

# AUSTRALASIAN GOOD TIDINGS

E-NEWS – November 2015 #45

## Cooking Classes - Victoria

### Cooking Demonstrations in Sunbury, Victoria

A series of vegetarian cooking demonstrations have been taking place in Sunbury, at the Goonawarra Community Centre. These have been held on the 2<sup>nd</sup> Thursday of every month, from 6 pm. The recipes are all demonstrated by Diana Szabo, assisted at the demonstration table and in the kitchen by a number of helpers.



Attendees from Sunbury and the surrounding district have been delighted each month as Diana features healthier eating options, supplemented by nutrition info and healthy lifestyle tips shared by helpers.

Each session is demonstrated as a menu; which attendees get to sample at the end. Recipes have been posted online at <http://vegetarianvegan.wordpress.com>. There is also a Facebook group at <https://www.facebook.com/VegetarianVegan>.

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If you are in the Sunbury area and would like to come along, feel free to join us at the Community Centre on Dornoch Dr in Goonawarra, or ring 0401671427 for more information.

~ Nathan Tyler



For more photos: [www.sdarm.org.au/?p=10348](http://www.sdarm.org.au/?p=10348)

## RLPA - News

The 22nd General Conference Session of the SDA Reform Movement was a truly memorable occasion, and the Spiritual Meetings in Salem, Virginia were the crown jewel of the event.

Based on the glorious theme, *“Christ Is All, and in All”*, this full set of eight (8) DVD’s will rekindle your spirit with the precious messages presented.

**Pre-order your set at \$49.95 and get the Sacred Concert and Specials for FREE (valued at \$14.95).**



A significant part of the joy experienced came through the special musical items and concert of sacred music.

To relive the heavenly touch of those precious moments, pre-order your music-only DVD for \$14.95.

**Hurry, don't miss out, as all orders must be in by 25th January.**

**To Order from RLPA:**

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(02) 9627 7553

**RLPA**

PO Box 132,

Riverstone, NSW 2765

## Baby Congratulations

Kezia Tyler



We would like to extend our congratulations and best wishes to the Tyler family on the arrival of their new Baby.

Kezia has brought much joy to her parents and her other three siblings. May God richly bless their beautiful family.

*“Train up a child in the way he should go: and when he is old, he will not depart from it.” Proverbs 22:6.*

## Engagement Congratulations

**Jonathan Brown and Emily Newman – 22 November 2015**

We would like to extend our congratulations and best wishes to Jonathan Brown and Emily Newman on their engagement. May God be always the centre of your relationship.

We wish you every happiness and God's blessings as you make your future plans.

*“These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That ye love one another, as I have loved you.”*  
John 15:11, 12.



# NSW Youth Seminar - Drugs and Alcohol

Schofields Church – 15 November 2015

**SAY NO AND STAY CLEAN!**

*1 Corinthians 10:31 - "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."*



On Sunday 15<sup>th</sup> of November 2015, the SDARM held a drugs and alcohol seminar hosted by Alison Jaworski from the Drug and Alcohol Multicultural Education Centre. It commenced around 10:00am and finished by 12:00pm followed by a light potluck lunch which was enjoyed by all.

The seminar was targeted at our youth; however, the turnout was made up of a few youth members and a lot of those young at heart. Overall, the seminar was very useful for our general knowledge as some of us didn't know what these types of drugs can do to your life. The use of drugs, tobacco and alcohol can cause you to lose your ability to remember things, to think clearly and to study properly. It gives you the impression that you are more alert and aware, but under the influence of drugs you are actually less aware and less alert. The type of drugs we face and hear about these days range from the use of ice, marijuana, tobacco, alcohol, medical prescriptions, caffeine and so many more that we learnt about this very day.

At the start of the seminar, Alison handed out A4 banners to most of us with the names of a particular drug on each sheet as part of her activity, quiz and a quick study. We were then put into five different groups and each group had to discuss what type of effects or reactions this drug can have on you. For example: our group had Marijuana, and we agreed that its effect/reaction can cause bad breath, loss of appetite, dehydration, energy increase, addiction and the list goes on. After that, each group had to select a member

to go up in front of everyone and share what their group came up with. This activity was interesting and a lot of fun! It definitely got some of us youth talking, that's for sure. Some even got into a debate!

It is obvious that the use of any type of drugs, tobacco and alcohol can make you ill, and an overdose of either one can kill you. Without a doubt, they are all poisonous, dangerous and have all sorts of chemicals and substances that can literally twist your mind. In today's society, we see that the majority of the youth in this world who are completely addicted to these sorts of drugs as well as tobacco and alcohol, drop out of this world, one by one. This has a huge impact on the families and loved ones left behind, all because of these dangerous elements.

