

Back To Health and Living SDC News Letter



DATE: October 21, 04 L26

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER FORT
AGENDA – THURSDAY Oct 21, 2004
NO MEETING THIS WEEK**

EDITORIAL: To reflect on our SDC feelings and some words we live by. When we first started the SDC Violet Stackpole gave us the following words of wisdom:

In the fall when you see geese heading south for the winter flying along in the “V” formation, you might be interested in knowing what science has discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a “V” formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

People who are part of a team and share a common direction get where they are going quicker and easier, because they are traveling on the trust of one another and lift each other up along the way.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock.

If we have as much sense as a goose, we will stay in formation and share information with those who are headed the same way that we are going.

When the lead goose gets tired, he rotates back in the wing and another goose takes over.

It pays to share leadership and take turns doing hard jobs.

The geese honk from behind to encourage those up front to keep their speed.

Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of the day-to-day pressures and fatigue. It is important that our honking be encouraging. Otherwise it’s just – well honking!

Finally, when a goose gets sick or is wounded by a gunshot and falls out, two geese fall out of the formation and follow the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead, and then they launch out with another formation to catch up with their group.

When one of us is down, it’s up to the others to stand by us in our time of trouble. If we have the sense of a goose, we will stand by each other when things get rough. We will stay in the formation with those headed where we want to go.

The next time you see a formation of geese, remember....

**IT IS A REWARD, A CHALLENGE AND
A PRIVILEGE to be a contributing member
of a TEAM.**

SDC: Below is our Adherence Results form last weeks electronic form.

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	87.5
Diet	91.8
Stress Management	73.8
Group Support	96.6
Out Side Group Support	85.9
Not Attending Group	1
Number of participants	16

COHORT 9 TRANSITION MEETING:

On October 14, 2004 Cohort 9 had its transition meeting (completion of their 12 weeks and stratification) at the Self Directed Community. They were introduced to how the SDC conducted their meetings with exercise, stress management and group. The Dinner was prepared by the United Hospital Center Chef, it was an excellent dinner. After dinner the Cohort 9 was asked to take the next step and join the Self Directed Community. It was an excellent evening with a lot of connection, sharing of love and good food.

Below is a picture of Cohort 9 with three of the staff members. The Self Directed Community is looking forward to having this cohort join them each week.



Next weeks newsletter will contain information about the Annual Self Directed Community meeting held on Saturday October 16, 2004.

RECIPES: Curried Couscous Salad with Dried Cranberries

From The Kitchen of Andrea Hasley

Salad:

1 ½ cups uncooked couscous (about 1-10 ounce box)

1 cup dried cranberries (about 4 ounces)

1 cup frozen edamame, thawed*

½ teaspoon curry powder

2 cups boiling water

¼ cup thinly sliced green onions

¼ cup finely chopped fresh basil

1 (15 ½ ounce) can chickpeas (garbanzo beans), rinsed and drained

Dressing:

1/3 cup fresh lemon juice

1 tablespoon grated orange rind

2 ½ tablespoons water

1 tablespoon thawed orange juice concentrate

½ teaspoon salt

¼ teaspoon black pepper

4 garlic cloves, crushed

To prepare salad, combine first 4

ingredients in a large bowl. Pour 2 cups

boiling water over the couscous mixture;

cover and let stand 5 minutes. Fluff with a

fork; cool. Stir in onions, basil, and

chickpeas.

To prepare dressing, combine lemon juice

and the remaining ingredients in a jar;

cover tightly, and shake vigorously. Pour

over couscous mixture, and toss well to

combine. Cover and chill for 1 hour.

Yield: 8 servings.

*Edamame is soybean. The actual recipe calls for frozen peas.

Stress Management:

Below is a link to a site discussing meditation, just control click on the link or type the address in your browser.

[Meditation:](http://www.beliefnet.com/story/145/story_14571_1.html)

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