



Weimar Bulletin



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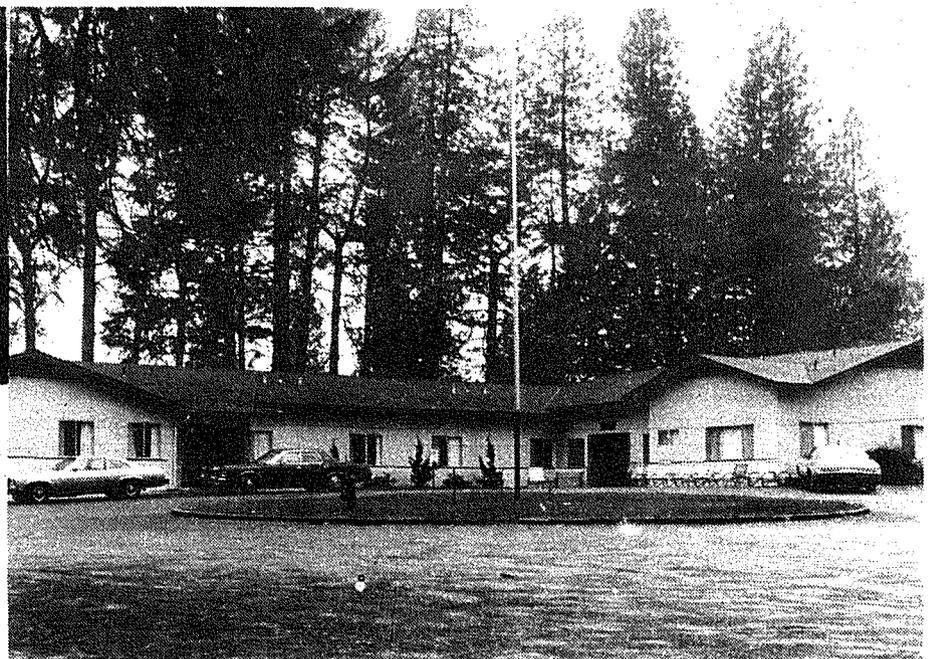
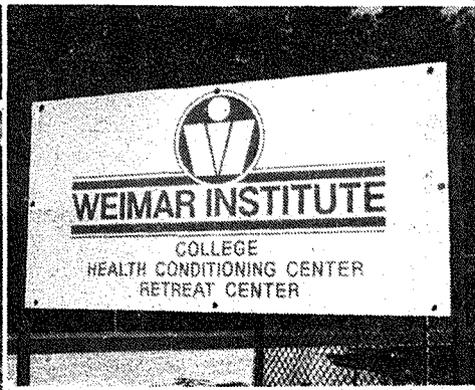
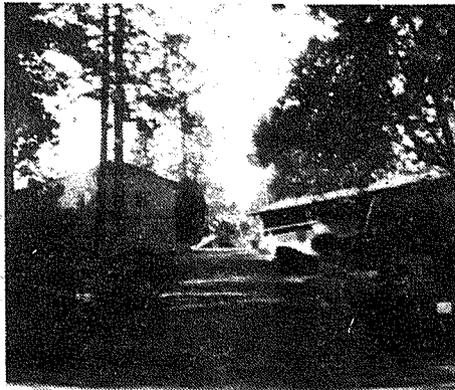
Vol. 8 No. 8

Weimar Institute

Box 486 Weimar, CA 95736 September 1984

WHAT IS WEIMAR INSTITUTE?

INTRODUCTORY ISSUE



The NEWSTART Health Center

This special issue of the Weimar Institute Bulletin will introduce you to a unique, non-profit, service training organization located in the Sierra Nevada foothills of northern California. Perhaps a friend arranged to have this issue sent to you, or you ordered it yourself, or it just ended up in your hands by accident. However it happened, we're sure Weimar Institute has something to meet one or several of your needs.

First of all, just what is Weimar Institute anyway?

This is an institution operated by approximately eighty professional men and women educators, administrators, physicians and support personnel. They combine their efforts with those of 125 college students and 45 high school students. These people have united to work toward a common goal. They want to learn for themselves and then communicate to others in our world better methods and principles for a healthier, happier, more permanent and rewarding lifestyle.

