



SAGE Hoots

July 2017

Seniors in Action for God with Excellence

SAGE Fifth Annual Convention

The **SAGE**ALBERTA fifth Annual Convention was held at Burman University from May 4 - 7, 2017. Pastor Randy Maxwell, founder of IF MY PEOPLE PRAY Ministries and author of the popular book by the same name, was the Convention's guest speaker throughout the weekend. Highlights of the weekend included:

- ABC shopping and book signing time with Randy Maxwell, author of numerous inspirational books including his latest, *Boot Camp for the Last Days*
- Outing to the Red Deer Museum and a guided visit of the nearby Norwegian Laft Hus followed by a stroll beside the Waskasoo Park stream
- Banquet at the LMC followed by a video presentation called "The Ages of Man"
- Gospel concert held Sabbath evening which included a wide variety of musical styles and groups
- Spiritual blessing, interaction and fellowship with other SAGERS

Plans are already underway for next year's SAGE Convention to be held May 3 - 6, 2018 when Joe Kidder will be the convention speaker.



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SAGE Fall Retreat

The Fall Retreat being held on November 2-5, 2017 at Foothills Camp will commemorate the 500th Anniversary of the Protestant Reformation. The guest speaker, Dr. Trevor O'Reggio, a professor at Andrews University, is a specialist in Reformation history. Come and be stirred by stories from the Reformation which will inspire and encourage us in the end times that are before us. See SAGE FALL RETREAT on page 3.

**PROTESTANT
REFORMATION
500TH ANNIVERSARY**
1517 - 2017

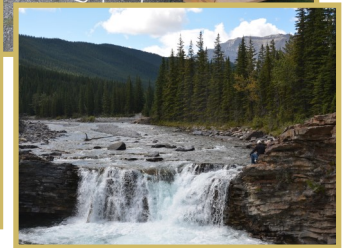


SAGE RV Campouts

Miquelon Lake Provincial Park

Over 30 campers enjoyed the annual RV Campout at Miquelon Lake Provincial Park last September 23-26, 2016. Lovely sunny weather ensured its success. The spacious enclosed, heated shelter allowed campers to visit, to enjoy the devotionals by Keith Clouten as well as music provided by Wayne Tetz, Glenn and Grace McAfee. Campers enjoyed walks along the nearby Lake and indoor as well as outdoor games. Shared potlucks were generous and tasty as well as the final pancake breakfast funded by SAGE.

See details below for this summer's Miquelon Lake RV Campout.



Sheep River Provincial Park

From August 22-25, 2016, 24 SAGERS with RVs made their way to the mountains in Sheep River Provincial Park southwest of Calgary. Here in the spacious Sandy McNab group campsite, they spent three delightful days in fellowship, relaxation, activity and spiritual rejuvenation. Special memories of the campout include delicious potluck meals, evening campfire devotionals with Don Corkum, hiking around camp and to the Sheep River Falls, lawn games, and beautiful views of the mountains. Corkums use of their "Fit Bits" inspired the group to join their walking/hiking regimen!

For this year's mountain RV Campout in Sheep River Provincial Park, see details below.

Choose Your 2017 SAGE Campout: (or enjoy all three)

Camp	Date	Cost	Deadline/Contact
Young at Heart Heritage Camp Foothills Camp	Aug. 14-20, 2017	Donation to Nature Centre	Youth Dept: 403-342-5044 x234 www.foothillscamp.org
Sheep River Provincial Park (Kananaskis—Sandy McNab Campground)	Aug. 21-24, 2017	\$110	Deadline: Tuesday, August 8, 2017 Registration contact: Everett Herrebrugh 403-912-6330 Payment Contact: Penny Marcinyk 403-342-5044 x201
Miquelon Lake Provincial Park (Group 7)	Sept. 22-25, 2017	\$110	Deadline: Tuesday, August 8, 2017 Registration contact: Glen Brown 780-462-0548 Payment Contact: Penny Marcinyk 403-342-5044 x201

SAGE Fall Retreat

“Reflections on the Protestant Reformation”

The SAGE Fall Retreat provides another fellowship and inspiration time for seniors in Alberta. This year the Fall Retreat being held on November 2 - 5, 2017 at Foothills Camp, has an emphasis on the Protestant Reformation. It is most appropriate since 2017 marks the 500 year anniversary of this significant event.

