

WEIMAR INSTITUTE BULLETIN

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Box A Weimar, CA 95736

Vol. 1, No. 2 May 27, 1977

Escrow Closes On Schedule

At 9:00 a.m. on Tuesday morning, May 24, the transfer of title to the Weimar Medical Center was officially recorded in Auburn, California. The new foundation, "Weimar Institute" at that point took possession of the facility.

Attorney Ken Baker, Chairman of the Board of Directors for Weimar Institute, reports that although more than half of the down payment has been raised in actual cash gifts, the balance was met by an interest free, short term loan from the Hewitt Research Foundation. Trusting that the Lord is directing in the

purchase of the property, the board unanimously agreed to accept this loan, confident that the balance of the down payment will be raised in the near future, in view of the rapidly growing support for the project.

The close of escrow means that we can proceed with the various developmental tasks required on the property in order for the institution to open by this fall. It also means that the title for the property is secure with our group, and that we are now committed to proceed with the plans that we believe God is leading us to develop.

URGENT NEEDS IDENTIFIED

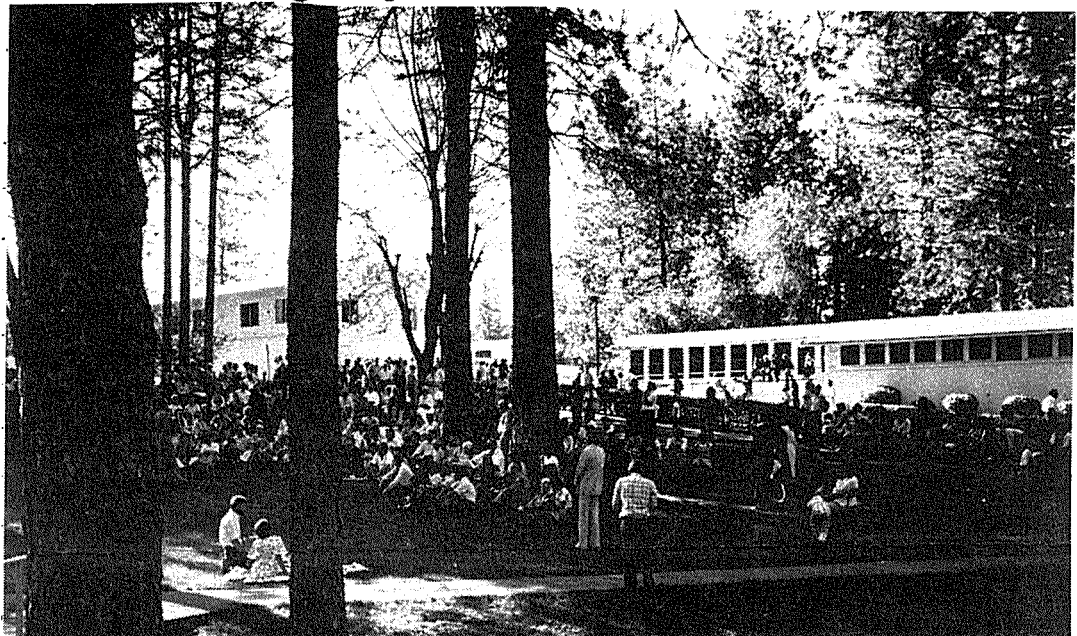
"The meter started ticking at 9 a.m. on May 24th", said Bruce Ferrell, Weimar board member. With these words he reminds the rest of the board frequently that we are now accountable for monthly payments, utilities, insurance and other overhead costs, since we have assumed title to the property. This means, of course, that the Weimar Institute must become a financially self-sustaining project as quickly as possible, lest it drain its supporters during its developmental phases.

In view of this, it's entirely in order that specific needs be explained to those who are interested in supporting this project. The need for cash gifts in all sizes remains very urgent. Checks can be made payable either directly to the Weimar Institute, or, for those who wish to be certain of tax deductible status on their gifts, Hewitt Research Center, 180 Westwood Drive, Berrien Springs, MI. 49109, which has made its services available as a giving channel. Hewitt Research has had a valid IRS tax exempt standing for more than 14 years, and all gifts through this channel will be forwarded directly to Weimar, and the donor will receive a 100 per cent deduction on his federal income taxes.

There are, however, other crucial needs. The summer months will be devoted largely to physical development of the Weimar facility. This means, of course, large needs in the area of building materials. Lumber, paint, plumbing and electrical supplies, carpeting, and roofing materials are among the list of urgent needs which can be donated, or, perhaps, be made available at below normal cost for purchase.