We have been warned by the Word of God from the beginning that we ought to take care of our bodies without taking these sorts of things. These drugs are clearly the act of the devil, so we need to be very careful, as looks can be deceiving. We need to remember that our bodies belong to Christ; and everything we do to our bodies, we do to His temple, where he dwells. Our actions are also what differentiate us from the rest of the world.

So to all our youth out there, simply **Say NO to DRUGS and ALCOHOL!**

*"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are brought with a price: therefore glorify God in your body, and in your spirit, which are God's". 1 Corinthians 6:19, 20.*

~ Jenny Foese

## Health Outreach - Wentworthville

16 November 2015



Once again Wentworthville held another evening of cooking demonstrations about "Healthy Fats". The evening focused on good fats versus bad fats.

Susan Lausevic and Domenic Polistina took the health lectures, and the cooking demonstrators were: Susan Lausevic, Nadine Polistina, Stela Gules and Rosemary Voncina. Vesna Kraus and Veronica Hake helped behind the scenes. Lizy Thiel manned the book store, and Sonya Kraus assisted with the Elim sales.

There was good audience participation with many questions asked. Those who attended enjoyed the food samples given out. There was also a handout prepared with the eight laws of health.

For your enjoyment, here are some of the recipes that were demonstrated:

## ***Almond Milk***

### **INGREDIENTS**

1 cup almonds  
4 cups water  
6 dates  
Pinch of salt

### **METHOD**

1. Soak almonds and dates (dates just covered with water) separately overnight or at least 6 hrs. Discard water from almonds, reserve water from dates.
2. Pour the reserved water into blender with the soaked almonds and dates with the 4 cups of water and salt, blend until well done.
3. Pour through a cheese cloth and squeeze the milk out leaving the almond cheese.

## ***Almond Feta Cheese***

### **INGREDIENTS**

1 measure of almond cheese as per above  
1 tablespoon olive oil  
1 teaspoon psyllium husks  
1 teaspoon salt or to taste

### **METHOD**

1. Mix together the almond cheese with olive oil, psyllium husks and salt.
  2. Flatten on a tray and slice into cubes and bake in oven for 20 minutes.
- Note: This dish resembles Feta Cheese.

## ***Roasted Vegetable & Green Salad***

### **INGREDIENTS**

125g baby spinach  
120g kale  
1 small sweet potato (or half a large one)  
1 medium beetroot  
½ cup walnuts  
½ cup almond feta cheese (optional)

### **Mayonnaise Salad Dressing**

½ cup cashews  
1 cup water  
1 teaspoon salt  
¼ cup grapeseed oil or rice bran oil  
1 lemon, juiced



## METHOD

1. Bake beetroot and sweet potato in a 200°C fan forced oven for approx. 30 minutes or until slightly tender.
2. Remove from oven and allow to cool.
3. Wash spinach and place in bowl with walnuts and almond cheese: add roasted vegetables.

## Mayonnaise Dressing

1. Blend cashews, water and salt. Slowly add oil and lastly adding the lemon juice.
2. Pour the mayonnaise dressing over salad and toss gently.

## Vegan Cheddar Cheese

### INGREDIENTS

1 ¼ cups water  
3 tablespoons agar agar  
¼ cup cashew nuts  
¼ cup cooked carrots  
1 ½ tablespoons yeast flakes  
2 teaspoons onion powder  
½ teaspoon garlic powder  
1 ½ teaspoons salt  
1 tablespoon tahini  
3 tablespoons lemon juice

### METHOD

1. Have all the ingredients assembled ready to go.
2. In a small pan soak agar in water for 1 minute, then bring to the boil for 1 minute, stirring until thickens and is clear.
3. Pour into blender; add the cashews, carrots, savoury yeast and other seasonings. Blend until creamy and smooth.
4. Add the lemon and blend again briefly.
5. Pour into a container lined with glad wrap and chill until firm.



For further photos: [www.sdarm.org.au/?p=10298](http://www.sdarm.org.au/?p=10298)

# Health for the Ageing Seminar

Schofields - 7<sup>th</sup> & 8<sup>th</sup> November 2015

A large number of visitors together with members from Schofields and Wentworthville churches gathered at the Schofields function hall for a health seminar. The title for these meetings was **“The Autumn Years - Health for the Ageing”**. These meetings were not only geared for the twilight age group but for everyone. Young and old who attended were richly blessed.

