food is given, Pastor Fredericks begins.

"Your state of mind," he says, "has a lot to do with the digestion of your food... the effect of the mind upon the body is remarkable..."

After prayer, Dr. George Chen, Acting Director of Weimar Institute's Health Conditioning Center, turns on his overhead projector and slowly wades through a simple chemistry lesson concerning fats and cholesterol; his hand-draw illustrations are helpful.

After impressing the fact that triglycerides and cholesterol impair the utilization of oxygen throughout the body, he drives home an important point by speaking even more slowly:

"We've come to understand that a lack of oxygen to a large degree is responsible for most chronic degenerative diseases... arteriosclerosis, diabetes, arthritis." He pauses for a moment before going on, letting this information soak in.

It seems that the use of fats are related to everything from cancer to gall stones. Most of those who had been madly scratching out notes have given up; they sit and only listen, suspended in thought, trying to grasp these huge new ideas.

A few questions come up at the lecture's end: What about non-fat milk? Does yogurt qualify as non-fat? What about the oil in peanut butter? Is honey acceptable? Dr. Chen answers each question carefully.

The screen is taken down and a large table is moved to center stage. The food demonstrations begin.



Weimar College students Mark Vande Vere, Cheryl Laubach and Karie Jacque arrange name tags for seminar guests.

Mrs. Hon, a Chinese who barely stands 5 feet tall, begins with an explanation of her Australian accent. Her humor wins the audience and they give her their full attention.

"When you're looking to buy a garlic press," she says, holding up her own, "Look for one like this... with a long neck. This one has traveled around the world with me." She presses a clove, high enough above her skillet so everyone can see, and nearly misses the pan.

"I used to start out with a little oil in my skillet," she says, "but no more; not after what I learned what Dr. Chen told you tonight."

"What about ginger? Don't you use ginger? someone asks.

"No, I don't," she answers. "We've found out that it ir-

ritates the lining of the stomach, so we leave it out; we're always learning new things like that, and as we do, we learn to do without them because they're not the best for us."

Scott follows Mrs. Hon with a number of important pointers about salad preparation. Sally concludes the demonstrations with salad dressings. An avocado dressing, made from a cashew and water base, has a particularly creamy texture which impresses the audience.


Something similar to this cashew base is what Sally refers to as mayonnaise. But she has trouble with the term and stops to explain:

"We call it mayonnaise so you can get an idea of how we use it. It really isn't anything

like real mayonnaise as far as ingredients," she says. "A lot of the usual cooking terms just don't fit when you cook like this."

Mrs. Hon had run into the same problem earlier in the evening. She had caught herself referring to her sample as 'fried rice.'

"I don't like using that term," she said, "because it sounds like you're using oil. So it's Oriental Vegetable Treat, all right?"

During a brief slide show which concludes the evening, the cooking seminar staff returns to where the evening began; in the kitchen. There are always dishes to do when it's all over, even in the Health and Happiness Kitchen. 



Mrs. Hazel Hon makes a point clear during demonstration time.



Servers assist guest with samples of the evening's demonstrations.



Dr. George Chen

# New Faces - A Growing Staff

As Weimar Institute grows, a wide variety of persons, attracted by His calling, are led to this work. A representative cross-section of the larger Adventist family is found here, and works as an integrated body, realizing His promise: "And there are diversities of operations, but it is the same God which worketh all in all. But the manifestation of the Spirit is given to every man to profit withal." 1 Cor. 12:6,7.

Despite the "growing pains" and personal adjustments needed in such a place as this, the excitement of an expanding Christian family is one of many dividends of life at Weimar.

"How can you get discouraged when there are so many fantastic people?" remarked one staff member. He was right; it is hard to be discouraged when God blesses so faithfully through our brothers and sisters in Christ.

## Sally Dann

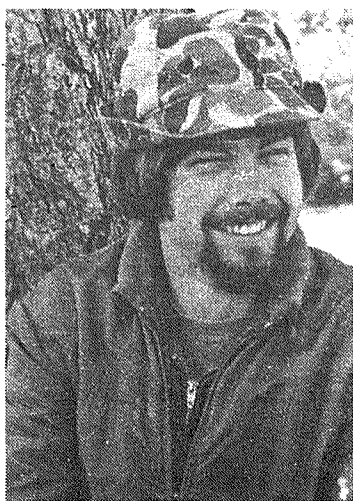
The position of office receptionist and secretary to Work Coordinator Willard Werth has been filled by Sally Dann of Englewood, Colorado.