The institute is also seeking to
(Continued on page 2)

More Than 1,000 Tour Grounds During Open House Celebration



Enjoying the late afternoon shade, open house visitors assemble on the lawn for the dedication service.

Coming from as far away as Utah, Loma Linda, and Oregon, hundreds of people began arriving at the Weimar gate shortly after noon on May 28. Overcrowded tour groups, leaving every several minutes, still could not keep pace with the arrivals, and most guests began their visit by standing in the spring sun.

Even though all three parking lots by the gate were soon full, and some spoke of having to park quite a distance down the frontage road, spirits were uni-

formly high.

The hour-long tour highlighted several of the main buildings on the Weimar complex. Tour guides explained the intended uses of these buildings, and answered questions about the general program.

At 5:30, about 600 visitors who had completed their tours gathered on the sloping lawn near the front gate. Earl Larsen, from Placerville, led the group in choruses and hymns of praise. Then Pastor Dick Winn spoke briefly of the need for dedication

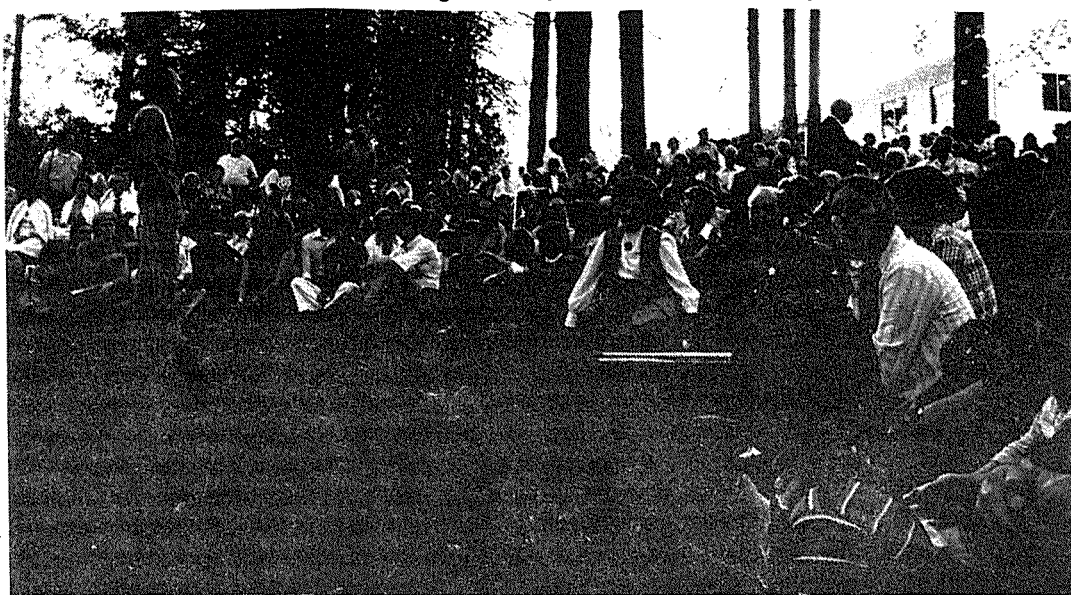
to the Lordship of Christ in this project.

"We cannot dedicate this property until it is debt free," Winn reminded the listeners. "But the real essence of this project is not in this piece of land, but in the program of education and healing which will be conducted here. And it is entirely fitting that we dedicate our lives to following the inspired counsels in these areas."

Following several moments of silent prayer, four persons came forward to the makeshift microphone and offered prayers of dedication on behalf of this new ministry.

Someone then reminded the speaker of the long-standing custom, that, whenever three or more Adventists are assembled in one place, an offering should be taken. Within a few moments, more than \$650 had been placed in the large metal pitchers borrowed from the cafeteria.

Guests continued to arrive until dark. Tour guides began their 5th walk through the facilities. The hostesses at the gate kept adding more pages to the guestbook. And, from the written and spoken comments, we know that several hundred people will be praying often for the Weimar Institute.



Earl Larsen leads in a singing praise session. At their own initiative, the guests gave an offering of more than \$650.

NEEDS:

(Continued from p. 1)

establish a strong agricultural program. Gifts of equipment or fruit trees, seeds, or other related necessities are high on the priority list.

Several other types of equipment are needed, either on a gift basis, or as temporary loans. Tractors, backhoes, small bulldozers, sandblasters, paint spraying rigs, and similar equipment will be needed by mid-June. Also needed will be a steam generator for the kitchen, large riding lawn mowers and sweepers, typewriters, dictating equipment, a small offset press, and miscellaneous office and audio visual equipment. A continual need for food supplies is very urgent, as well.

