



SAGE Hoots

May 2017

Seniors in Action for God with Excellence



Second SAGE Fall Retreat

Over 60 SAGEs from around Alberta joined in a weekend of fellowship and education at Foothills Camp, November 10-13, 2016. The purpose of the event was to introduce participants to the CREATION Health program, a God-centred approach to personal wellness.

The presenters, Dick and Brenda Duerksen, both currently serve in the Oregon Conference. Dick is Assistant to the President for Creative Ministries and Media, while Brenda coordinates Health Outreach and Community Services.

Through dramatic storytelling and informative education, Dick and Brenda introduced participants to the eight elements of CREATION Health – Choice, Rest, Environment, Activity, Trust, Interpersonal, Outlook and Nutrition.

Other enjoyable activities of the weekend included delicious food, walks in the delightful surroundings of the Camp, and a fun-filled Saturday evening of interactive activities organized and lead by Darlene Reimche.

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SAGEALBERTA, in partnership with the Alberta Conference, is in the planning stages of building an Outdoor Education Centre at Foothills Camp. This Centre, which will be set in

the forest, will provide a suitable venue for young people and adults to come together to learn about God through His other book - nature. Watch for more details as to how YOU can get involved!!! See SAGE OUTDOOR EDUCATION CENTRE on page 4.



Kananaskis Winter Outing

William Watson Lodge in Kananaskis country was again the setting for the SAGE Winter Retreat March 6-8, 2017. Ten SAGERS gathered for this winter time of fellowship, worship, and recreation—and lots of good food! Worship times focused on our heritage and stories from the Reformation. The outdoor recreation included skiing, and hiking to Troll Falls and around the Canyon camping area. The warm and comfortable cabin enhanced the fellowship and indoor activities which included visiting, games and puzzles. SAGE events are excellent times to deepen friendships and gain a closer walk with God. Watch for announcements for next year's SAGE Winter Retreat.



Campmeeting Dessert Fellowship



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

MANS Lunch Program

MANS Lunch Program sustains students with brain fuel for their school day! In the past five months, many willing SAGE hands have helped in providing basic support for the daily lunch program provided by MANS. Every person who has participated has been useful and has shared in an environment of camaraderie.

SAGERS have been involved in a variety of ways including:

- Potatoes and carrots harvested, cleaned, stored, washed and delivered to the school on a weekly basis
- Fresh bread transported weekly
- Eggs picked up and delivered on a regular schedule
- Dry food donations which are used to make soups and stews

Because every person has a skill to offer, we invite you to request to have your name put on our [email list](#). Information regarding the upcoming activities to support the MANS Lunch Program is sent out by email periodically. We welcome your willingness to volunteer, when you are able.

To leave your email address for MANS email updates:

Please contact Jerry &/or Joyce Wasylyshen at j.jwas@xplornet.com or 403-782-6561.





Coming: A One-day Workshop on CREATION Health Lifestyle Ministry

Think about *Living Healthfully* and two things quickly come to mind – *Exercise* and *Nutrition*. That’s where governments put money and media resources when they want to encourage a healthier public. But healthful living involves much, much more than Exercise and Nutrition! Welcome to *CREATION Health*.

CREATION *Health* is a faith-based wellness plan complete with lifestyle seminars and a special training program for those who want to live healthier and happier lives and share this unique whole person health philosophy. By consistently practicing the eight principles of CREATION *Health* – Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition – we fulfill God’s original plan for our lives, which is to live and be happy.

CREATION Health and Walt Disney

Creation *Health* was born twenty years ago at Adventist-owned Florida Hospital in Orlando, Florida. The Walt Disney Company was creating a new state-of-the-art residential community on land they owned next to Walt Disney World in Orlando. They named the new community Celebration, and asked health organizations all across America to submit proposals for an innovative wellness center for the community. The winning proposal came from Florida Hospital with its eight-point program for healthy living, based on the eight letters of the word CREATION.

So Florida Hospital partnered with Disney in designing and building Celebration Health, a cutting-edge resort-style hospital and wellness center with the eight principles of CREATION *Health* at its core. Celebration Health was awarded the “Premier Patient Services Innovator Award” as “the model for healthcare delivery in the 21st century.” Among the center’s facilities are a Lifestyle Enhancement Center, a Global Robotics Institute, a beautiful Chapel, and a 60,000-square-foot Fitness Center and Day Spa.



SAGEALBERTA has chosen Tuesday, June 20, 2017 to sponsor a one-day workshop introducing you to CREATION *Health* and how it can be used in practical ways for lifestyle evangelism at all age levels, from kids to seniors.

