

HEALTHY LIVING MEETINGS AT STANBOROUGH PARK CHURCH

The Seventh-day Adventist Church has a long history of being involved in healthy living - John Harvey Kellogg ran the Battle Creek Sanitarium, Michigan, USA whilst his brother W. K. Kellogg launched the eponymous breakfast cereal industry. Nowadays the church promotes healthy living and runs clinics helping people to give up smoking.

Stanborough Park Church is currently running a series of monthly meetings with a guest speaker organised by Mrs. Claudette Harris, a Local Public Health Practitioner. Commencing last autumn, topics covered have included allergies, reducing high blood pressure, diabetes, food allergies and healthy living and regularly attract an audience of 40-50 people.

These Wednesday evening meetings are open to all and are advertised in the Watford Observer and on the notice board outside the church.

Stanborough Park Seniors Club

The place to be on alternate Monday afternoons is the Stanborough Centre, 609 St.Albans Road. The Cedar Room is warm, welcoming and buzzing with cheerfulness.

At 2.00pm the microphone is switched on and a full house is welcomed to an afternoon of varied interest by our lively leader, Mrs Rosemary Barham. Highlights for June and July are an incident-full trek from Cape Town to Rwanda from the view point of a pregnant wife (June 4th); an insight into Fairtrade shopping (July 2), and a strictly 'tickets only' summer outing to end the quarter year.

Always, around three o'clock a cup o' what you fancy and homemade cake are provided, included in the admission fee of 60p. That sounds like a fair trade, for two hours of good company, don't you think? The microphone is switched off at 4.00pm and cries of "See you in two weeks!" echo down hallway at the close of all such afternoons.

Club meetings resume, with music, on September 3rd 2007. The visit of 'An Interesting Man', is expected on September 17th.

The club caters for 60+ age range and is open to all regardless of religious affiliation.

CALENDAR June

- Saturday June 2nd** Family Worship - Ian Sleeman 11am
- Monday June 4th** Seniors Club Sue Sawyer - 'Across Africa' 2pm
- Wednesday June 6th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday June 7th** Toddler Club 9.30-11.30
- Saturday June 9th** Family Worship - Mary Barrett 11am
- Sunday June 10th** Adventurer and Pathfinder Clubs
- Wednesday June 13th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday June 14th** Toddler Club 9.30-11.30
- Saturday June 16th** Family Worship - Dennis Porter 11am
- Monday June 18th** Seniors Club 'English Afternoon' - Ruth & Jean 2pm
- Wednesday June 20th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday June 21st** Toddler Club 9.30-11.30
- Saturday June 23rd** Family Worship - Adventurer & Pathfinder Investiture 11am
- Sunday June 24th** Pat's Sale - indoors and outdoors with bouncy castle 12-2pm
- Sunday June 24th** Adventurers and Pathfinders Club
- Wednesday June 27th** Toddler Club 9.30-11.30am & 13.00-15.00
- Thursday June 28th** Toddler Club 9.30-11.30
- Thursday June 28th** Healthy Living meeting 8pm - Osteoporosis - Dr L Read
Light refreshments served from 7pm
- Saturday June 30th** Youth Service - Matt Vincent 11am

July

- Monday July 2nd** Seniors Club Fairtrade Shopping
- Wednesday July 4th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday July 5th** Toddler Club 9.30-11.30
- Saturday July 7th** Family Worship - John Arthur 11am
- Sunday July 8th** Adventurer and Pathfinder Clubs
- Wednesday July 11th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday July 12th** Toddler Club 9.30-11.30
- Saturday July 14th** Communion Sermon - Ian Sleeman 11am
- Monday July 16th** Seniors Club Outing to Herne Bay
- Wednesday July 18th** Toddler Club 9.30-11.30 & 13.00-15.00
- Thursday July 19th** Toddler Club 9.30-11.30
- Saturday July 21st** Family Worship - Ian Sleeman 11am
- Saturday July 28th** Family Worship - Mary Barrett 11am

August

- Saturday August 4th** Youth Service - Dejan Stojkovic 11am
- Saturday August 11th** Family Worship - Ian Sleeman 11am
- Saturday August 18th** Family Worship - Ian Sleeman 11am
- Saturday August 25th** Family Worship - Patrick Boyle 11am

September

- Saturday September 1st** Family Worship - Ian Sleeman 11am
- Monday September 3rd** Seniors Club Curtis Murphy 2pm
- Saturday September 8th** Family Worship - Dejan Stojkovic 11am
- Saturday September 15th** Family Worship - Patrick Boyle 11am
- Sunday September 16th** Adventurers & Pathfinder Clubs
- Monday September 17th** Seniors Club 2pm
- Saturday September 22nd** Family Worship - Ian Sleeman 11am
- Thursday September 27th** Healthy Living Meeting 8pm
Light refreshments served from 7pm
- Saturday September 29th** Family Worship - Dennis Porter 11am
- Sunday September 30th** Adventurers & Pathfinders Clubs



Stanborough News

SUMMER 2007

TIME FOR INDIAN ORPHANS

The generosity of Watford Observer readers towards needy children in an Indian orphanage has overwhelmed Stanborough Park Church member Kish Poddar.