No project of this nature has ever begun without considerable self-sacrifice. In keeping with this concept, none of the summer developmental crew will be on regular salaries. All will be working on a donation basis with the institute providing board and room and minimal living expenses. None the less, a surprising number of persons have indicated their readiness to give a summer to this project. Much of the volunteer labor, however, is semi-skilled, or nonskilled. There is urgent need for highly skilled persons to lead out in the agriculture, physical plant, and reconstruction programs.

If you believe that you have something which the Lord has given you, and which you can pass on to the Weimar Institute, please contact us at P.O. Box A, Weimar, Ca. 95736. In the meantime, we are persuaded that all of our friends are ready to contribute their prayers, and loving support, to this new adventure.

Highway Signs Changed

In a move that came as a complete surprise to the Weimar staff, the State Highway Department removed the large signs along Interstate 80 directing people to the Weimar Medical Center. These were replaced with signs that simply say, "Frontage Road."

This, it was learned later, was a move that had been intended by the Highway Department for more than 18 months. Consequently, it will be a bit confusing to those persons coming to Weimar, looking for the highway signs as announced in our previous news bulletin.

It is quite likely, however, that when the Weimar Institute becomes established, the Highway Department will cooperate by supplying signs with the current name of this institution. In the meantime, when you come to visit Weimar, take the first Weimar exit on the Northbound lane of Interstate 80.



Kathy Baker, wife of board chairman Ken Baker, rakes pine needles from under a Ponderosa.

Thirty Commit A Day To Weimar

More than thirty adults and several children devoted Sunday, May 22, to cleaning up the grounds at Weimar. In preparation for the open house on May 28, these volunteers from the Orangevale church, the Pacific Union College church, and other local churches, spent the day shoveling pine needles, mowing lawns, weeding flower beds, and painting walls.

Even though this work is only a small portion of the general work that needs to be done, its effects were still immediately visible. The many pine trees on the grounds had been dropping their needles and pinecones for many months. These covered the lawns, sidewalks, roofs, and roadways. For more than eight hours, the volunteers manned rakes, shovels, lawnmowers, lawnsweepers, pick-up trucks and wheelbarrows.

The workers even provided their own sack lunches, which they shared together on the circular lawn area by the flag pole. In

return they received a brief tour of the facilities, and the feeling of making a valued contribution to a valuable project. The spirit of enthusiasm ran high and many of the workers indicated a desire to spend a good share of their summer in similar work at Weimar.

Mike and Kathy Armstrong, part of the new staff at Weimar, directed the work activities. Pine cones were stored in plastic sacks pending future use as kindling in the several fireplaces on the grounds. One of the staff houses was prepared for painting, several lawn areas were cleared of pine needles, mowed and fertilized.

Some observers noticed in particular the way in which the young children worked. One small boy, filling the back end of a pickup truck with pine needles, remarked, "I don't always enjoy working at home, but working here at Weimar sure is fun. I hope I don't have to go home tonight."



Tired volunteer workers pause for a lunch break on the lawn by the flag pole.

How To Grow A Library

1. Begin with several thousand Friends of Weimar Institute who know that a new college must build it's library from scratch.

2. Ask these Friends to search through their own libraries for books that can be used in a Christian college—books on many topics, dictionaries, Bibles, resource books, and even books that can be traded on the used book market.

3. Decide whether any of these books have been used often enough to justify the space they

occupy in your personal library, weighing that against their possible use by college students doing research.

4. If any such books could be re-activated in a new home, package them, and ship them (book rate, of course) to Library, Weimar Institute, P.O. Box A, Weimar, CA 95736.

5. If requested, a tax-deductible receipt for the estimated value of the books will be returned to the donors.

Generous Giving Sets The Pace

Not a few people have already made major sacrifices to this fledgling project in an earnest desire to see it accomplish its destiny. Consider for example the initial gift of \$10,000 from O.D. McKee, in Collegedale Tenn., which made the deposit on the project possible, and secured for us the option of purchase. Or, consider the letter from an academy student in Washington who enclosed \$40.00 so that he could see a college program operational by this fall. We also can mention the generosity of Mr. John Latimer and Associates who enabled his son-in-law, Mr. Tom Lawson to come from the east coast to evaluate this purchase. Their gift of time and transportation, and firm support, was equally appreciated. Dr. Raymond Moore from Hewitt Research Center has contributed not only personal financial backing, but many hours on the telephone, dozens of personal letters, and valuable wisdom

and guidance to see the project materialize. Bruce Ferrell has probably contributed more hours to this project than several people combined. As an experienced real estate broker he has examined all of the dimensions of the purchase, and guided us through the necessary detailed decisions. Pat Edmondson is giving many of her late hours to the production of this bulletin, and to processing the mailing list. These are truly essential gifts.