Sally Dann

Sally, born and raised in Virginia, attended Radford College in her home state and received a degree in political science. Besides experience as an intelligence research analyst for the U.S. Dept. of Defense in Washington, D.C., she has had secretarial experience, most recently at Porter Memorial Hospital in Denver, CO.

"I've been a Christian for eight years but have only had a close walk with the Lord for the past two years," says the



Arlen Davis

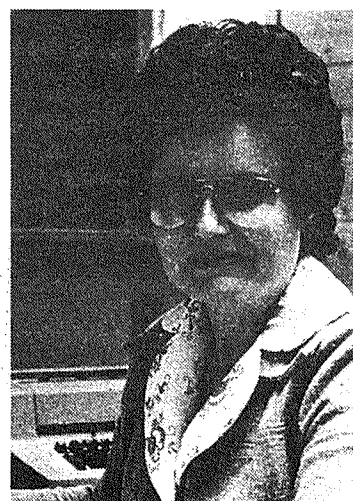
tall, slender woman. As outpatient secretary and cashier in Porter's emergency room, she had many opportunities for service.

"Working there brought me to the realization that my own happiness and enjoyment of life comes from helping others... spiritually as well as physically," says Sally.

The enthusiasm and efficiency she brings to her work has already proved to be a real blessing to her new friends and the Institute.



Eldon Downer



Vernita Sage



Dottie and Tabby Neff

## Arlen Davis

Arlen Davis was a child of missionary parents in the Philippines and later India. He attended Far Eastern Academy in Singapore, graduating in 1970.

Arlen now works with the maintenance crew at Weimar where he has participated in the preparation of the main HCC building as well as in odd jobs. He has had several years' experience in hospital maintenance in New Jersey and Maryland.

"I've been interested in this kind of work for a number of years," says Arlen concerning Weimar Institute. Several of his relatives are involved in other self-supporting projects and he joins two aunts and an uncle already working at the Institute.

## Eldon Downer

The scenery around Weimar just doesn't compare with the Big Sky country of Montana, but Eldon Downer is adjusting. With the exception of four years spent at Andrews University in Michigan, where he received a degree in industrial arts, Montana has been home for him.

Raised on a wheat ranch, Eldon became familiar with farm machinery and all sorts of handiwork. Weimar has put his skills to good use in their agricultural program where he is assistant to Dr. Fred Riley.

Eldon has been one of several staff members to be especially appreciative of the new Massey-Ferguson diesel tractor—made possible by several generous donations. The greenhouse is also of special interest to Eldon, who spends much of his time developing that phase of Weimar farming.

## Dottie and Tabby Neff

Dorothy Neff and 10-year old daughter Tabitha are the most recent additions to the staff at Weimar. "Dottie's" experience as a cook fits her to

help in the kitchen.

Both Christians for the past 5 years, mother and daughter became Seventh-day Adventists only a year ago.

"We've learned more about healthful living in that one year than I did in my 30-odd years before," says Dottie, who is eager to learn more in Weimar's kitchen. "I hope to be able to help those persons who come to Weimar for the health conditioning to find health and happiness in the Lord Jesus Christ."

## Vernita Sage

Mrs. Vernita Roth Sage now serves as afternoon receptionist in the business office. A woman of wide experience, she has done a little bit of everything during the past 25 years; teaching in high school, food service management, dental assisting, secretarial work, registrar work, and assisting a medical doctor.

Vernita is wife of Arvel Sage, another versatile staff member. He spent last summer helping in construction here and Vernita joined him in late September. They are two of God's special blessings to the life and work at the Institute.

## Norman Tremper

Electrical and plumbing work occupies Norman Tremper, a new addition to the maintenance staff. Norm has been teaching elementary and secondary school in New York state for the past two years. He is a graduate of Atlantic Union College where he received his degree in mathematics.

Before teaching school professionally, Norm spent a year in Zaire as a student missionary in a teaching position. Although his new role at Weimar has taken him out of that sphere, he admits to

believing that the Lord might be leading him back in that direction through a back door.

Norm heard of Weimar through friends and visited the campus last July. His application was accepted; he packed his belongings in an old bakery truck and promptly drove west.

## Ruth Sipkens

Though not a new face, Ruth Sipkens is another to escape the notice of previous Bulletin "new faces" articles. She has taken up an important role as secretary to President Bob Fillman, and keeping track of what's happening in the business offices, a true talent. Her composure under every circumstance and polite reception of guests has been a blessing to those who work with Ruth.