Their methods are two: holding on-campus training sessions for the public, and providing educational courses for students to equip them to share the concepts through their careers. Funding for this project comes from many generous contributors around the world, from tuition charges related to the college, high school, and health conditioning programs, from various on-campus industries such as a bakery, a cafeteria, a print shop, auto body shop, metal and paper recycling, etc.

The Institute can be best described in four divisions: a NEWSTART Health Center, a four-year college and small high school (often called an academy), a work skills training program, and a community service training program.

The NEWSTART Health Center is the heart of Weimar Institute. From the United States and other countries, people with degenerative disease come to this peaceful, Christian campus for 25-day, live-in sessions to learn the causes be-

Continued on page 2

Change Your Address Book

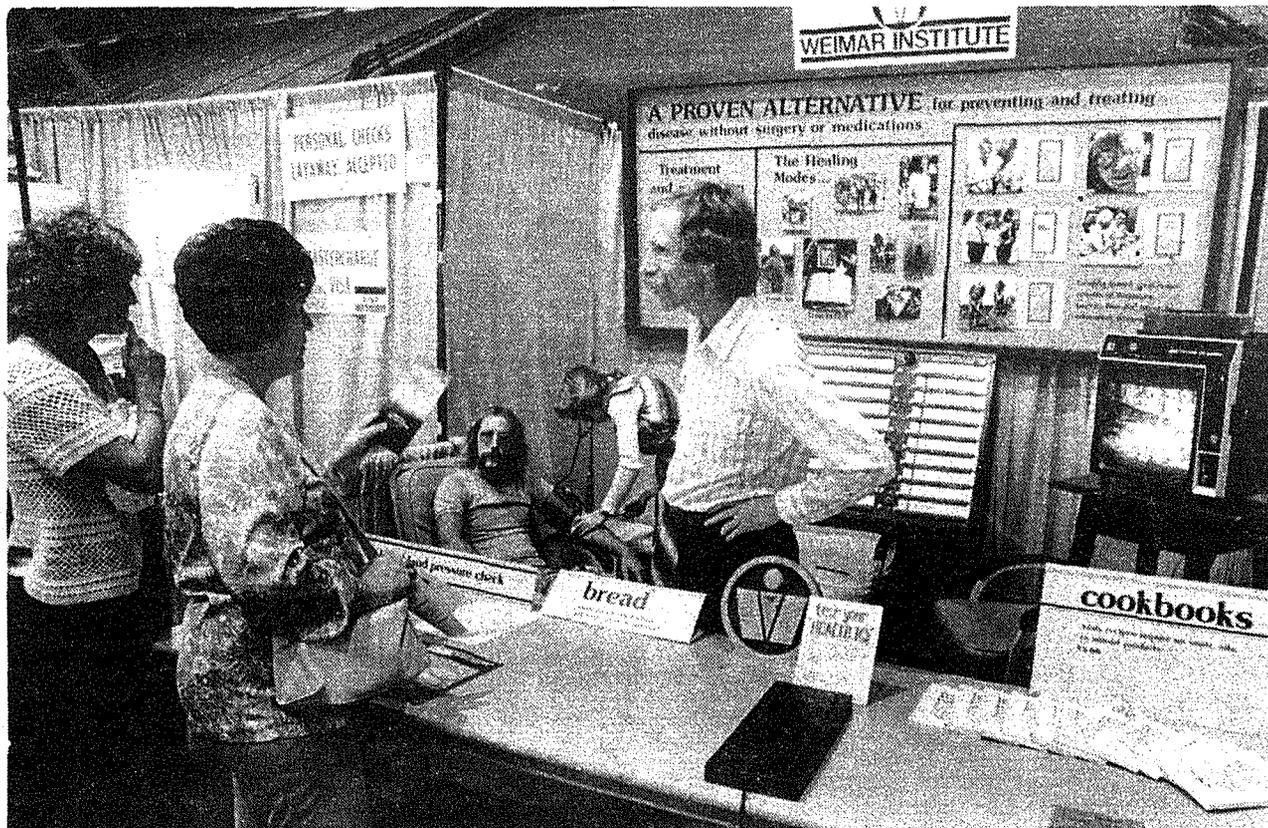
We have a new P.O. Box Number:
Box 486 (instead of Box A)

A new postal computer system has changed Weimar Institute's box address from a letter to a number. From now on, please use P.O. Box 486, Weimar, CA, 95736, on all correspondence.