The various members of the board have worked on this project as if indeed it were their first line of employment. They have, in return, received only the satisfaction of seeing the Lord's name glorified with a project of this nature.

There is every reason to believe that the sacrifice of these people is but a symbol of the sacrifice which will characterize the building and operation of the Weimar Institute.

Mike And Kathy Armstrong Join The Team

Selling their businesses and their homes in Portland, OR., cleared the way for Mike and Kathy Armstrong to come to Weimar as part of the early project team. Mike will draw on his experience as a business administrator and an experienced builder to lead out in the physical plant development. Kathy also brings with her many years of experience in business accounting and food production, and will take charge of the development of the cafeteria and food services. Together, they will oversee the development of accounting systems, budgets, purchasing inventory, and other related matters.

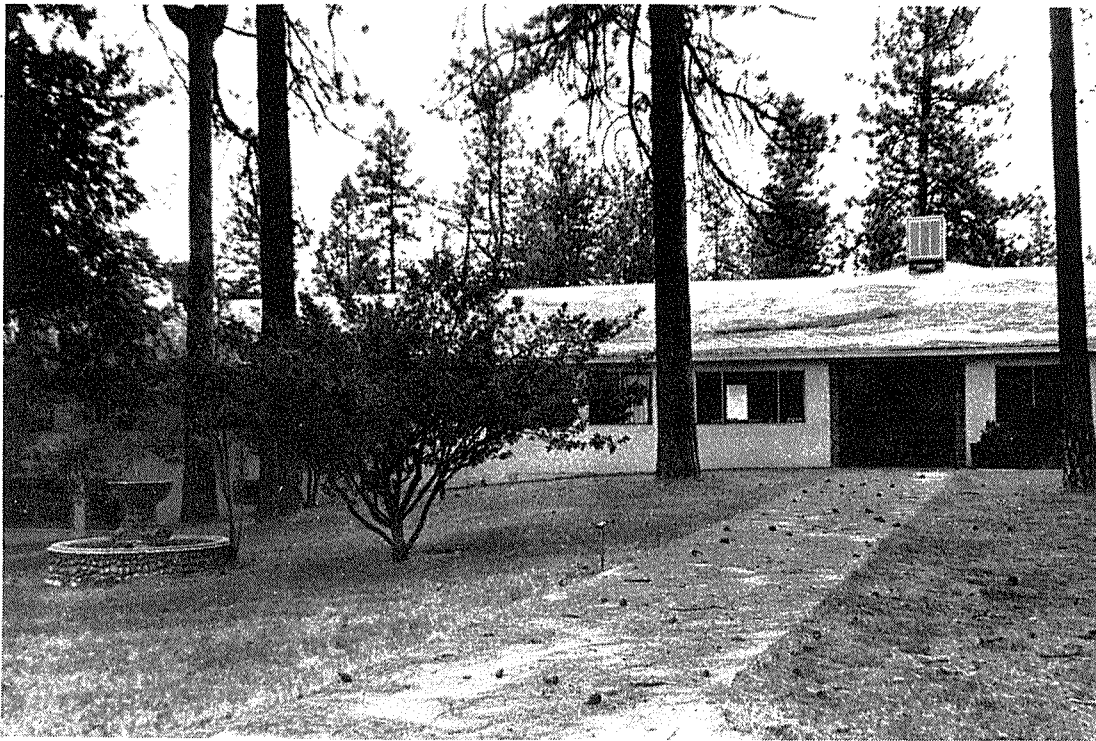
In commenting on his readiness to make such a major break

in his life-style, Mike remarked, "We all want to be broke when the Lord comes, and we believe we're going to have to work pretty fast in that direction because it won't be long now."

Mike and Kathy have spent the week of May 18-23 at Weimar assessing the needs, and determining how they best could contribute to the project. They have returned, now, to Portland to complete final transactions, and will be returning shortly to Weimar to take up permanent residence on location.

You will enjoy meeting them and will quickly identify with their quiet dedication and clear discernment of the purposes of this institution.

