



## Payroll Bulletin Board:

Checks/EFT Released this month February 27; next month: March 27

## COLA Distress?

During the past few weeks we have received phone calls from a number of retirees asking why there appeared to be a decrease in their pension this year. In most cases the answer to that question deals with the SHARP Medicare Extension (MCx) healthcare assistance provision.



As we mentioned in the letter that we sent to those who currently have the MCx coverage and both the Dec'07 and Jan'08 newsletters, the MCx costs went up considerably in 2007. Since this option, unlike the others, is not subsidized by the church, we had to push the contribution up to keep the plan stable. It went from \$75 per person per month to \$100 per person per month. So if your Cost of Living Adjustment (COLA) was \$20, and you and your spouse are enrolled for the MCx, you would have seen a net decrease of \$30 in your 2008 monthly benefits ( $\$25 \times 2 - \$20 = \$30$ ).

—Del Johnson, Administrator  
Adventist Retirement Plans

## February is Heart Month - "Loving Ourselves is A Worthwhile Goal"

### Emotional Eating: Who Are You Feeding?

by Halé Sofia Schatz with Shira Shaiman:

In my private practice as a nourishment consultant, I frequently ask clients the question: who are you feeding? Sometimes who we are feeding is an emotion, such as happiness, or depression, sadness, and loneliness. Sometimes it is our petulant inner child who only cares about eating that candy bar right now. Or we are feeding our rebellious adolescent, who knows this particular food may not make us feel very good but goes ahead and eats it anyway! After exploring this question for themselves, nearly all of my clients discover that they have been unconsciously feeding a part of themselves that wasn't nourished. For instance, when most of us feel like we aren't being taken care of—usually when we're experiencing an emotional need—we immediately turn to the foods that were gratifying in childhood. These foods tend to be sweet, salty, or starchy.

Many people feed themselves based on an emotional need, whether the emotions are negative or positive.

When people eat this way, they usually have something that's fast, easy, and requires almost no preparation. We are feeding ourselves quick fixes that usually have little nutritive value, and we're eating when we are in a state of emotional imbalance when hunger doesn't even come into the picture. Many of us are caught in old patterns of how we feed ourselves, and we don't even realize it. The question, "Who are you feeding?" can be a simple antidote for this unconscious, compulsive behavior. Let's say ... You've already eaten a delicious main course, and now a certain plate of chocolate chip cookies has attracted your attention. The point isn't if you do or don't eat the cookie; the cookie itself isn't bad. The point is awareness—being aware of your actions and knowing how any particular foodstuff at any particular moment will feed you. So the next time you eat or drink something, ask yourself: "Who am I feeding?" And then wait for the honest answer.

Resource: [www.Beliefnet.com](http://www.Beliefnet.com)

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## **New Beneficiaries 4th Quarter 2007**

**[Disclaimer: Not all  
new beneficiaries  
under the Hospital  
Plan are necessarily  
retired]**

### **ADDITIONS 4th Quarter 2007**

Adams, Harry  
Adams, Karen  
Ahlers, Lloyd  
Andres, Ernesto  
Ash, John W  
Atwood, Sandra  
Azevedo, Alvaro  
Bacchus, Gerzel  
Banfe, Jerrald  
Banjao, Josephine  
Barrett, Deirdre  
Bee, Peggy  
Begley, Bertha Sue  
Benson, Jacqueline  
Bent, Sandra  
Bodner, Judith  
Boggs, Gordon  
Boskind, Constance  
Bradley, Robert  
Brewer, Patricia  
Bronson, Alice  
Buckmaster, Stanley  
Caraboolad, Richard  
Carreon, Lucy  
Casali, Riquelme  
Casanova, David  
Castillo, Everett  
Caudell, Larry  
Chapman, Judith  
Cheatham, Wilbert  
Christman, L Reed  
Chung, Florence  
Cly, Bessie  
Colonna, Nancy  
Cook, Arnold  
Crouch, Cheryl  
Curameng, Dottie  
Davis, Geraldine