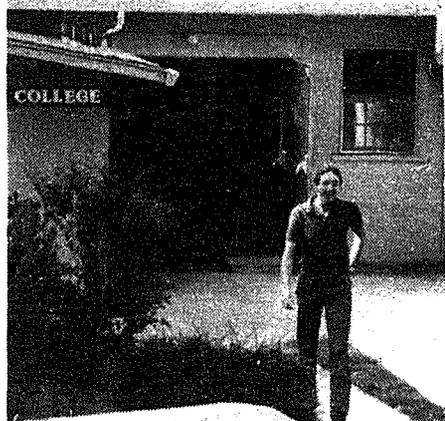
What Is Weimar Institute? continued

hind their conditions and how to change their lifestyles to bring about recovery and restoration to good health. This "New Start Experience" includes a lot of personal attention from doctors and nurses, complete testing, monitoring, and counseling, lectures, cooking classes, physical therapy, special demonstration meals, and follow-up benefits from an alumni membership. Atherosclerosis, hypertension, diabetes, angina, hypoglycemia, obesity, arthritis, gastric ulcers, depression and stress respond dramatically to this treatment. It is one of the most successful modes of degenerative disease management known in medical circles today. (More information about this unique approach appears on page 3).

2



Attracting People to Better Health



The College Building

The four-year college program specializes in courses emphasizing practical usefulness and application of classroom concepts to people's needs. Students train mind, body and heart to become helpful do-ers and educators, not just theorists or mechanical thinkers. Major fields of study include agriculture, public health education, elementary education, secondary education, religion, and city ministries, with others being added year by year.

Weekly community service training provides opportunity for students and staff to share their lives and skills with community people who need help around their homes. They also hold public health education seminars in nearby areas. These activities and others develop social relations, empathy, and openness to human need. They likewise keep local people aware of the services available for them at the Institute.

If you get the chance, stop by and visit with us. We'd be glad to give you the details and a tour.



Working With a Youth Group

In a nutshell that's Weimar Institute today. People living, studying, working to "build" people the world over.



The "work skills" training division is a powerful asset of the Institute. Learning to enjoy work and do a good job is very important for a person's self-image and success in life. Both students and staff participate in this training during part of each day. Here they receive exposure to a variety of trade skills, and experience the values of teamwork and smooth interpersonal relationships. Carpentry, plumbing, electrical, maintenance, forestry, truck gardening, baking and food service, office management and secretarial, are a few of the work areas involved.



Busy at Work Education

ON CAMPUS FOR YOU

Weimar Country Cafeteria

Hot Food Decks
Complete Salad Bar
Breads 'N' Spreads Table
Friendly Atmosphere
Make Up Your Own Menu
All You Can Eat
Whole, Natural Foods
Simply Prepared
Garden Vegetables
Fresh Fruit
Variety of Cereals

Tasty Toppings & Gravies
Delicious Desserts

A New Experience With Wholesome Food

Serving Hours:
Sun.-Fri. Breakfast 6:15-6:50 A.M.
Dinner 11:45-12:45 P.M.
Supper 5:15-5:45 P.M.
Sundays Only: Breakfast 7:00-7:30 A.M.



Meeting Needs in the Community



At the Salad Bar

The Weimart

A Small Country Store

Lowest, area prices on dried fruits, grains, cereals, nuts, legumes, Fresh produce.

Weimar Bakery bread, rolls, granola, cookies.

Whole grain pasta and flour.

Beverages, seasonings.

Food mills, dehydrators.

Cleaning supplies

Personal care items

Canning supplies

Gifts and cards

Office supplies

Books

Colfax Cleaners pick-up depot

Hours Open:

M-Th 10-6

F 10-2

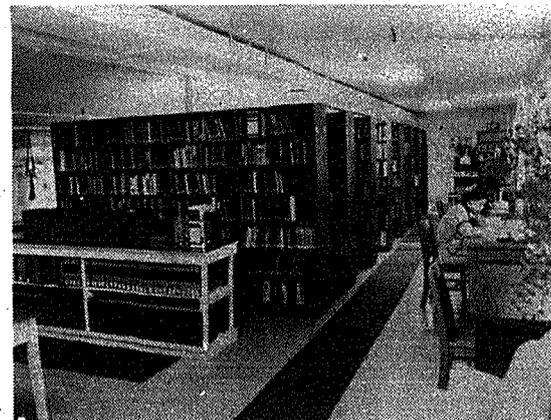


Um-mm good!