"MONEY IS NEEDED WITH WHICH TO ESTABLISH THE WORK IN PLACES OUTSIDE OF THE CITIES, FROM WHICH THE CITIES CAN BE WORKED. . . . I ASK OUR BRETHREN WHO HAVE MEANS TO AWAKE TO THE RESPONSIBILITIES RESTING UPON THEM, AND TO DO WHAT THEY CAN TO HELP UP. THOSE WHO HAVE THE LORD'S MONEY IN TRUST SHOULD REGARD IT AS A PRIVILEGE TO GIVE OF THEIR MEANS TO HELP TO PAY FOR A PLACE SO WELL ADAPTED FOR SANITARIUM WORK. GIFTS, AND LOANS AT A LOW RATE OF INTEREST, WILL GLADLY BE RECEIVED. MY BRETHREN, IT IS THE LORD'S MONEY THAT YOU ARE HANDLING, AND YOU CANNOT INVEST IT BETTER THAN BY PUTTING IT INTO THE LORD'S WORK. THUS YOU WILL LAY UP TREASURE IN HEAVEN." --Loma Linda Messages, page 184.



Spacious lawns, decorative trees, and concrete walkways intertwine the central building area.

The Breath Of Life

Often when we start on a good health program, we emphasize diet, and/or exercise, and we do not consider various other activities. The air that we breathe is approximately 21 percent oxygen. Many scientific studies are now coming out showing that a lack of oxygen in the system may be the root cause of hardening of the arteries.

Dr. Robertson, (1) of the Cleveland Clinic Foundation, did some of the early work and it was his conclusion that a lack of oxygen in the artery wall played an important part in accelerating the process of hardening of the arteries. From this basic conclusion, much research has been done showing that increasing the oxygen in the tissues will prevent the hardening of the arteries from taking place.

Dr. Kjeldsen (2) found that he could not only prevent hardening of the arteries, but he could also lower the cholesterol and the fat or triglycerides in the blood by slightly increasing the oxygen that his experimental animals breathed. The real exciting part of his study shows that hardening of the arteries can be reversed by increasing the amount of oxygen that his experimental animals breathed.

Dr. Vesselinovitch (3) repeated the studies a few years later and confirmed the fact that hardening of the arteries is reversible by increasing the oxygen in the air that the experimental animals breathed. Dr. Vesselinovitch found out that when he combined a low fat diet with the increase in oxygen that he got the best results.

Dr. Joyner (4) showed that as the fat content of the diet was increased, the amount of oxygen in the tissues decreased. This information will help us in understanding how the diet, that is high in fat, can contribute towards hardening of the arteries.

Dr. Josephson, (5) in his book "Breathe Deeply and Avoid Colds", feels very strongly that colds and upper respiratory infections can be prevented by deep breathing. He also feels that headaches and fatigue are improved, that tension and stress are relieved, and that relaxation is the natural result of deep breathing.

Many of the chronic degenerative diseases can be traced back to a lack of oxygen in the tissues. Stomach and duodenal ulcers that are caused by stress can be caused from a lack of oxygen in the tissues.

It is important to breathe pure fresh air. Sometimes we complain about the smog, and then enclose ourselves in our homes with no ventilation. The air can become unfit to breathe especially with the use of aerosols, the cooking, and heating of our homes. We need to keep a good fresh supply of air which contains vital oxygen coming into our homes continually, as it is being continually used up as we breathe. Also the air acts as a natural purifying agent and can protect against the growth of mold, fungus, and bacteria. Airing our bedding out everyday is important.

Proper breathing should be slow with a slight pause at the end of inhaling and exhaling. It should be nasal breathing and should bring into action all the muscles of the abdomen, diaphragm, chest, shoulder girdle, and neck. Tight clothing cannot be worn as it will tend to inhibit proper breathing. Tensions of modern life seem to cause shallow breathing.

Deep breathing is almost a lost art and will take some persistence to redevelop. The first few days that you try it, it may be fatiguing because the muscles have not been used for years. But after six to eight weeks it will become an unconscious natural habit to you.

If you become slightly dizzy when you first start breathing deeply don't become alarmed. This is normal and will gradually become less of a problem as you persist in your breathing exercises.

(1) Robertson, A. Lazzorini, *Oxygen Requirements of the Human Arterial Intima in Atherogenesis*.

Progr. biochem. Pharmacol. 4: 305, 1968.

(2) Kjeldsen, K., P. Astrup and J. Wanstrup. *Reversal of Rabbit Atheromatosis by Hyperoxia*. *Journal of Atherosclerosis Research* 10: 173, 1969.

