



Payroll Bulletin Board: Checks/EFT Released this month: April 27; next month: May 25

WITZELSUCHT

Richard J B Willis

British Union Conference
Health Ministries Director

“Laughter is the best medicine,” we are always being told. In fact the *Readers’ Digest* so firmly believed it that they made it a regular feature of their publication and continue to sprinkle humor throughout their pages.

The ability to see the funny side of life is either an asset or an irritant depending on your own point of view and natural disposition. Laughing is reckoned to be a great tension-breaker and stress-reliever. London psychiatrist, Dr Joan Gomez, says, “Stress is just part of everyday living for most of us. But there are ways of coping with it successfully. One of the best medicines is laughter. Laughter melts away stress like ice under a blow lamp.”

Humor may be related to the things that happen as part of our general

experience with its ironies and idiosyncrasies, and our reaction to them. It may also be contrived by the evocation of a fictitious event or experience where we anticipate a particular climax to a story only to find the unexpected taking its place. Even Sigmund Freud, not noted for his own sense of humor, believed that it is not possible to be mentally happy without possessing a sense of humor.

One writer says your daily laugh total should equal at least 15 chuckles a day or you are underlaughed. Whether or not a correlation exists between chuckle-rate and good health it is known that laughing regularly is good for heart health (“a merry heart doeth good as a medicine,” springs to mind) and is therefore to be encouraged.

So what about *Witzelsucht*? No, it is not an exclamation like “*Gesundheit*,” pronounced over someone who sneezes! It is the name of

one of the conditions where humor is pathologically misplaced (F O Witzel, 1856-1925). There are some people who feel uncontrollable laughter coming on in the most inappropriate places such as funerals or other serious situations, and have a tendency to make poor jokes and puns.

Witzelsucht sufferers have small lesions in the tissue of the frontal lobes of their brain which causes the out-of-place response. People with larger frontal lobe damage perform poorly on both verbal jokes and nonverbal cartoons in tests of humor and hardly laugh or smile in response. In some rare cases bursts of laughter may be associated with the electrical storms

released in the temporal lobes of epileptics.”

It is always dangerous to self-diagnose, therefore, to be on the safe side, if you are concerned that you may be suffering from *Witzelsucht*, you may want to consult your physician for a professional opinion regarding your symptoms, even if it appears to be just a mild form of *Witzelsucht*. And keep in mind that “A merry heart maketh a cheerful countenance...” Proverbs 15:13 NIV.

©Health Ministries
Department, General
Conference of Seventh-
day Adventists.

NEWSLETTER INDEX

News Notes	- Page 2
Health Tip	- Page 2
NAD Retirement	- Page 2
Steve Gifford	- Page 3
Dept contact info	- Page 3
The Inside Scoop	- Page 3

News Notes

by Mort Juberg

Dominican Republic.

More than 47,700 new Adventists made history in the Inter-American Division (IAD) recently when they joined the Adventist faith. Their decisions marked the largest number of decisions made in the division since it was established here in 1921. The event called "Pentecost and More" featured satellite feeds from all 15 unions, and was broadcast throughout the world and the IAD. More than 10,000 people crowded into the stadium, el Palacio de los Deportes to watch the baptism. GC President Jan Paulsen said he had never seen anything like this.

London, England.

Adventist musicians took part in a nationally televised program to mark the Bicentenary of the Abolition of the Slave Trade Act in the United Kingdom. The Adventist Vocal Ensemble directed by Ken Burton sang. The service was held in Westminster Abbey stations. Burton is also the director of the London Adventist Choir.

Berrien Springs, Michigan.

Has the lost tomb of Jesus been found? Not so, says a professor and researcher at Andrews University. Dr. Randy Younker maintains that despite a cable channel airing a documentary on the lost tomb of Jesus, this is one of those instances where faith must shelve science. Rather, he and a host of other scholars, both Christian and secular, think the documentary relies on sensationalism, sloppy translations and incorrect statistics to boost at best a bogus claim made by quasi-archaeologists with an agenda.

