

# Back To Health and Living SDC News Letter



**DATE:** July 1, 2004    L10

**Clarksburg WV**

## **WEEKLY MEETING:**

### **BHLC SDC**

**FIRST BAPTIST CHURCH NUTTER**

**FORT 219 Maryland Avenue**

**AGENDA – THURSDAY July 1, 2004**

- I. 5:00 Exercise**
- II. 6:00 Stress Management**
- III. 7:00 Group**
- IV. 7:30 Dinner PEKING**

**EDITORIAL: Mentorship.** This is the last part of mentorship by: Jim Gatto Cohort 5, West Mifflin. We thank him for his excellent input to our future.

A good mentor nurtures self-sufficiency by showing confidence that participants can adhere to the program tenets. And, by mentor setting the example, participants are further encouraged that the Program goals are achievable. A good mentor informs participants of personal successes and failures so that they can gauge the depth and breadth of their journey to a healthier physical and mental lifestyle. Mentors need to be constructive. Feedback is essential to spur improvement, but it must be given kindly and with consideration.

As mentors and participants “do” the Program, participants will notice the mentor’s commitment and personal progress and be inspired by it. This will give them further encouragement that they can also achieve similar results and rewards. In return, the mentor is rewarded with the satisfaction of helping participants embark on a new lifestyle. As an added benefit, the mentor’s own knowledge of and commitment to the

lifestyle is enhanced through the sharing of ideas and concerns. By mentoring, the mentor helps contribute to the success of the Program – a Program that has done so much to change the mentor’s life for the better.

## **RECIPES: Texas Caviar**

*From The Kitchen of Beth Carlyle*

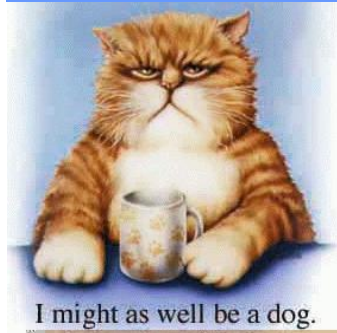
- 1 can (15-1/2 ounces) black-eyed peas, rinsed and drained
- ¾ cup chopped sweet red pepper
- ¾ cup chopped green pepper
- 3 green onions, chopped, 1 medium onion, chopped
- ¼ cup minced fresh parsley
- 1 jar (2 ounces) diced pimientos, drained
- 1 garlic clove, minced
- 1 bottle (8 ounces) fat-free Italian salad dressing
- Baked tortilla chips

In a bowl, combine the first nine ingredients; cover and refrigerate for 24 hours. Serve with tortilla chips.

**SDC:** The attendance for the SDC has been low for the summer months. Let’s set some personal goals to attend the SDC during July.

## **JOKES:**

**Before Rocamojo coffee**



I might as well be a dog.