

# Back To Health and Living SDC Hews Letter



**DATE:** July 15, 2004 L12

**Clarksburg WV**

## **WEEKLY MEETING:**

**FIRST BAPTIST CHURCH NUTTER  
FORT 219 Maryland Avenue  
AGENDA – THURSDAY July 15, 2004**

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
4. 7:30 Dinner Runway Grill

Below is a picture of seven of the graduating Cohort #8.



## **EDITORIAL: Graduation.**

Last Thursday we had the 12 week Graduation and Transition for Cohort 8 at Self Directed Community. This is the second time we have held the Graduation at the Self Directed Community. We started with an introduction by the BHLC SDC President Wes Miller, and a short next step presentation by Larry Massey. We followed with a mini exercise and stress management program followed by dinner. We had an excellent dinner prepared by Scott the chief at UHC. The transition speech was given by Toni Marascio. We had group at the end of the evening. Below is a picture of some of the cohorts attending after the dinner.

It was an exciting evening, with Love and the continuing process of new Cohorts reversing heart disease. This is becoming an excellent way to introduce new cohorts to the Self Directed Communities.

**SDC:** We will be starting our electronic modality adherence program this week. We would like as many cohorts as possible to add their scores and comments to the website form. A separate email will be sent explaining the how to fill out the form and submit the form. Helping with this type of information will insure the future of insurance companies understanding that not only does the Dr. Dean Ornish program work, but it can be maintained by a large group of people for the rest of their life. We would like to have input from all Cohorts located in West Virginia, and Pennsylvania. Any Cohort group that this newsletter does not reach just let me know and I will forward it to them or you can forward it to any one that may benefit from it.



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**RECIPES:** We will try to have at least one or two each week. If you have a good Ornish Recipe, please forward it to us so we can post it for everyone to enjoy.

**RECIPES:** *Grace Garner's Quick Whole Wheat Loaf*  
**From The Kitchen of Wendy Kallmyer**

1 ½ tsp. golden or light corn syrup  
1 ¼ cups hot water  
1 tsp. vinegar  
2 cups whole wheat flour  
2 cups sifted all-purpose flour  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. cream of tartar  
2/3 cup nonfat milk

Dissolve the syrup in the hot water with the vinegar and leave to cool. Lightly spray a large loaf pan. Place the whole wheat flour in a mixing bowl, sift in the all-purpose flour with the salt, baking soda, and cream of tartar and mix well together. Add the milk to the syrup mixture and stir in to the dry ingredients, as quickly as possible, to give a thick dropping consistency.

Turn this mixture into the prepared loaf pan, hollowing the center slightly so that it will rise evenly. Bake toward the top of a moderately hot oven (400 degrees) for 15 minutes, then reduce the temperature to moderate (350 degrees) and bake for a further 20-30 minutes. Cover with wax paper or foil if it is browning too quickly. Turn upside down onto a cake rack to cool, removing the pan after 5 minutes. Do not cut until the next day.

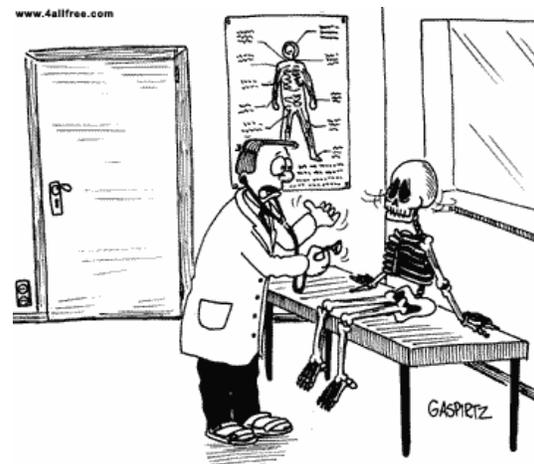
**RECIPES:** *Split Pea Soup*  
**From the Kitchen Alex Alexander**

2 cups split peas  
4 to 5 cups water  
½ carrot, sliced or shredded  
1 medium onion, chopped  
1 stick celery, chopped  
3 potatoes, peeled and cubed  
Salt and pepper to taste  
Wedge lemon to taste

Pick over split peas, discarding any bad ones. Wash well and place in heavy saucepan. Cover with cold water and bring to a boil. Skim off any foam and add onions. Ten minutes later, add celery, carrots, and potatoes. Cover and simmer about one hour or until the peas and potatoes are tender. Stir occasionally. Add more water if needed. Salt and pepper to taste. Puree the peas in a ricer. Serve soup with lemon wedge if desired.

Serves 6

**JOKES:**



And it never occurred to you that you might be overdoing your diet a little bit?