

Richmond CHIP Alumni Meeting Newsletter

Date: April 19th, 2006

Location: Richmond SDA Church

I found the evening to be very interesting and fun. Howard Lyman's presentation was not only very informative, but very entertaining to watch.

His testimony on The Oprah Show revealed the deadly impact of the livestock industry on our well-being. It not only led to Oprah's declaration that she'd never eat a burger again; it sent shock waves through a concerned and vulnerable public.

A fourth-generation Montana rancher, Lyman investigated the use of chemicals in agriculture after developing a spinal tumor that nearly paralyzed him. Now a vegetarian, he blasts through the propaganda of beef and dairy interests – and the government agencies that protect them – to expose an animal-based diet as the primary cause of cancer, heart disease, and obesity in this country. He warns that the livestock industry is repeating the mistakes that led to Mad Cow disease in England while simultaneously causing serious damage to the environment.

Branka's demonstration of pineapple cheesecake and homemade blueberry sauce was very well explained and, as always, her efforts continue to inspire everyone to try the new recipes.

Kenny's curry mutton stew and Giovanni's rice were very good. If you would like to buy mutton and try it yourself, here is the address:

Happy Veggie – Wholesale & Retail tel: 604-278-5519

#378 – 13988 Cambie Road

Richmond BC V6V 2K4 (Cambie & No. 6 Rd)

Mon-Fri. 10am-5:30pm

Sat – Sun 11am-5:50

Food Court tel: 604-276-2251

#2280 – 8181 Cambie Road (Cambie & No. 3 Rd.)

Richmond, BC V6X 3X9

Open 7 days 11am-7:30

Elaine and I were, indeed, very lucky to be the recipients of the delicious cheese cake and accompanying sauce.

The camaraderie was great...it was very nice to see everyone again.

Thank you to Branka, Kenny, Joanne, Peggy, Cecille, Sharon, Victoria and the many others for their dedication, hard work and voluntarism in putting on such a wonderful program. The four weeks were quite a journey...one that will change my life forever.

Kei Takahashi

P.S. Thank you to Kei for writing this news letter!

Our next CHIP Alumni Meeting will be on May 16 at 7:00pm.

Visit our website for more information or recipes, if you can't open an attachment for any reason. <http://www.richmondsda.org/>

You can also visit Dr. Diehl's website <http://www.chipusa.org/>

*Please come and share your experiences with all of us! **Branka***