Dela Cruz, Ruth  
Dittberner, Larry  
Dower, Richard  
Dumitrescu, Ana  
Earles, Jr., John  
Farr, Shirley  
Farrens, Rebecca  
Fattic, Richard  
Field, Lorraine  
Fine, Deanna  
Fish, Joy  
Fisher, Ann  
Flores, Catherine  
Forshee, Melvin  
Fortune, John  
Fowler, Japes  
Friesen, Penelope  
Fry, Curley Jack  
Gage, David  
Garrett, Mary  
Gellineau, Standley  
Goddard, Joan  
Grassel, Martha  
Grow, Linda  
Hallock, Connie  
Harbour, Richard  
Harsany, Barbara  
Heathcock, Barbara  
Hendrix, Adelaide  
Hickok, Jane  
Hirst, Richard  
Hogan, Nancy  
Hopkins, Wanda  
Hosten, Audrey  
Hubbard, Louis  
Iheanacho, Morris  
Iheanacho, Shirley C.  
Iwasaki, Fumio  
Jerus, Joseph  
Jones Sr, Joseph  
Jones, Janice  
Kalupa, Luetta  
Keightley, Barbara  
Koenke, Fordyce  
Kotter, Vel  
Landers, Melvin  
Lao, Teresita  
Lavender, John

Lee, Charles  
Lewis, Evans  
Lewis, James  
Liburd, LeRoy  
Lightbourne, Lois  
Lindo, Yvonne  
Loewen, George  
Lowe, Marion  
Maritato, Joaquin  
Marsh, Nancy  
Marter, John  
Mattenson, Gerald  
McCloskey, Linda  
McKenney, Clarence  
McLain, B. Joyce  
McLain, James  
Meyers, Daryl  
Mohr, Sharon  
Molina, Aurora  
Morales, Carlos  
Morales, Loida  
Morgan, Ann  
Mostert, Pauline  
Mostert, Thomas.  
Nee, John  
Nguyen, Le Van  
Norcliffe, Mary  
Ottschofski, Herman  
Pangman, John  
Pastor, Manuel  
Peterson, Beulah  
Pierce, Barbara  
Plumb, Stanley  
Priester, Irene  
Reifsnyder, Edward  
Rempher, Robert  
Rivas, Isai  
Roby, Alta  
Rochester, James  
Rockey, Ronald  
Rodriguez, Maria  
Ronan, Carol  
Ruiz, Noel  
Salsbery, Richard  
Sandlin, Wilma S.  
Schelhorn, Dorothea

(Continued on Page 3)

( ADDs- continued from page 2)

Schultz, John Mark  
Shank, Sylvia  
Siplin, Frances  
Smith, Jr., Charles  
Soliz, Charles.  
Starr, Wilfred  
Stephens, Denver  
Stratton, Herb  
Sun, George  
Taylor, Sara  
Tennant, M. Dianne  
Terzo, Waldo  
Thayer, Olivia  
Turner, Shirley  
Tutsch, Ulrich  
Vega, Tavo  
VonBergen, Nancy  
Warren, Barbara  
West, Jr., Winton  
White, Sandra  
Wilkerson, Carolyn  
Wilkinson, Ann  
Wilson, Gorden  
Wise, Cecelia  
Wolff, Jeffrey  
Womack, Patricia  
Wool, Lavonne  
Worley, Richard  
Yang, Wei Harn

**DEATHS 4th Quarter 2007**

Aldrich, Myrtle  
Anderson, Clara  
Andrus, John  
Atkins, Leonard  
Ayers, Lois  
Baldwin, David  
Battee, Robert Julian  
Becker, Pauline  
Beers, Constance  
Belknap, Forrest  
Bergman, Margaret  
Best, Donald R.  
Boccheciamp, Elias  
Boone, Edward L  
Botimer, Laurence