A Helping Hand

Wednesdays and Fridays of most weeks during the school year (Oct.-June) students and staff here at Weimar offer free, personal assistance to surrounding community people. Some of the things we have helped neighbors with are: construction and repair around the house, yardwork, handling firewood, housework, tree and shrub trimming.

If you should need an extra hand or two with a personal project or home situation, don't hesitate to call us the first of the week. Ask for the Outreach Office.



In the Library

The Library

Browse in our Reference Library

Newspapers

Magazines

Many reference works

General, select subjects

Quiet study carrels

Encyclopedia

The Outpatient Lifestyle Clinic

A most exciting project of Weimar Institute is the Outpatient Lifestyle Clinic (O.L.C. for short). Designed to make instruction in healthful living widely available to the local community, the program has been very successful and holds great potential.

The O.L.C. began operating in September of 1983, under the direction of Louis Davis (M.Div.), with associate Susan Jansen (M.P.H.). The Clinic applies the eight natural remedies, as does the NEWSTART program (see NEWSTART Ingredients, on page 6). However, the Outpatient Clinic meets just one day a week from 8 a.m. to 4 p.m. for eight consecutive weeks, rather than 25 days straight. Some, unable to attend the live-in session, find this more convenient.

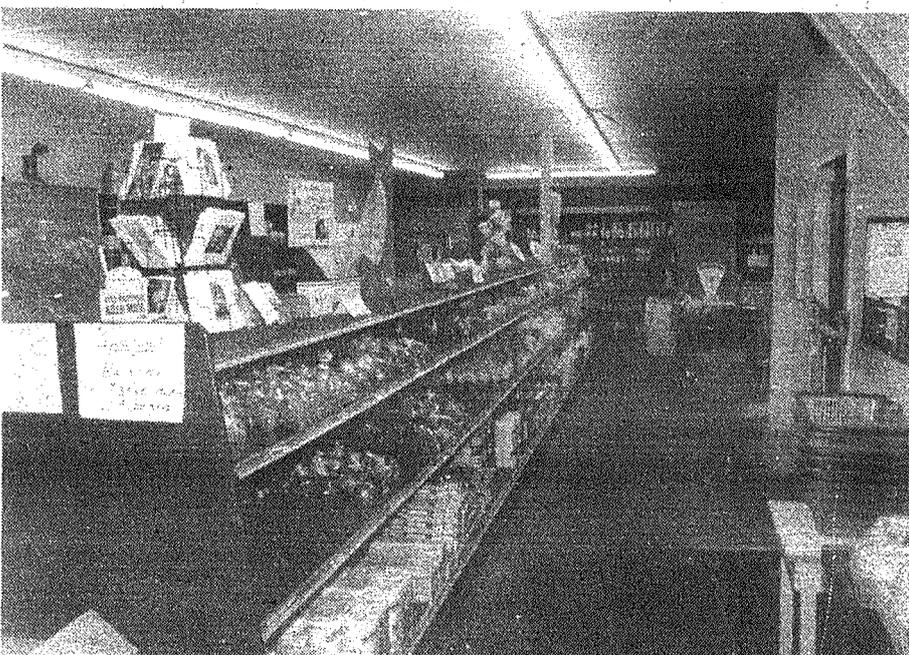
Each weekly engagement includes two

45-minute doctor's lectures, a 2-hour cooking instruction and practice session, exercise training on the trails, a medical check-up and a personal consultation with a doctor.

This plan has had fantastic results, comparable to those of the live-in program. An added advantage is, there's more opportunity to try out the new lifestyle at home. If students encounter obstacles in day-to-day living, they can discuss them and find solutions during the following class period.

The new service has been well received, and after its first year already has a waiting list of applicants. To keep up with the demand, a new, fully equipped facility will be built on campus for the O.L.C. in the fall of 1984. Long-range plans are to establish a companion clinic in nearby Sacramento, California's state capital.