With husband John, head of the College scholastic education department, Ruth moved from Riverside, CA, and work at the La Sierra Campus of Loma Linda University. They reside in both theatres of the old surgery wing of the hospital building.

## Walter, Ethel, and Melody Kummer

From Highland View Academy in Hagerstown, MD, come Walter, Ethel and Melody Kummer to join the staff. Walter is now full-time baker and will develop that industry here.

A former laboratory and X-ray technician, Mr. Kummer went into the bakery business six years ago. ("There's plenty of technicians," he says flatly; "we needed some bakers.")

The Kummers heard of Weimar through a friend and it mushroomed from there.

"We liked the ideals of the place," says Mr. Kummer.



## WEIMAR INSTITUTE

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called. (2 Tim. 1:9, Eph. 2:8-10)

### ADMINISTRATION

Robert L. Fillman ..... President  
Dick Winn ..... Chaplain

### HEALTH CONDITIONING CENTER

George Chen, MD ... Acting Medical Director  
Zane Kime, MD ... Medical Consultant

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Colin Standish, PhD ..... Dean of the College  
Richard Fredericks ..... Director of Community Services  
Willard Werth ..... Director of Work Education

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Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts.

### OFFICE HOURS

Monday through Thursday: 8:00 AM-5:00 PM.

Friday 8:00 AM-4:00 PM.

Sabbath: Closed.

Sunday: Not usually open, but try us — we might both be surprised!

Telephones: business line—916-637-4111.

Visiting: A casual walk-through of the campus — most any time you want.

A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

Please note: We do not conduct Sabbath Services at Weimar. And on retreat weekends, we reserve the meetings and the dining lodge for registered retreat guests only. We know you will understand our request that you schedule your weekend visits for non-retreat weekends.

### WEIMAR INSTITUTE BULLETIN

Pat Payne ..... Editor  
Sandy Arct ..... Assistant Editor  
Elfred Lee ..... Art Director

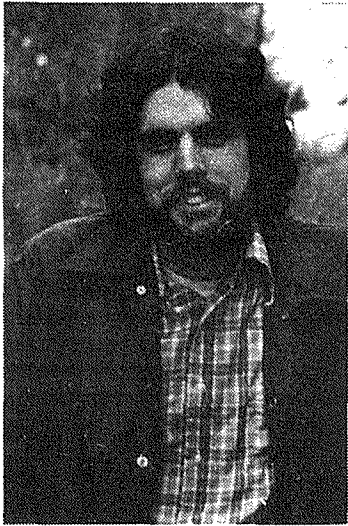




Ruth Sipkins



Walter, Ethel and Melody Kummer



Norman Tremper



Arline and Ken Parker

"My wife, who is a nurse, and I were always interested in preventive medicine and natural remedies."

"Baking bread without sugar and oil will take a little time and practice," he says after his first few weeks of production. The rest of the staff is convinced of his expertise already.

Ethel and daughter Melody are helping part-time in housekeeping. The entire family is a precious gift to the Institute.

#### Ken and Arline Parker

When Mr. and Mrs. Ken Parker retired not many months ago, they settled in Ojai, CA. But Ojai just didn't seem like home and they went in search of another place, sure that the Lord had something else in mind.

Through a chain of providences, the Parkers "discovered" Weimar in the summer of 78'. They submitted their applications, were accepted, and came to stay in the early fall. Their hearts had found a home.

Ken is working on the

maintenance crew and Arline serves in the kitchen. Both have endeared themselves to students and staff members with whom they work.

Because of the staff housing shortage, the Parkers have been living in their camper. But a small structure—what used to be the old paint shop—has been reserved for development and will be permanent home for Ken and Arline Parker.

#### Marilyn and Barclay Upchurch

Though not newcomers, Marilyn Upchurch and son Barclay must be mentioned here. They arrived last summer from Takoma Park, MD, and she took up a work with which she had been very familiar; secretary to Colin Standish, now Dean of Weimar College.

Everyone at Weimar is busy, but Marilyn seems doubly so. After spending the summer organizing the dean's office from scratch, she has been hard pressed to keep up with requests sent through the mail for College applications



Marilyn Upchurch

and information.

Despite her working schedule, Marilyn has found time to participate in both the cooking school held last quarter in Placerville and the one now being held in Colfax each Sunday evening. Her Monday evenings are spent in a nearby home in group Bible study with teenage girls. **W**

## FROM OUR CHAPLAIN

By Dick Winn

It's a paradox. Library shelves are full of books about speaking; college bulletins list courses on public speaking, preaching, teaching, and voice culture; a rash of self-help courses are aimed at helping you express your point of view; and advertising specialists collect millions by helping businesses say what they want to say.