Sabbath morning after Brother Domenic Polistina made everyone present feel very welcome, he proceeded to explain the program for the weekend; he also reminded us that the emotional side of health is very important, so the congregation was invited to sing a song “Where We’ll Never Grow Old”.



The Divine Service was entitled **“Leaving a Legacy”** and, this was taken by Brother Peter Lausevic. What kind of legacy are we leaving behind? What is our purpose in life? Legacy is a representative of us; it is not only monetary inheritance that we can leave behind, but a representative of us in all aspects of our lives: health, financial, spiritual, cultural, knowledge of family history etc... Everyone has something that can be passed on to the next generation.

To conclude the meeting, Focus Singers rendered an item “Find Us Faithful”.

This presentation can be viewed on YouTube [https://www.youtube.com/watch?v=z\\_nf8omGV\\_w](https://www.youtube.com/watch?v=z_nf8omGV_w)

A combined vegetarian buffet lunch followed. All were invited to stay and enjoy a variety of wholesome foods.

The afternoon meeting “Determining Your Biological Age” was taken by Dr Robert Gan, an Adventist surgeon who is very much interested in the health work. Dr Gan is still working full-time at the age of 72 as a surgeon at one of Sydney’s top hospitals; he is also currently studying law and in his spare time, likes to lecture on healthy lifestyles. This lecture can be viewed on YouTube:

<https://www.youtube.com/watch?v=ZWbSwmIKCkQ>



Sunday morning started at 10:00am. The lecture was entitled **“Eat, Move & Live for Longevity”**. This was taken by Doctor Gan. There were some practical demonstrations throughout this section. We were all encouraged to buy a small trampoline and to use it as many times as possible e.g. it would be ideal for those who study or have sedentary work to have a break every 15 minutes and tiptoe (not jumping) on the trampoline for 2 minutes to help boost our immune system, among other things.

Here are some keys to slowing down the ageing process:

1. Keep moving (Google the word rebounding)
2. Keep laughing – very important
3. Sleep well
4. Improve digestion
5. Sharpen the mind (brain)
6. Reduce inflammation – Turmeric is a good food to reduce inflammation
7. Improve relationships – By trusting somebody, it settles a person

This lecture can also be viewed on YouTube: <https://www.youtube.com/watch?v=tdol4EMIOgg>

The morning ended with a “Questions and Answers” time, where many were able to ask overall relevant questions and receive an answer by Dr Gan.

Throughout the weekend the organisers provided a refreshing green energising drink.

At the close of the program, a combined vegetarian buffet lunch was very much enjoyed; many left very contented and asked to be notified of further seminars of this kind.

May God bless everyone who attended this seminar. May they have a desire to improve their lives in every aspect and have the ability to implement what they have learned.

*“Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God. As through it men and women are led to see the importance of right habits of living, the saving power of the truth will be made known. Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel's message, God's methods of treating disease will open doors for the entrance of present truth. Health literature must be circulated in many lands. Our physicians in Europe and other countries should awake to the necessity of having health works prepared by men who are on the ground and who can meet the people where they are with the most essential instruction.”* Counsels on Health pp. 219, 200.

~ Lidia Voncina

For more photos: [www.sdarm.org.au/?p=10319](http://www.sdarm.org.au/?p=10319)

# WA Youth Outing

## WA Youth Department Mountain Bike Riding Day

My wife Catherine organised a bike ride for the young people, and on the Sunday 1st of November, a group of youth from Guildford Church rose up early and headed off to the Perth hills for a mountain bike trail adventure. Some were so excited they couldn't sleep properly the night before.



The weather was perfect, and we had an excellent group of young, fit and youngish semi-fit individuals eager to test the trail. Attendees were Nosi Tshado (the only girl brave enough to come!), Damian Malvina, Correy Stamenkovic, Daniel Lobo, Isaac Payet, Johnny Thiel, Luke Kneebone and Gerson Robles.



After realising at the starting point that most of us paid \$40 for our bikes, - except for Luke, he was sporting a nifty dual suspension bike he found on gumtree for about \$80 - we then prayed together briefly and commenced our ride.