Brown, Helen  
Buck, Ben  
Burke, Anne  
Burke, Beverly  
Burr, Harold  
Burrow, Esther  
Campbell, Eva  
Cartwright, Paul  
Caster, Marion  
Castro, Elizabeth  
Chapman, Mary  
Church, J. B.  
Clark, Myrtle  
Clemons, Doris  
Clendenon, Harley  
Coats, Emily  
Coleman, Irene  
Collins, Patricia  
Cook, Delmer  
Cooley, Lowell  
Cooper, Robert  
Cuva, Sr., John  
Davis, Leon H.  
DeGroat, Jean  
Digneo, Elmer  
Elizondo, Ofelia  
Fales, Mary  
Felt, Anna  
Ferguson, Ann  
Foll, Merelle  
Foll, Ruth  
Follett, Ira  
Ford, Sanford  
Forgey, Elma  
Frith, Miriam  
Furman, Mildred  
Gabriel, Harry  
Garcia, Armando  
Gardner, Glenn  
Gilliland, Maxine  
Greenlee, M. Irene  
Griffith, Connie  
Guay, Iva  
Guthrie, Robert  
Hailey, Wilbur  
Hanson, Otto

(Continued on Page 4)

**Adventist Retirement Plans**

Del Johnson  
*Administrator*

Lyn Wick  
*Associate Administrator*

Judy Glass  
*Associate Administrator*

Judy Beers  
*Assistant Administrator*

Send comments and suggestions to:  
Dolores Allen, Editor  
*Reflections*

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Silver Spring, MD 20904-6600  
Email: [dolores.allen@nad.adventist.org](mailto:dolores.allen@nad.adventist.org)  
Website <http://www.nadadventist.org/ret>

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

SHARP: 301-680-5036  
[SHARP@nad.adventist.org](mailto:SHARP@nad.adventist.org)  
*Healthcare Eligibility Queries*

Submit all claims to:  
Adventist Risk Management - SHARP  
PO Box 1928  
Grapevine, TX 76099-1928

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](mailto: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*

(Continued from page 3)

Harris, Thelma  
Hartman, Lahoma  
Henry, Dorothy  
Hesgard, Lenore  
Hoffman, J. Reynolds  
Holt, Elizabeth  
Hoover, Frederick  
Houston, Emmie  
Hyde, William  
Innes, Lucille  
James, Rebecca  
Jenkins, Juanita  
Johnson, Ollie  
Johnson, Vivian  
Keith, Leone  
King, Flossie  
Knapp, Pauline  
Knight, George  
Koenig, Mabel  
Kono, Harold Jiro  
Kutschara, Mary Lou  
Larson, Ralph  
Lee, Bruce  
Lee, Hilda  
Liu, Bernice  
Lockett, Mozelle  
Lowry, Mary .  
Lyles, William  
MacKintosh, Kenneth  
Mader, Bernice  
Mallery, Frank Lynn  
Marsh, Leslie  
Martin, Donald  
Mattison, Ernest  
Maxwell, D. Malcolm  
McCartney, Dottie  
McCormick, Betty  
McDannel, Virgie  
Melashenko, Esther  
Merideth, James  
Merritt, Zeola  
Mizher, Nassry  
Moline, Ruth  
Moore, Raymond  
Moore, Terence  
Morgan, Maxine  
Musgrave, William