Beirut, Lebanon.

Adventists in the Trans-European Division have adopted an official statement on Islam in order to foster a more constructive relationship between Muslims and Christians where an estimated 60-65 percent of the residents are Muslim. "As the Adventist movement continues to grow in the world," the statement begins, "we are looking for a good relationship with Islam, a faith with a sense of godly calling that is followed by one-fifth of the world's population."

Source:

Adventist News
Network

The Nutrients Nobody Knows

You've seen them on nutrition labels or heard about them in cereal commercials. But how much do you know about these little-known nutrients?

Niacin. Niacin helps break down blood sugar for energy and widens blood vessels, increasing blood flow. Doctors sometimes prescribe this B vitamin to lower cholesterol.

Thiamin. Thiamin (Vitamin B₁) is found in whole grains and beans. Your body needs it for adrenal gland function, proper immune performance and the synthesis of neurotransmitters — vital chemicals in the brain. Increasing your daily thiamin intake to between 50 and 100 mg may increase your energy and improve your mood.

Riboflavin. Also known as Vitamin B₂ and found in most foods, riboflavin is essential for turning proteins, fats and carbohydrates into energy. It plays a role in cell reproduction and keeps your skin, hair, nails, eyes and mucous membranes healthy.

(Continued on page 4)

Spouse Allowance Disclosure

If your retirement benefits are based on 20 or more years of service credit, you were married to your current spouse at least one year before your retirement benefits began, and that spouse is not receiving an employer-provided retirement benefit or did not receive an employer-provided lump sum retirement payout, your benefits may include an additional benefit called a Spouse Allowance. Your eligibility for this benefit would have been determined during the initial application process—before your benefits started—and would not be added at a later time.

Please know that the Spouse Allowance portion of a retirement benefit is a **conditional** benefit and is subject to reduction or discontinuance under certain circumstances. As long as the marital status* of the retired participant remains the same as it was on the benefit effective date and the spouse does not receive employer-provided retirement benefits of his/her own, the retiree remains eligible to continue receiving the Spouse Allowance. (*A

(Continued on page 4)



President's Corner

By Steve Gifford

The plans for the 2007 retirees' convocation are in place.

Now for an exciting announcement: Elder Don Schneider, president of the North American Division, has agreed to lead retirees in a Reformation Tour of Germany in January of 2008. The cost will be approximately \$800*, which will include lodging, transportation in Germany, and two meals per day. The only other cost will be your transportation from your home to Berlin. The tour will last 5 or 6 days, and if you choose to go, you will look back and say "That was the trip of a lifetime."

You may be thinking, "Germany in January? That will be too cold." It will be cold, but there will be few tourists, and it is really the best time to make such a trip. Two

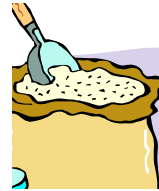
tour buses will carry us - one bus will carry North Pacific Union members participating in continuing education; and we will occupy the second bus. Elder Schneider and his wife Marti will each host a bus, alternating between the two. I've never had better guides and educators than Don & Marti. Interested in going? Full details will be published in the next newsletter. Only 50 people can go - so sign up early if you're interested.

* This price is an estimate. It may go up or down.

William Charles "Conn" Arnold Dies

"Conn" Arnold, as he was affectionately called, passed away March 19, 2007. He is survived by his wife Dorothy "Dot", a daughter Connie Jackson of Goodlettsville, Tennessee, and a son William Arnold of Loma Linda, California. He began his ministry in the Florida Conference in 1954. During the many years he served the church he worked as a teacher and principal, district pastor and departmental director in the Florida, Alabama-Mississippi (now Gulf States), and

Kentucky-Tennessee Conferences. He served the North American Division as ASI Secretary-Treasurer from 1985 - 1991 after which he retired. A Celebration of Life was held on Friday, March 30 at 1 p.m. at Madison Campus Church.