Dr. Trevor O'Reggio, our main presenter who has been a professor at Andrews University for 19 years, is a specialist in Reformation history. It is the hope of the Retreat organizers that this will be not only an information-gaining weekend to learn more about the Reformation with Luther, Calvin and Zwingli and others, but that it will be a transformational event as we ponder anew the great themes which gave rise to the Protestant movement.

We are living in end times when issues are presenting themselves and for which we have to take personal stands. The courage and example of these reformers 500 years ago can help us in the critical times in which we live today.

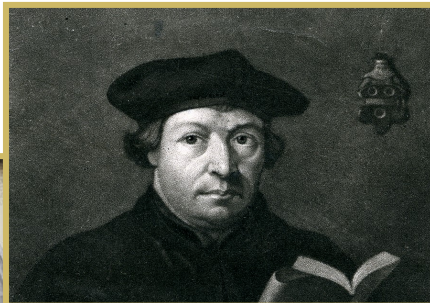
FALL RETREAT REGISTRATION CONTACTS:

Registration: Vic Fitch - 403-302-0231
jdvfitch@gmail.com

Payment: Penny Marcinyk - 403-342-5044 x201
pmarcinyk@albertaadventist.ca

Registration Deadline: Oct. 19, 2017
Registration forms available at Campmeeting

Note: Morning meetings each day begin at 10:00 am to enable commuting for those who choose to do so.

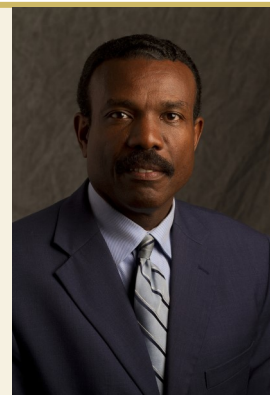


Presentation Topics

1. Precursor Events and the World of the Reformation
2. The Radical Reformers and Seventh-Day Adventists
3. The German Reformation
4. Ulrich Zwingli and the Swiss Reformation
5. Luther on Marriage and the Family
6. The Impact of the Reformation

Fall Retreat Speaker

Trevor O'Reggio is professor of Church History at the Seventh-day Adventist Theological Seminary at Andrews University. After spending 15 years in pastoral ministry, he earned a PhD in History from the University of Chicago in 1997 and a DMin in Marriage and Family from Gordon-Conwell Seminary in Boston. He has been teaching at the SDA seminary at Andrews University for the past 19 years.



Dr. O'Reggio has authored several books and articles. He teaches primarily Reformation history, American religious history and courses in marriage and family. He enjoys cycling, walking and swimming. He has been married for 32 years to Anna Maria and has three adult children: Jonathan 31, Elena 28, and Rachel 25.





Alaska Cruise News

SAGEALBERTA welcomed 43 SAGers on the Alaska Cruise and Cruise/Land Tour with Holland America in June. Of that number, 26 chose the 7-night cruise-only option and enjoyed a leisurely cruise on the *Vollendam* from June 7 - 14, 2017. The cruise which departed from Vancouver followed the Inside Passage and made port stops in Juneau, Skagway, Ketchikan and sailed through Glacier Bay.