(3) Vesselinovitch, Dragoslava, Robert W. Wissler, Katti Fisher-Dzoga, et al. *Regression of Atherosclerosis in Rabbits*. *Atherosclerosis* 19:259, 1974.

(4) Joyner, Claude R. Jr., Orville Horwitz, Phyllis G. Williams. *The Effect of Lipemia upon Tissue Oxygen Tension in Man*. *Circulation* 22:901, 1960.

(5) Josephson, Emanuel M., *Breathe Deeply and Avoid Colds*. Chedney Press, New York, N.Y. 1957.

"Questions To The Doctor"

Is molasses a good substitute for sugar?

If we use as our definition of a natural food, a food that God intended for his children to eat and has not had the bulk or fiber and vitamins and minerals removed from it, then we can better answer this question.

In the processing of molasses all the bulk and fiber is removed, and then the liquid is boiled down to produce the substance that we know as molasses. When any food has its bulk and fiber removed along with much of its water content, it then becomes a concentrated food, and it is very easy to over use a concentrated food. This is not the way that God intended for us to obtain our food. He gave us the fruit, grains, nuts, and vegetables in their natural state with all their bulk and fiber. This is the food that is best suited and designed for human consumption.

Molasses is not recommended as a substitute for sugar. Fresh or dried fruit many times can be used as a substitute for sugar.

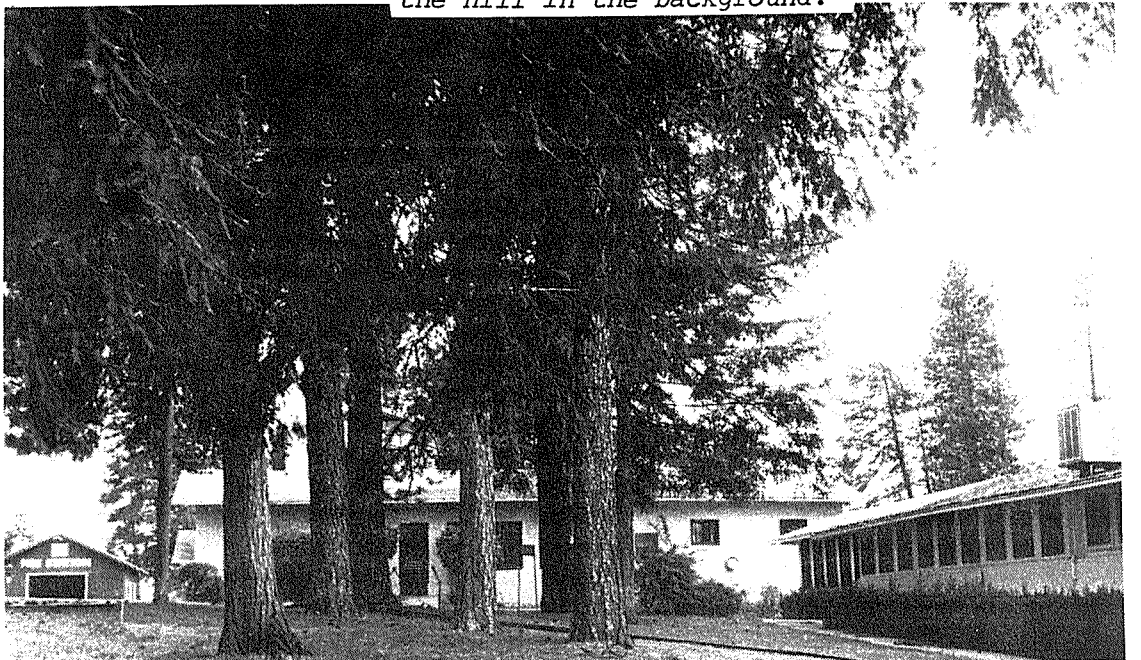
Are nuts wholesome in the diet? And if so, how many?

Nuts were given to us by the Creator as a very wholesome and delicious food. They are high in fat, but the fat comes in the form that God intended that we eat our fat. The fat is tied up in the cells of the nut, and comes with all the bulk and fiber and vitamins and minerals necessary for good nutrition, and it is not in a free state. People who do not have a health problem can use nuts in limited quantities as long as they are not using flesh foods in addition. Ellen White feels that when nuts are combined with other foods, that from one-sixth to one-tenth part of nuts can make a wholesome combination. People that are on special diets and are trying to get special effects should not use nuts for a period of time.

Wisdom must be used in selecting the proper diet for many of the chronic degenerating diseases that plague western civilizations, and the entire diet must be right to gain the desired effect.