Yet most observers should agree that the real "clog" in the communications "pipeline" is not with the speaking, but with the listening. Everyone is so driven to say what they need to say, that few people have time (or inclination) to listen. Though we're all in favor of communication, we have to conclude that the tongue is willing but the ear is weak!

I write this with something of a sheepish grin, having caught myself in the act of that same folly so many times! Can you identify with these "for instances"?

I'm talking with someone on a matter that may be somewhat disagreeable. I speak my position, then listen only long enough to hear a point that "needs" a rebuttle; from then on, I listen with my answer running, shifting from one foot to another, waiting to get my edge in wordwise.

Or I'm teaching a Sabbath School class, and I come to the end of the time period, only to find that I've spent the whole session bombarding their patient foreheads with data, seldom slowing enough to inquire whether it's meeting any needs in their life.

I open my eyes from prayer, rise from my knees — then heave a sigh of self-discovery: I've spent the whole time chattering at God, rambling on about my needs and wants, my view of the world's ills, almost as though afraid of silence lest I should hear a still, small Voice.

Could it be that we Christians are even more prone to this "speak now, pay attention later" syndrome than the national average — since we really do have so much to say? After all, didn't Jesus tell us to go tell the world? And don't we, in actuality, have such vital, saving truth, while the "world" has so few messages of lasting value? With so many

people who need to hear the Gospel, and so little time, isn't it just plain inefficient to spend a lot of time simply listening?

I'm reminded of a fellow who was really intent on saying something important — to a king, no less — even though someone else had already been sent with the message. But Ahimaaz begged for permission to carry the message until Joab weakened, whereupon he ran off, taking a shortcut across the plains, and got to David ahead of the first messenger! Ahimaaz delivered a general, glowing report about the success of the battle, but when the King pressed him for details, he had to confess "I saw a great tumult, but I do not know what it was." (2 Sam. 18:29).

No wonder Jesus told His disciples to wait in Jerusalem before they dashed off to the world with so much to say about salvation through Jesus Christ. They had some listening to do first! The Great Commission does not need an uninformed zeal. Speakers can always be found; listeners are harder to find. Peter was always ready on the lips; but Christ couldn't use him until he was ready to listen.

The need to hear our message before we speak it is, I suppose, rather obvious. But a failure to listen can be just as devastating at yet another point. Assuming we have said, as did Samuel, "Speak for thy servant hears," and we have truly heard God's message, we cannot even then relinquish our call to be listeners!

As one of my teachers often told us, "If you would seek to persuade others, you must yourself be willing to be persuaded." To put it more bluntly: No one cares to listen to a non-listener. To share Jesus' love with another is seldom done by telling alone. It requires a close, empathetic relationship.

When God invites us to pray to Him, He is — in effect — saying, "I am a listener. I want to hear what is important to you. And I will keep on loving and listening no matter how painful the topic, or how trivial the thing that is troubling your peace."

We who speak in God's name...when we have so much to say that we have no time to listen, what are we saying about Him? **W**

## from the Weimar Kitchen

God's principles for diet are broad and inclusive; they may apply to anyone, anywhere.

"The Lord will teach many in all parts of the world to combine fruits, grains, and vegetables into foods that will sustain life and will not bring disease. Those who have never seen the recipes for making the health foods now on the market, will work intelligently, experimenting with the food productions of the earth, and will be given light regarding the use of these produc-

tions. The Lord will show them what to do...It is His design that the food treasures of each country will be so prepared that they can be used in the countries for which they were suited." Counsels on Diet and Foods, page 96.

His natural storehouse contains an ample supply of essential nutrients, capable of meeting all dietary needs. With such an abundance, why substitute these with refined, less than wholesome products? **W**

## recipes

### Tofu Corn Balls

2 C. tofu  
2 C. cornmeal mush  
2 C. mashed potatoes  
1 C. bread crumbs  
2 tsp. salt  
1 tsp. paprika  
½ tsp. garlic salt

Form into balls the size of walnuts, roll in bread crumbs and bake. Serve with tarter sauce.

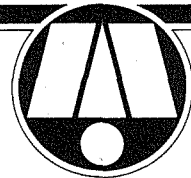
### Tarter Sauce

1 C. soy mayonnaise  
1 T. each:  
chopped onion  
green pepper  
parsley  
olives  
1 T. tomato and lemon juice  
salt and paprika to taste.  
Mix together in bowl. Serve on Tofu Corn Balls.