Neidigh, Betty  
Northrop, Robert  
Nyman, Beryl  
Osborn, Robert  
Patt, Donna  
Perry, Gene  
Pettibone, Ruth  
Phasge, Padma  
Pifer, Carrie  
Porter, Mary  
Pursley, George  
Rairden, Helen  
Rampton, Barbara  
Rathbun, George  
Read, Marjorie  
Reinke, Edward  
Reiswig, Emma  
Renton, George  
Retzer, Dorothy Mae  
Reyant, Tillie  
Roberts, Mazie  
Sanderson, Ralph  
Santangelo, Muriel  
Skidmore, Gerald  
Slabach, William  
Smith, Dorothy S.  
Spradlin, Anne  
Stecker, Marion  
Steele, Wesley  
Stickler, Eleanor  
Stinchfield, Hugh  
Stirling, Maryan  
Swanson, Addison  
Swiridoff, Eleanor  
Thompson, Betty  
Thompson, Jack  
Timmons, Jeanne  
Torkelson, Robert  
Varga, Elvira  
Venden, Lou  
Vickers, Ralph  
Wagner, Eleanor  
Washington, James  
Watson, Gwendolyn  
Wesslen, Bonnie  
Westermeyer, Eileen  
Williams, Russell  
Wynn, Lillie Mae

## News Notes

From Mort Juberg

**Baku, Azerbaijan.** Five Adventists and three visitors were allegedly questioned, fined and warned not to meet again after what the small congregation is calling a government raid on their meeting hall in Baku. Church members said seven men in police uniforms and six wearing plain clothes interrupted Sabbath services. They initially demanded passports of those attending. The 13 officials searched the premises confiscating books and other religious materials and arrested the worshippers, accusing them of meeting without State registration. The incident follows a similar intrusion earlier this year.

**Rio de Janiero, Brazil.** A nationwide celebration brought tears of joy and shouts of excitement from volunteers and national celebrities during the culmination of the church's initiative to help those in need. "Tonight we did the unexpected and broke last year's record of collecting 2,500 tons of food.



The result today is 3,200 tons," announced Sergio Azevedo, creator of Sharing Hope—the 14-year-old joint action of thousands of volunteers in local Adventist churches across Brazil. The event was broadcast on the church's Hope Channel.



## President's Corner

July 10 – 12 is the annual NAD RETIREES' CONVOCATION, to be held at Andrews University, Berrien Springs, MI. I've mentioned the convocation several times in previous columns, and I hope you have made note of it and are planning to attend. *This will be the best convocation we've ever had!*

Why? Three things in particular. First -- Elder Don Schneider, NAD president, is our speaker on Sabbath. Elder Schneider is always a good speaker, and you'll be blessed. Then Sabbath afternoon he is presenting a special program entitled "Really Living." Second -- the closing program on Sabbath will be a special presentation depicting the coming of Jesus by Rose Otis, former vice-president of the NAD. **IT IS WORTH THE ENTIRE TRIP JUST TO SEE THIS PROGRAM.** Third -- the Breakout Sessions -- "Obedient to the Call: Core of EGW Personal Experience & Ministry, by Merlin Burt; "Bone Health: It's More Than Just Calcium," by Winston Craig; "Managing Finances in the 21<sup>st</sup> Century," by Scott Schalk; "In the Trenches, the Battle Between Biblical Archeology & its Critics,"

by Randall Younker; "Spiritual Octane Booster," by Erhard Gallos; and "Winning Souls," by Bruce Johnston.

There will be a lot of music, a banquet, tour of Battle Creek and much more. Please plan to come. You'll find a registration blank in our March newsletter. The registration booth will be open at 8:00 AM July 10 at the Chan Shun Lobby. I hope to see you there!

P. S. We still need 10 people to work at Heritage Village, Battle Creek, on the Monday through Wednesday before the convocation. Please e-mail me if interested.

Your retired friend,  
Steve Gifford

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## Inside Scoop



**\*\* NET 2008 PREPARATION: BEGIN REGISTERING FEBRUARY 1** — NET 2008: "Discoveries '08," will be preached by Mark Finley, October 24 through November 29, and will be uplinked LIVE on HOPE TV from the Forest Lake Church in Apopka, Florida. Pastors of every church in North America will receive promotional packets, which will be sent in March.

Contact: [www.acn.info](http://www.acn.info) or call 800-ACN-1119 to register. Registration packets will be sent out April 1. Both church and home sites may register.