Mr. Poddar, who lives in Garston, founded STOP International (Save the Orphans Please), a charity which helps children in orphanages in southern India, a few years ago following a visit to his in-laws. During that visit he saw the poor facilities experienced by children who have been abandoned by their families and set about organising his friends and pupils to go to India and undertake projects to help improve their living conditions.

Mr. Poddar had promised the children their own watches on a previous working visit to the BESSO orphanage in the state of Tamil Nadu. On his return home he set about asking friends and acquaintances for old watches to help fulfil his promise but the demand outstripped the supply. However, an appeal for more watches in the Watford Observer in February resulted in dozens of watches arriving from complete strangers which he was able to take with him on his latest humanitarian visit last month. More arrived after he left for India and he will take these with him on his next visit in July.

Still astonished by the readers' kindness, Mr. Poddar says, 'Many of the magnanimous donors did not identify themselves, so I would like to thank the Watford community for their generosity and the Watford Observer for running the story so that these beautiful orphan children would be blessed.'



Kish Poddar with some of his donated watches bound for India.

During his trip last month, Mr. Poddar, an Assistant Head at Stanborough School in Garston, was accompanied by a group of students who were undertaking the trip as part of the CAS requirement of their International Baccalaureate course. During their fortnight's stay the group completed their task of painting and decorating the new two-storey dormitory block which



Mr Poddar with his group of students who went to the Besso Orphanage in February. Nick Dean, who organised the Sponsored Bike Ride is fifth from the left.

will be home to the 25 boys over ten years of age at the BESSO orphanage.

Mr. Poddar plans to return in July with another group to begin work on a Vocational Training Village for orphans on a 6.5 acre plot of land in south India. He would welcome more watches to take with him should there still be any more redundant watches lying around homes in Watford!

(Send to Mr. Poddar c/o Stanborough Secondary School, Stanborough Park, Watford.) More information about the work of STOP International can be seen on its web site www.stop-intl.org.uk

Teenagers Raise Funds for STOP International

Two of Mr. Poddar's Sixth Form pupils, Nick Dean and Adam Gibbard organised a fund-raising cycle ride in aid of STOP International as part of their CAS requirement for the International Baccalaureate examination.

Nick, 17, is one of Stanborough Park Church's younger members and lives locally. He was one of the group of young volunteers from Stanborough School who went to the BESSO orphanage in India earlier this year to help with the boys' dormitory.

On Sunday 6th May Nick and Adam were part of a group of 22 who rode along the Nicky Line from Hemel Hempstead to Harpenden and back, starting and finishing at the Midland Hotel, raising more than £1,160 for the charity.



Participants in the Sponsored Bike Ride along the Nicky Line.

CHIP Health Improvement Project

The last issue of *Stanborough News* mentioned the forthcoming visit of Dr. Hans Diehl, to Stanborough Park Church in March to launch his CHIP (Coronary Health Improvement Project) preventative health programme in this country.

Dr. Diehl is the Director of the Lifestyle Medicine Institute in Loma Linda, California and is a co-founder and the chief presenter of the CHIP programme. He spent a few days in the U.K. in March explaining his programme and conducting a workshop training volunteers to conduct it in their local areas.

CHIP is based on the foundation that, according to the U.S. Surgeon General, 75% of our Western diseases are 'lifestyle created' e.g. related to our rich diet, lack of exercise, smoking, alcohol, caffeine, stress and quality of support.

CHIP began in 1988 and has since been conducted in India, Australia, Canada and the United States of America. Its aim is to provide scientifically sound community health programmes in local communities which, by developing the understanding of the cause/effect relationship between diet, exercise and disease and encouraging changes in lifestyle, will help to prevent, control or improve medical conditions. It introduces ways to lower high blood pressure, reduce high blood cholesterol levels and also the high blood sugar level associated with diabetes, reduce excess weight and encourages daily exercise and eliminating smoking.

We are planning a test-run of the project in the near future and then to offer the course to the public at a later date. Details will be included in future issues of *Stanborough News*. In the meantime we have been running a series of "healthy living" meetings at the church since last autumn which are open to anyone interested in attending them.

Dr. Hans Diehl and wife Lily during their recent visit.