Location: College Heights Church in Lacombe

Time: 9:00 am to 5:00 pm

Cost: \$15 which includes lunch at BU cafeteria and handout materials

TO REGISTER CONTACT:

Keith Clouten

- 403-782-7796
- clouten1@telus.net OR keith.clouten@gmail.com

Registration Deadline: Thursday, June 15, 2017

Guest Presenter

Guest presenter will be Dr. Kerrie Kimbrow, newly appointed director of the School of Nursing at Southwestern Adventist University in Keene, Texas. Dr. Kimbrow has been actively involved with CREATION *Health* at several levels. She is giving her time for the workshop while visiting with her parents, Keith and Ngaire Clouten, in Lacombe.



- 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 is Coming!

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.

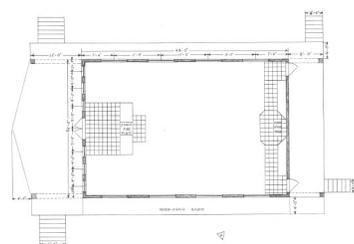
- The Youth Department and the Education Department will use the Centre as a base for Grade 5-6 Outdoor School as they study forest and pond ecology.
- Pathfinders will use the Centre as a place to learn camping skills, forest ecology, worship, leadership training, etc.
- The Centre can be used by church 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.

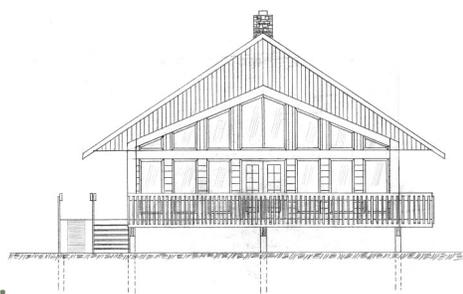
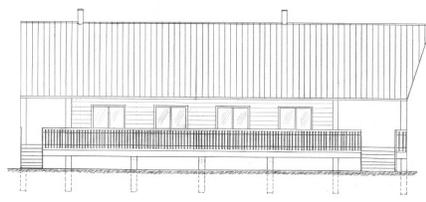


Volunteers Needed!

Work is expected to begin on the SAGE Outdoor Education Centre very soon! 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.



Preliminary Drawings

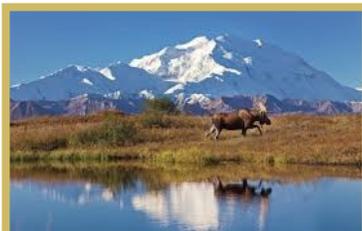


Cruising with SAGE!

SAGE ALBERTA is pleased to welcome 44 SAGers on the Alaska Cruise and Cruise/Land Tour with Holland America which departs from Vancouver on June 7, 2017. Of that number, 27 have chosen the cruise-only option and will enjoy a leisurely cruise on the *Vollendam* and return to Vancouver on June 14 after cruising the Inside Passage and



exploring the ports of Juneau, Skagway, Ketchikan and sailing through Glacier Bay.



The remaining 17 SAGers will enjoy three days cruising on the cruise ship *Vollendam* until Skagway, and then will commence the Land Tour portion of their trip. The Land



Tour includes overnight stops at Skagway, Whitehorse, Dawson, Fairbanks, Denali and Anchorage. The 12-day Cruise and Land Tour ends on June 18, 2017 with the group flying home from Anchorage, Alaska.



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	Payment & Registration Due: Tuesday, August 8, 2017 Contact: Everett Herrebrugh 403-912-6330 Herb Kennedy 403-782-6368
Miquelon Lake Provincial Park (Group 7)	Sept. 22-25, 2017	\$110	Payment & Registration Due: Tuesday, August 8, 2017 Contact: Glen Brown 780-462-0548 Oran Davis 403-782-4383

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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Bob and Ellen Bell

Travel Advisor/Events Coordinator
Keith Clouten

AB Conference Registration Contact
Penny Marcinyk



SAGEALBERTA Opportunities to Serve

TO REGISTER, Contact:

Vic Fitch at 403-302-0231 or jdvfitch@gmail.com

Foothills Camp Work Project

- Monday, June 11, 2017 from 9:00 am - 5:00 pm
- Lunch and supper will be served.
- Register by: Monday, June 5, 2017.



Mamawi Atosketan Native School Work Project

- August (Date TBA) - from 9:00 am - 4:00 pm
- Basic cleaning, washing windows, mowing grass, light painting
- Lunch will be provided.
- Register by: Monday, August 14, 2017.



SAGEALBERTA Calendar of Events

June 11, 2017	Foothills Camp Work Project
June 20, 2017	CREATION <i>Health</i> Seminar
July 16, 2017	Campmeeting—FREE Dessert and Fellowship
Aug. 14-20, 2017	Foothills Camp “Young at Heart Heritage Camp”
Aug. 2017 (TBA)	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

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.