The Inside Scoop

STORYHARVEST NEEDS STORIES - StoryHarvest, a new website produced by the Pacific Union Conference, features first person stories from North America about how people found God, or how God found them. For a limited time Church Support Services is paying \$50 for personal conversion stories, or stories that depict God's intervention in one's life.

Contact:

www.storyharvest.org/article.php?id=4.

"SEVEN IN SEVEN IN 2007" is the brainchild of Don Schneider, for 1 million Adventists to share 1 piece of literature every day for the week of April 7-14, to equal 7 million pieces of literature distributed. "Imagine what God can do with that!"

NAD Retirement Plans

Del Johnson
Administrator

Lyn Wick
Associate Administrator
Judy Glass
Assistant Administrator

Send comments and suggestions to:
Dolores Allen, Editor
Reflections
12501 Old Columbia Pike
Silver Spring, MD 20904-6600
Email:
dolores.allen@nad.adventist.org
Website <http://www.nadadventist.org/ref>

ARM: 1-800-447-5002
Healthcare Claims Queries

SHARP: 301-680-5036
SHARP@nad.adventist.org
Healthcare Eligibility Queries

Submit all claims to:
Adventist Risk Management - SHARP
PO Box 4088
Silver Spring, MD 20914-4088

Medco Health: 1-800-841-5396
Verify pharmacy participation with Medco Health

Steve Gifford
President, NAD Retirees Association
817-271-1160
2712 Dorothy Drive
Cleburne, TX 76031
Email: LFORD99@aol.com

Payroll: 1-888-838-8955
Bulletin Board of Payroll Information

NAD Retirement Department
Fax: 301-680-6190

Barbara Yowell: 301-680-6244
Lost checks, direct deposits, 1099R, Tax withholding, Change of Address, Verification of Benefits for loans, Housing, Medicaid

Dolores Allen: 301-680-6249
General Retirement Office Information

Chris Meier: 301-680-6192
Reporting a Death, Disability Reviews

Diane B. Gatling: 301-680-6289
Tuition Assistance for Children

(Nutrients . . . cont'd from page 2)

Vitamin K. Essential for blood clotting, Vitamin K may also keep bones strong, according to recent research. Some sources of Vitamin K, such as broccoli also contain calcium, another bone builder. Other best sources: cabbage, Brussels sprouts, spinach, kale and dark lettuce.

From *TopHealth, The Health Promotion and Wellness Newsletter*, August 2002, Oakstone Publishing, Birmingham, AL 35242 USA

(Inside..cont'd from page 2)

says Don. NAD publishing houses, the Pacific Press and the Review and Herald, are teaming up to provide sharing materials.

Contact: www.nadadventist.org and look for the news story for more information.

A Dish for Every

Church. Satellite evangelism is an effective way of sharing, and involves the pastor and church members in both the church and dish-equipped homes. Every year there are more satellite evangelism and outreach events. Adventist Satellite

(www.Adventistsat.com)

is the official distribution partner for the Hope Channel and Esperanza TV with distribution offices in the US, Canada and Mexico, as well as for the GC and the Inter-American Division. Inexpensive satellite dishes will receive Hope TV, Esperanza, 3ABN, and more. Conferences should call to make special bulk buys for their churches. Adventist Satellite's goal is to install a unit in every church. The more churches and homes that have the systems, the more that will invite people to

events like the NET series. Contact: 866-552-6882 or sales@adventistsat.com.

(Spouse... cont'd from page 2)

divorce or death of a spouse would constitute a change in marital status.) However, should any of these circumstances change **at any time**, it is your responsibility to provide that information to our office as soon as possible to avoid any benefit overpayments that will need to be returned. Thank you for your cooperation in helping us to administer plan benefits according to policy.

NON-PROFIT ORG
US POSTAGE
PAID
Silver Spring, MD
PERMIT No. 1406

General Conference of SDA
NAD Retirement Plans
12501 Old Columbia Pike
Silver Spring, MD 20904-6600