"THE MEANS IN OUR POSSESSION MAY NOT SEEM TO BE SUFFICIENT FOR THE WORK, BUT IF WE WILL MOVE FORWARD IN FAITH, BELIEVING IN THE ALL-SUFFICIENT POWER OF GOD, ABUNDANT RESOURCES WILL OPEN BEFORE US. . . . IF THE WORK BE OF GOD, HE HIMSELF WILL PROVIDE THE MEANS FOR ITS ACCOMPLISHMENT." --Welfare Ministry, page 265.

A stand of tall cedars shades the physical therapy building. The firehouse peeks over the hill in the background.



Pastor Dick Winn Called To Weimar

By a unanimous vote, the Board of Directors has requested of the Northern California Conference of Seventh-day Adventists that Dick Winn, Associate Pastor of the Pacific Union College Church, serve as spiritual and personnel director of the project, effective June 1. Dick, and his wife Terry, have been completely dedicated to the concepts of Weimar since its inception, lending of their time and energies without measure. Moving in accordance with their

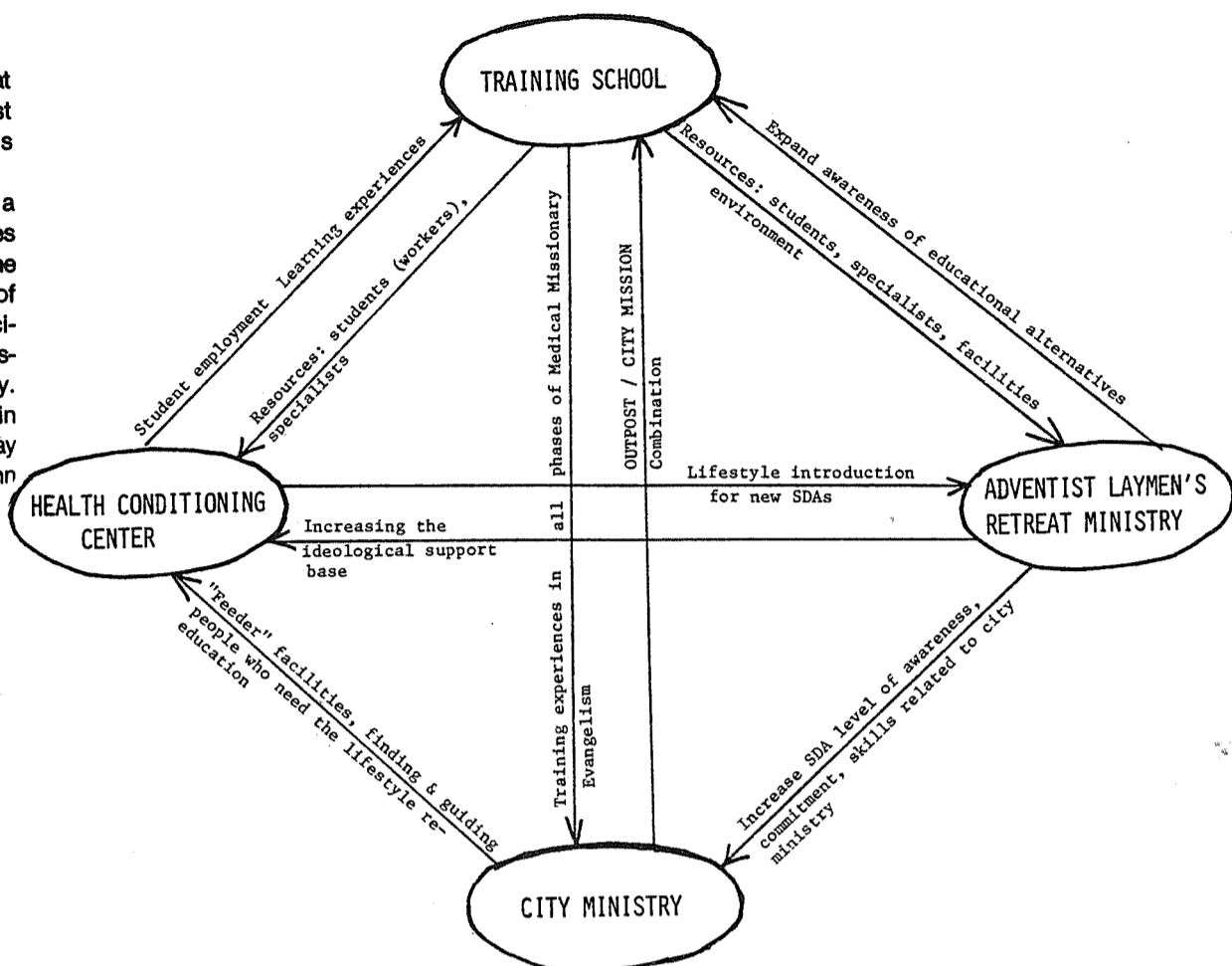
faith, they will take residence at Weimar sometime in the first week of June, to serve in this capacity.