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## WEIMAR INSTITUTE BULLETIN



“As you have therefore received Christ Jesus the Lord,  
so walk in Him.” Colossians 2:6



# Weimar College - It's Message

By Colin D. Standish

(A summary of the 3rd chapel talk given at Weimar College, September 28, 1978)

Ancient Israel was called to be a demonstration to the surrounding pagan nations, and ultimately to the whole world, of the great wisdom and understanding of the God of the Universe. It was God's intention to deposit the riches of divine wisdom within this chosen race. Their insights and economy would be a showcase to all who should behold them of the government of heaven. However, as we trace the sad history of Israel and Judah, they never quite fulfilled this great privilege.

In many ways there is a parallel between that great calling and the purposes of Weimar, one of the small outposts of spiritual Israel in this world today. God still promises to give special wisdom and understanding to His people, that through them might be revealed the manifold wisdom of God. (Eph. 3:10) And one of His chosen means is the establishment of His colleges.

“God designs that the college of Battle Creek shall reach a higher standard of in-

tellectual and moral culture of any other institution of its kind in the land.” (4T. 425)

If Ellen White were writing today to Weimar College, she would no doubt say precisely the same thing. And because every command and expectation of God is also a promise, it is His infinite pleasure to endow young men and women with abilities in keeping with such a high calling. We can therefore expect to achieve a standard that is greater than if we were not being educated in the streams of divine light.

In times past we have been convinced that Christian education should certainly offer a moral and spiritual culture higher than anything offered in worldly institutions. However, when it came to academic excellence we were prepared to accept only intellectual equivalents, if not sometimes even less. Some have felt that we should not concern ourselves as much about intellect as about the moral development of man. But this is not consistent with God's design for His children.

Over a hundred years ago Ellen White said, “Many speak against education because Jesus chose uneducated fishermen to preach His gospel. They assert that He showed preference for the uneducated. Many learned

and honorable men believed His teaching. Had these fearlessly obeyed the convictions of their conscience they would have followed Him. Jesus did not despise education. The highest culture of the mind, if sanctified through the love and fear of God receives His fullest approval.” (R & H, June 21, 1877).

The only way in which education can be disadvantageous or counter-productive is if it is not developed through the sanctifying influence of the power of Jesus Christ in the life; or if that education is not validated by the Word of God and the motivation for selfless service.

Weimar College is dedicated to the development of young people who might better minister the love of God and the message of salvation to lost humanity. To be truly effective that education must involve the harmonious development of each aspect of an individual; the mental as well as the spiritual and the physical.

“If placed under the control of His spirit, the more thoroughly the intellect is cultivated, the more effectively it can be used to the service of God. The uneducated man who is consecrated to God and who longs to bless others can be and is used by the Lord in His service, but those who,

with the same spirit of consecration have had the benefit of thorough education, can do a much more extensive work for Christ. They stand on vantage ground.” (COL 333)

At Weimar, theory and practice is being integrated in the curriculum so that every student will have the privilege of being a co-worker with Christ during their academic preparation. Intellectual pursuits are harmonized with work education and community outreach activities.

Christlikeness is the goal for both teachers and students. However, Weimar is not simply seeking a decided change in behavior.

“Real conversion is a decided change of feelings and motives.” (5T 82, 83)

We do not accept the behavior modification concepts of education which deal only with behavior itself, but seek to encourage and to facilitate the transformation of character which will produce beauty of speech and action. God will “bring each of us into positions which are calculated to reveal the motives of the heart.” (R & H 1880) As we come into difficult circumstances, we will have revealed to us motives that will often surprise and disappoint us, but a loving Father is

seeking to refine the very intent of our hearts.

It is not the purpose of Weimar to seek without reason to develop or change the attitudes of those who come to our campus. For those who are completely committed to God and dedicated to His program, we seek to strengthen and enhance those commitments in the most productive way. But, for those who come with less than adequate understanding of Christ's mission in their lives, everything possible is done to ensure that before they leave they will be able to fulfill in an intelligent and understanding way the purposes that God has for them.

Like Israel of old, God is calling each one of us into the deepest and most exciting intellectual pursuits for His service, for the expansion of His kingdom here on earth and for the kingdom to come. The great challenge is to translate the beautiful theory of God-given education into the reality of a program and life-style which will not only transform and vitalize the life of each student and faculty member, but also lead to the outpouring of the Spirit of God, and the finishing of the work of God on earth. This, above everything else is the highest aim of this institution.