SAGers' Cruise Highlights

- Incredible scenery along the Inside Passage which could be viewed from numerous comfortable locations throughout the ship including the Crow's Nest
- The scenic White Pass and Yukon Railroad
- Sailing through Glacier Bay—spectacular color and amazing thundering sound of glaciers as they calved
- Mendenhall Glacier, Nature Centre, waterfall and walk
- Fabulous food—delicious, abundant and varied! Even for vegetarians and vegans!
- Sharing the celebration of Lloyd and Gayle Birney's 60th Anniversary with them and their daughters
- Wildlife viewing - bears, dolphins, seals, whales
- Varied onboard activities—entertainment, computer classes, seminars, and of course, the Spa!
- The evening Dining Room experience—such attentive servers, lovely to enjoy delicious food and wonderful conversation around the table with other SAGers
- Excellent service, friendly and helpful ship crew
- Relaxed pace of this holiday



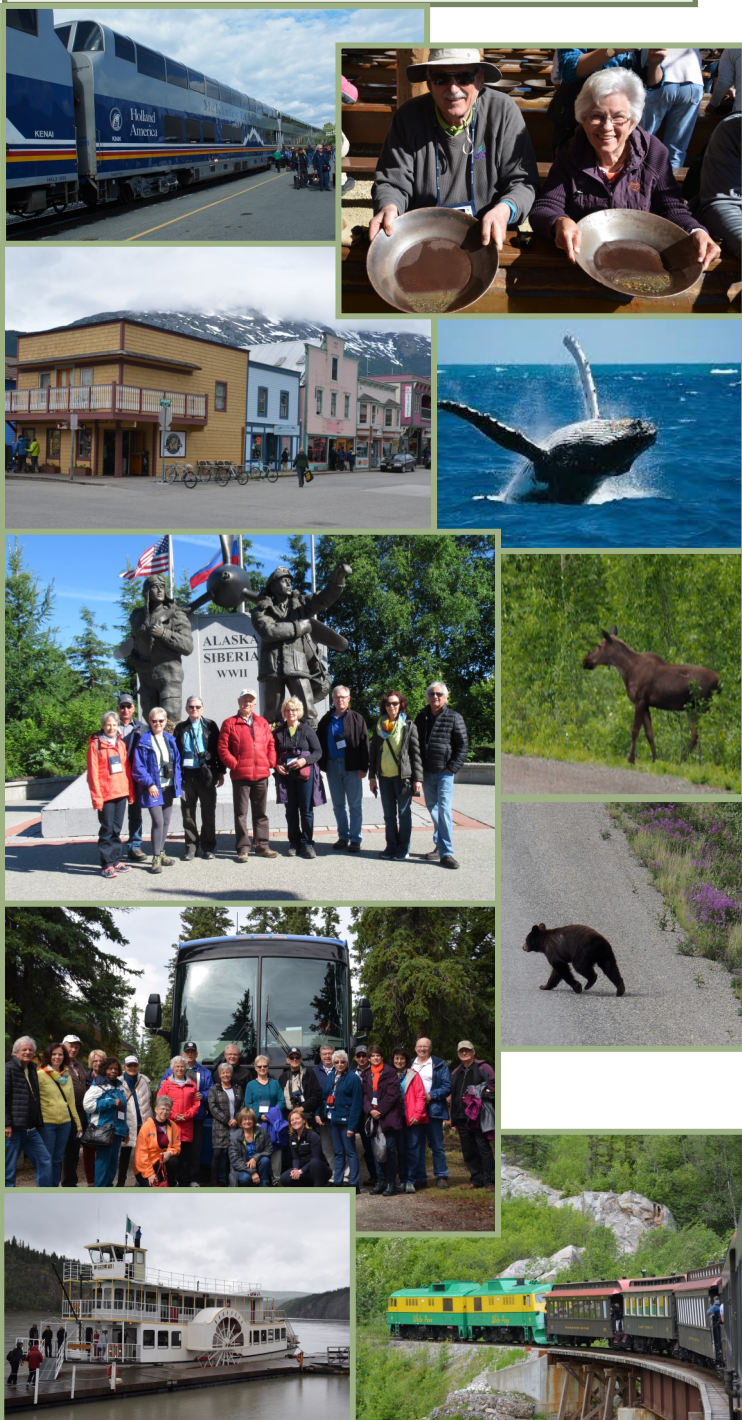
Alaska Cruise and Land Tour

Of the 43 SAGERS who joined the SAGE Alaska Cruise, 17 chose the 12-day Alaska Cruise and Land Tour option which took place from June 7 - 18, 2017. Departing from Vancouver on the HAL *Vollendam*, they enjoyed three days of cruising the Inside Passage with stops in Juneau and Skagway, where they commenced the Land Tour portion of their trip. The Land Tour included overnight stops at Skagway, Whitehorse, Dawson, Fairbanks, Denali and Anchorage, where the tour ended.



Land Tour Highlights from SAGERS

- Wooden boardwalks and restored buildings in Skagway and Dawson City - stepping back in time!
- Whale watching at Juneau—seeing 7 whales at one time in their bubble net fishing
- Getting caught up in the Gold Rush fever of 1897 learning what the pioneers went through to get their share of the Gold
- White Pass & Yukon Railroad - the high trestles, tunnels, waterfalls were stunning
- Amazing paddle wheel boat ride at Fairbanks - observing pontoon planes in action, on-shore drama, dog races, native culture
- The dinner plate-size, world-famous, freshly-made cinnamon buns at Braeburn Lodge at Mile 55 on the Klondike Highway - quite a treat for some of us!
- Denali National Park Colourful Polychrome Pass - observing a grizzly bear lying guard over a caribou kill, even keeping the magpies away who flew in to get a bite! Also, watching a mother grizzly and her two cubs playing on a patch of snow!
- The plethora of wild flowers everywhere we went!
- Riding the domed McKinley Explorer rail from Denali to Anchorage and seeing many bears, moose, and swans as we passed by. Truly a grande finale!!