Dick has long envisioned a project of this nature, and sees the ensuing development of the institution as fulfillment of these ideals. He eagerly anticipates many dedicated Christians to take up this ministry. Persons willing to participate in the growth of this project may send a resume to Pastor Winn c/o Weimar Institute.



Wielding sharp shears, Kim Green brings a hedge into shape during the work bee on May 22.

Each Part Of Institute Supports The Other



Some visitors have wondered why the Weimar Institute does not begin as a single small project. The above diagram may help to explain why more than one style of ministry needs to be encompassed by Weimar Institute. Each part of the program's success depends to a certain degree, upon the other parts.

An educational program, for example, cannot stand alone and be complete. The students must reach out in service to the surrounding cities; they must also find useful means of employment at the college center. For this reason the college needs to be integrated with a health-conditioning center and a city ministry.

In the same way the health conditioning center depends

largely for its support upon the student workers from the college and upon the "feeder establishments" in the city. People will be directed to the healing ministries of the center by various kinds of out-reach in the cities themselves.

So essential to the survival of the city ministry is the out-post that the two of them should not be conceived of separately. We have been instructed to work in the cities, but not live in the cities. We have been also instructed that people who come to Christ through the ministries in the cities, need a place where they can learn to live a new life-style. The out-post facility at Weimar serves both of these needs.

Many persons have acknow-

ledged that the concepts of education, healing, and city ministry, to be emphasized at the Weimar Institute, are quite new to them. This virtually requires, therefore, the involvement of a retreat ministry. This will provide an opportunity for interested persons to learn, in intensive weekend seminars, of the concepts of health, education and ministry, which will be featured at Weimar.

The board of directors is committed to developing each of these separate, yet closely related, parts as quickly as possible. Each cannot be complete without the existence of the other.

I'D LIKE TO HELP WEIMAR!

- Enclosed is my gift of \$ _____
- I can regularly send \$ _____ per month.
- I'm willing to loan or contribute the following equipment or material.

- I can give _____ days/weeks of my time employing the following skill:

- I'm attaching names and addresses of interested friends for the mailing list.

Name _____

Address _____

City _____

State _____ Zip _____

Send this form to:

Weimar Institute
P.O. Box A
Weimar, CA 95736

And Now, A Word About Employment

Would the Weimar Institute be a satisfying place to work? Scores of people have already decided that it would, and have been writing, phoning, and coming in person to express this conclusion.

In fact, the Weimar board has long since decided that finding willing workers will be no problem. If indeed there will be a problem, it will be in selecting the most suitable workers, and in expressing an appreciative "we're very sorry" to the rest of the applicants.

If working at Weimar sounds attractive to you, and you believe the Holy Spirit is behind that desire, you might keep these factors in mind as you express that desire.

1. The work force at Weimar will always be small. Even when fully developed, it will likely employ only several dozen workers.

2. During the developmental stages, we must of necessity rely almost entirely on volunteer help. There are no salaried positions currently open, and none will likely be available for several months.

3. The pay scale will keep people alive and well, but will always be sacrificial. Salaries will begin considerably below the present denominational pay level, and will never exceed it in the future. Weimar can offer many satisfactions to an eager worker, but financial ease will not be one of them.

4. A certain number of volunteer positions are open for the summer, providing board, room, good fellowship, and \$10 a week for living expenses. College students should process their interests through their campus MV Taskforce office. Others may contact the Weimar Institute

directly. While such volunteer work will form the basis of this summer's program, workers should bear in mind that several month's of sacrificial work still can't guarantee someone a permanent position later on. There just isn't enough salary and staff housing to go around.

5. If you are interested in a position at Weimar- either on a volunteer basis, or on a staff basis, please submit a resume to the Personnel Director, Weimar Institute, P.O. Box A, Weimar, CA 95736. Include full information on training, work experience skills, and all relevant personal data. You should also supply names and addresses of three responsible persons who can be contacted for references.

And should Weimar *still* not have a place for you, please keep praying for us.