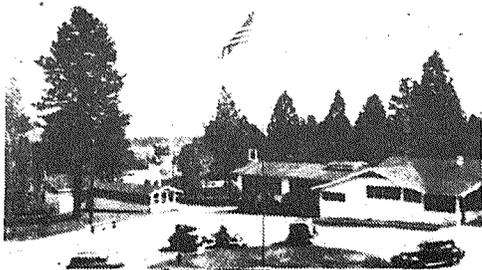
S.G.S



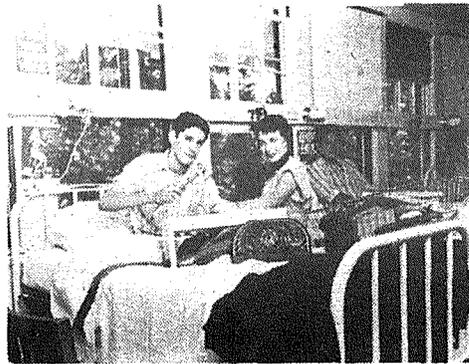
Weimart Country Store

THE EARLY DAYS

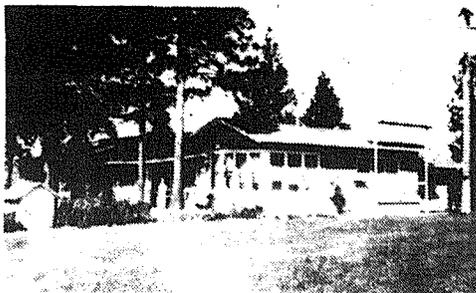
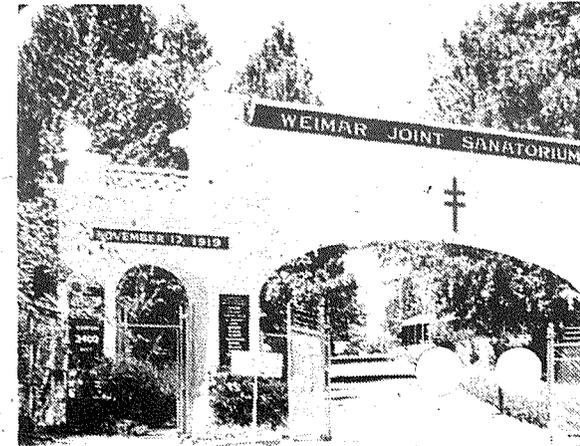
An Historic



Center of Hospital Complex



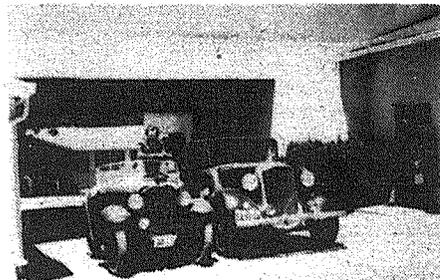
Bedside Occupational Therapy



West "D" (now staff housing)



Men's T.B. Ward



Old Timers By The Tower Building



Ladies' T.B. Ward



West "H" (now Academy Boy's Dorm)



Cafeteria



Children's Ward (now college and academy classrooms)



Food Preparation

"Above the Fog and Below the Snow" was an early description of the ideal climate of California's Weimar Crossroads in eastern Placer County. From the 1870's people had noticed and written that conditions here were beneficial to lung problems. It had lots of sunshine, dry, fresh air, and a minimum of cold, wet weather. Located between the towns of Colfax and Applegate on the Donner Pass — Lincoln Highway (now I-80) a major freeway between Sacramento and Reno, Nevada), this piece of ranch land was destined to become the site for a thriving health institution. By December, 1917, a committee of officials from six California counties crystallized its plans to build a jointly-operated tuberculosis treatment center in this area. Foundations for the first building were laid exactly one year later. Thirteen others were to follow.

On November 17, 1919, Weimar Joint Sanatorium opened its doors to a capacity crowd of 125 patients. In time it would be supported and operated by 15 counties with a peak patient population of 550 in 1948, and a monthly payroll for its staff of \$125,000.