As part of the preparation for "Discoveries '08" Finley will deliver a 5-part series, "Empowered by the Spirit!" and a bonus 6th sermon, "Five Secrets to Successful Evange-

lism." They will be recorded (not uplinked) at the Forest Lake Church in February and the 2-DVD recording will be included FREE in registration packets for all sites that register for NET 2008 by June 1. Their purpose is to help prepare congregations and individuals for participation with NET 2008. Finley believes that those who prepare themselves in heart and spirit are best equipped to share Jesus with others and will be most successful in reaching lost souls. (The DVD set also will be packaged for Adventist Preaching and will be made available to others who want to order it.)

Contact: [www.Discoveries08.org](http://www.Discoveries08.org) which is being built to become the official NET 2008 web site.

**\*\* LARED 2008, "LA ESPERANZA ES JESUS,"** with Speaker/Evangelist Alejandro Bullon, will be conducted twice this year: Chicago, Illinois La Red, August 10-17; and Phoenix, Arizona LaRed, September 13-20. They both will be uplinked live in their respective time zones, with repeat broadcasts also planned.

Contact: [www.laesperanzaesjesus.org](http://www.laesperanzaesjesus.org) for details and to register. Registration is the only way to receive the \_\_\_\_\_ promotion materials.

**\*\* CHECK OUT VERVENT'S BEST PRACTICES FOR ADVENTIST MINISTRY** — In January 30 issue, learn about a single word that, when used in promotions that makes all the difference in the number of people who attend a church service or event. Catch the link to Monte Sahlin's blog where he comments on church trends and religious news.

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(Inside Scoop continued from p. 5)

Watch the *Best Practices* video for this week, about a parking lot ministry.

Contact: <http://tinyurl.com/2p5num> to read former issues and to subscribe.

**\*\* BE A HOST TO COMMUNITY HEALTH AND COUNSELING PROFESSIONALS** by downlinking the Hospice Teleconference. This year's topic, "Living with Grief: Children and Adolescents," will be shown on April 16 at 1:30 - 4:00 pm EDT on the Hope Channel. Send invitations to community professionals such as hospice personnel, counselors, pastors, nurses, pediatric doctors and nurses. CEUs are available for a small fee. Contact: [www.hospicefoundation.org](http://www.hospicefoundation.org) or call 800-854-3402 to register. When

registering online, use the discount code VET08 so your registration fee will be waived, or write ACN SITE on the form to be mailed. Hospice is very appreciative of our churches willingness to host the teleconferences. Let's not disappoint them. Use the opportunity to invite professionals to your church. **\*\* THE MINISTRY PROFESSIONAL GROWTH SEMINAR,** "The Passionate Preacher," April 22, 1:00 - 4:30 pm EDT, will provide another opportunity to connect and provide fellowship for community pastors of many faiths. It will be uplinked LIVE from Walla Walla College on the Hope Channel. Four excellent preachers - Lloyd John Ogilvie, Lawrence Turner, James Earl Massey and Jo Ann Davidson, will present sermons followed by a panel discussion of the presentation and an opportunity

to ask questions of the preachers. Contact: [www.ministerialassociation.com](http://www.ministerialassociation.com) or call 301-680-6515 to register and for more information.

— **UPCOMING EVENTS** —  
**For a more complete list of upcoming events go to [www.nadadventist.org/](http://www.nadadventist.org/)**  
**\* 5th International Conference on Vegetarian Nutrition (ICVN)** (for health professionals), March 4-6, Loma Linda, CA - [www.vegetariannutrition.org](http://www.vegetariannutrition.org)  
**\* Adventist Nutrition Conference,** (for anyone) March 6-8, Loma Linda, CA - [www.vegetariannutrition.org/satellite-conf.html](http://www.vegetariannutrition.org/satellite-conf.html)  
**. "From This Day Forward/ Miami" Marriage Conference,** March 8, Miami, FL - [www.adventistfamilyministries.com](http://www.adventistfamilyministries.com)

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