Let me give you some advice. If you ever go on a mountain bike ride, do not carry a camping bag filled with dried figs, toasted almonds, muesli bars, hot dog rolls, sausages, jar of sauerkraut, tomato sauce bottle, mayonnaise bottle, bottles of water and a massive first aid kit around on your back. Firstly, you will probably eat when you get back to base; secondly, once others see you're the only one with a big bag, they will give you all their jumpers; and thirdly, you will probably have to hop off your bike and walk at every slight incline. Especially if you are not accustomed to mountain bike riding, or just running or walking long distance in general. My legs were burning, and we had only travelled 100 metres. The kids were doing loops around me on the first trail. It did feel a lot like I was in Pilgrim's Progress - just longing for some relief. Thankfully, Johnny offered to take my burden off me on the way back.

I'm glad to report we only had to use the first aid kit once, and it was only, an alcohol swab. We did have a couple of near 'faceplants' when two of our group took to flying over their handle bars. But thankfully no injuries.

Perth hills have some excellent riding trails to suit all difficulty levels. For those of us who have sedentary employment, it will be a kick-start to a more active and healthy approach to life.

We enjoyed it so much; we all definitely want to do it again. Highly recommend it. Watch a video of us here:

<https://youtu.be/tDjr4SPF0pg>

~ Gerson Robles



*"More people die for want of exercise than through overfatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation. We are more dependent upon the air we breathe than upon the food we eat. Men and women, young and old, who desire health, and who would enjoy active life should remember that they cannot have these without a good circulation. Whatever their business and inclinations, they should make up their minds to exercise in the open air as much as they can. They should feel it a religious duty to overcome the conditions of health which have kept them confined indoors, deprived of exercise in the open air." Counsels on Health p. 173.*

For more photos: [www.sdarm.org.au/?p=10272](http://www.sdarm.org.au/?p=10272)

# Cooking Demonstrations Griffith

**3 November 2015.**

Our latest cooking demonstration was held in Griffith on the 3rd of November 2015. We had 11 visitors who were very interested in the presentation by Sam and the dishes prepared by Esther, Linda, Heather, Hannah and Jane.



We began with borlotti bean soup for entrée, followed by the main course of lentil bolognese with cashew cheese and hot stir-fried vegetable salad. For dessert (which also doubled as a breakfast idea) we had soy-oat waffles with cherries and tofu whipped cream.

All who attended enjoyed the taste testing and sharing cooking ideas afterwards. One lady was particularly interested in dairy-free recipes as her grandson is extremely allergic to dairy.

We thank the Lord for the opportunity to share a little of our health message. It was a lovely evening and a blessing to us all.

~ Esther Wiseman



# EMC Missionary Training Program 2016

The theme for MTP 2016 is “Education in Service.” We are building on last session’s work in community programs, including health education.

To apply for MTP 2016, please download the following files and read over all the information. Then print and complete the application form, and return it to ASAP. Please be sure to have the form signed by your local church elder or minister.

Forms may be downloaded from: [www.sdarm.org.au/emc](http://www.sdarm.org.au/emc)

- [MTP 2016 Info Flyer](#)
- [MTP 2016 Detailed Brochure](#)
- [MTP 2016 Application Form](#)

Post: PO Box 132 Riverstone, NSW 2765


Tel: +61-2-9627-7553

Fax: +61-2-9627-7554

Email: [emc@sdarm.org.au](mailto:emc@sdarm.org.au)

**Cost, Location & More**  
**Costs**  
AU\$3,200 for the entire time, including lodging, meals, textbooks and consumables.  
If you are coming from outside Australia, you will be responsible for your own airfares, visas and travel insurance (required).  
**Location**  
The training program will be held at Elim Heights Youth Camp (first four weeks), the SDA Reform Movement Australasian Union headquarters in Schofields, NSW and other field locations (for the practical experience portions).  
**Accommodation**  
Accommodation will be arranged as part of the program and will be covered in the cost of attending.

**Contact**  
For more information, please contact via the following.  
SDA Reform Movement  
Missionary Training Program  
PO Box 132, Riverstone, NSW 2765  
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**Missionary Training Program 2016**  
  
**Elim Missionary College**  
*Seventh Day Adventist Reform Movement  
Australasian Union Conference*

**Education in Service**  
**Missionary Training Program 2016**  
7<sup>th</sup> Feb – 12<sup>th</sup> June, 2016  
Sydney, Australia  
*An intensive, short-term course designed to help prepare you for soul-winning.*

## Coming Events Calendar

- 7 Feb – 12 June 2016**      **2016 EMC Missionary Training Program**  
“Education in Service”  
Application forms available [www.sdarm.org.au/emc](http://www.sdarm.org.au/emc)
- 25-28 March 2016**      **Victoria Spiritual Conference**  
*For further information, email:*  
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