Learning How to Live Healthfully

Startling statistics reveal that the overall health of North Americans is on the decline; that in spite of an abundance of health and weight-loss programs that grab our attention. Recently, a group of more than 30 SAGERS came together to hear some hard facts and learn how eight principles of CREATION Health pave the way for a truly healthy lifestyle.

The all-day seminar on Tuesday, June 20, was led by Dr. Kerrie Kimbrow, who has played a major role in implementing the unique principles of CREATION Health for the entire campus of Southwestern Adventist University at Keene, Texas.



Participants were shown that while popular health improvement programs place their emphasis on exercise and nutrition, CREATION Health focuses on the whole person—body, mind, and spirit.

The eight interactive principles deal with the Mind (Choice, Outlook), the Body (Activity, Rest, Nutrition), the Spirit (Trust in God), and Lifestyle (Environment, Interpersonal Relationships). These eight principles go right back to God’s original creation of humans in a perfect world.

Besides being introduced to the total health program, participants in the seminar were given practical examples of how CREATION Health may be applied in the home, the school, the church, and the community. Practical assignments were given that generated lots of discussion and ideas. A lunch buffet at the Burman University cafeteria was included in the day’s program.



TAKE THE QUIZ!

Following are just three of several quizzes presented to the seminar group. See how you do. Answers are on page 8.

- The Physicians Health Study of 21,000 men found that those who ate nuts at least twice a week, in comparison with men who rarely ate nuts, cut their risk of sudden death by:
 - 53 percent
 - 33 percent
 - 18 percent
- Metropolitan Life Insurance Company saved millions of dollars by one of the following:
 - Providing a free exercise program for their workers
 - Giving lower life insurance rates for non-smokers
 - Hiring optimistic salesmen
- Dr. Dean Ornish, heart specialist, said: “I’m not aware of any other factors in medicine—not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery—that has a greater impact on our quality of life, incidence of illness, and premature death from all causes.” What factor was he talking about?
 - Optimistic outlook
 - Unconditional love
 - Interpersonal relationships
 - Adequate rest every day
 - Trust in divine power

(Answers are on page 8.)