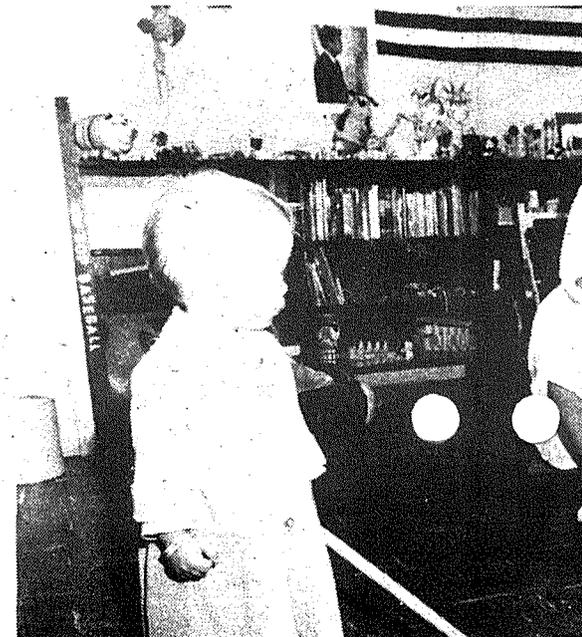
Wards or cottages for the patients were long, narrow and lined with many windows to allow much exposure to sunshine and fresh air. In fact, the first fifteen years or so the windowed areas had no glass, just screen and louvers. But each bed had a

canvas covered and stonewall Campus and the pigs.

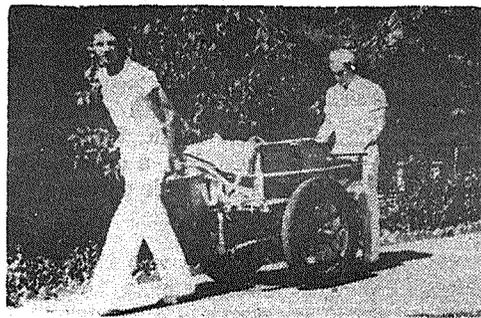
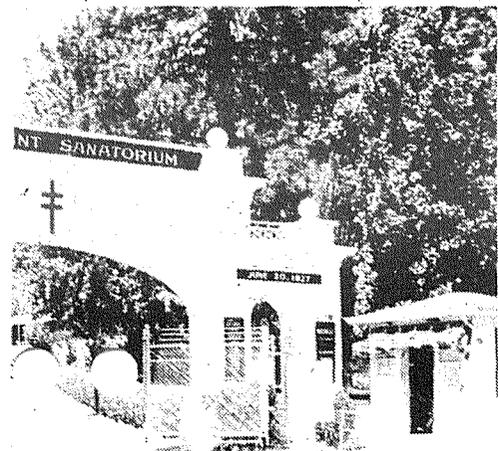
After 1919 and new buildings to reduce the tuberculosis sanatorium saw the Weimar Chest and be treated.

By August 1919, the Medical Center was operational with 13 wards and surgical Center with hospital in 1972 for 100 years.

The hospital sold several acres in 1975 the "large" a Vietnam Saigon. It was purchased by Adventis for its modern



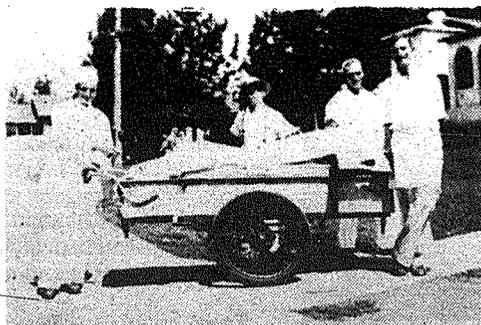
Historical Picture Album of Weimar



Service Wagon



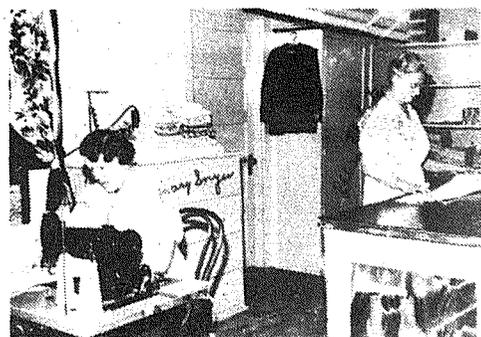
Dr. Mildred D. Thoren, Medical Director, receives a gift for Christmas