- C - CHOICE** - Make healthy decisions
- R - REST** - Experience relaxation
- E - ENVIRONMENT** - Keep it clean
- A - ACTIVITY** - Get into motion
- T - TRUST** - Express your faith in God
- I - INTERPERSONAL** - Enjoy others
- O - OUTLOOK** - Live positively
- N - NUTRITION** - Fuel your body



SAGE Outdoor Education Centre Has Begun!



SAGE ALBERTA is partnering with the Alberta Conference to build an Outdoor Education Centre in the woods at Foothills Camp. The SAGE Outdoor Education Centre will be used for teaching a variety of groups about God’s Creation.

- The Youth Department and the Education Department will use the Centre as a base for Grade 5-6 Outdoor School as they study forest and pond ecology.
- Pathfinders will use the Centre as a place to learn camping skills, forest ecology, worship, leadership training, etc.
- The Centre can be used by church groups from around the Alberta Conference as a wonderful place to worship God, fellowship together and hike and snowshoe to explore the trails as well.



The SAGE Outdoor Education Centre will be utilized for generations to come to ensure continued connection to the special gift God has given us in Nature.

Volunteers Needed!

Work has already begun on the SAGE Outdoor Education Centre! After the framed structure is in place, there will be many opportunities for SAGERS and others to assist in this important project through finishing work and/or making charitable donations. Thanks for your consideration as to how you might help!

Watch for more information in the coming weeks!



SAGE Foothills Camp Work Day - June 11, 2017



What is **SAGE**?

SAGEALBERTA (which is the acronym for **S**eniors in **A**ction for **G**od with **E**xcellence) is a ministry of the Alberta Conference designed to engage the energy and skills and enhance the lives of Alberta Conference church members who are 50 years and older, as well as their friends and neighbours.

Through service and work projects; recreation and social activities; tours, travel and mission trips; retreats and conventions, **SAGE**ALBERTA provides opportunities for continued active service to God, the church, and the community as well as opportunities to develop enriching social connections.

SAGE Hoots

A semi-annual publication of **SAGE**ALBERTA

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Darlene Reimche

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Bob and Ellen Bell

Travel Advisor/Events Coordinator

Keith Clouten

AB Conference Registration Payment

Penny Marcinyk

SAGEALBERTA Opportunities to Serve

TO REGISTER, Contact:

Darlene Reimche at 403-784-2283 or rhymekey@telus.net

Mamawi Atosketan Native School Work Project

- Wednesday, August 30, 2017 - from 9:00 - 4:00
- Basic cleaning, washing windows, mowing grass, light painting
- Lunch provided
- Register by: Wednesday, August 23, 2017



ANSWERS to p.6 Quiz

1. 53 per cent
2. Hiring optimistic salesmen
3. Unconditional love

Visit the SAGE Website at

www.SAGEALBERTA.ca

*Those who love You will flourish like palm trees.
... Even in our old age we will bear fruit. We
will remain productive and continue to be
vigorous for our God.* Psalm 92:12, 14



SAGEALBERTA Calendar of Events

July 16, 2017	Campmeeting—FREE Dessert and Fellowship - 5:30
Aug. 14-20, 2017	Foothills Camp “Young at Heart Heritage Camp”
Aug. 30, 2017	MANS Work Project
Aug. 21-24, 2017	Sheep River Prov. Pk RV Camp-Sandy McNab Gp. A
Sept. 22-25, 2017	Miquelon Lake RV Campout, Group Area 7
Nov. 2-5, 2017	Foothills Camp Fall Retreat
Mar. 2018	Kananaskis Winter Outing
May 3-6, 2018	SAGE 6th Annual Convention

To receive further information about these events, to receive notification of future SAGE activities and events, or to give feedback and suggestions, please contact Vic Fitch at 403-302-0231. You are welcome to participate in any activities/events as you are interested and able.