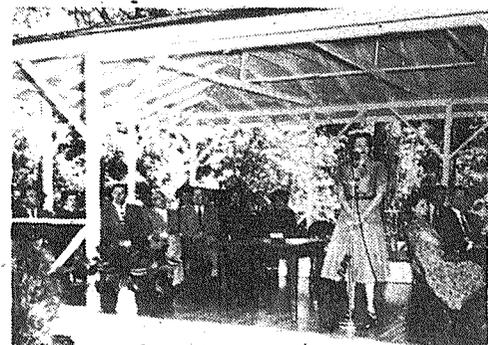
Food Wagon



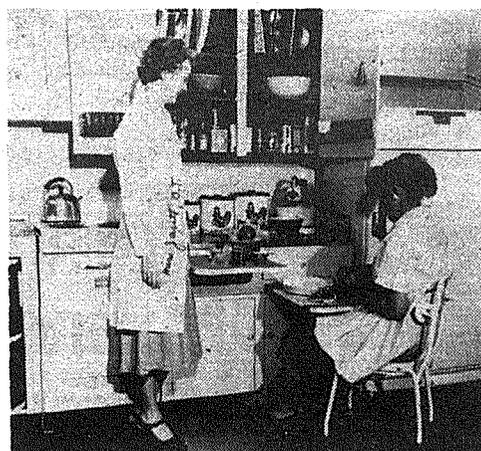
At The Switchboard



Sewing & Laundry



The Outdoor Gazebo



A Pie In The Making



Handmade Christmas Cards



Surgery Team

canvas cover to keep the bedding dry from dew and weather. Every bed also had a stoneware hot water bottle for heat. Campus roads and walks were not paved, and the garbage disposal was a herd of pigs.

After 1948, advances in the use of drugs and new therapies began to drastically reduce the number of patients needing the sanatorium's facilities, and July 11, 1957 saw the institution's name changed to the Weimar Chest Center where a variety of chest and pulmonary diseases would then be treated.

By August 1960, another change of services was needed and a new name, Weimar Medical Center, to reflect the further generalization of treatment to include geriatrics and other kinds of medical and surgical problems. Weimar Medical Center was declared a general community hospital in March 1966, but closed its doors in 1972 for lack of state and county subsidies.

The hospital complex and property were sold several times in the next five years. In 1975 the old institution became "Hope Village" a temporary, relocation center for Vietnamese refugees, fleeing the fall of Saigon. Then, in May of 1977, the complex was purchased by a board of Seventh-day Adventist professional people with plans for it to become Weimar Institute, a modern health and education facility.



NEWSTART Ingredients

"NEWSTART is the name of Weimar Institute's 25 day live-in health program. Since it began in 1978, it has been a tremendous success. Yet it is so simple, many first hearing of it doubt it can work.

The program applies the eight natural remedies recorded by Ellen G. White in the book, "Ministry of Healing." These re-

medies are not only methods of treating illness, they outline the lifestyle most conducive to health.

The eight areas: Nutrition, Exercise, Water, Sunshine, Temperance, Air (Fresh Air), Rest, and Trust in Divine Power are represented by initials in the acronym NEWSTART. Each makes an im-

portant contribution to overall well-being. Considering them one by one it's not hard to understand why.

Proper nutrition is vital. The materials used by the body for growth and to fight disease come from the food we eat. If our meals don't supply what we need or contain harmful substances, disease will likely result. Weimar aims to serve the finest diet, a delicious vegetarian menu, using a wide variety of unrefined natural foods.

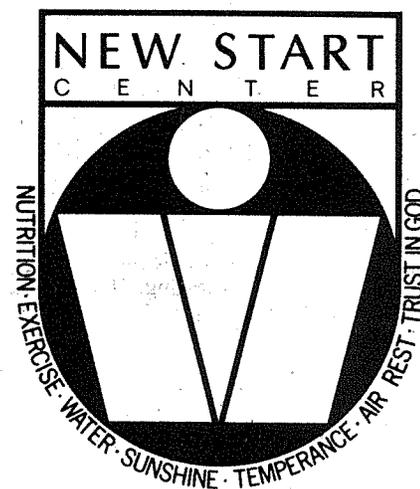
People who exercise know its exhilarating effects for themselves. But research also has proven that exercise can counteract depression, enhance circulation, increase the level of H.D.L. (a helpful form of cholesterol), slow down the aging process, stabilize one's weight, promote a good night's sleep and increase resistance to infection. At Weimar, everyone learns to practice at least one effective, pleasant form of exercise, walking.

Water is essential, we all know. Every metabolic reaction in our bodies requires water. The processes of digestion and elimination both demand water for proper function. Instruction includes how much water is preferable and when.

There is also a science to using hot and cold water treatments externally to promote even circulation, stimulate the immune system and just to feel good. Hydrotherapy, as this is known, is an integral part of the NEWSTART plan.

Everyone loves a sunny day. That is reason enough to include it with the remedies. But did you know sunshine can stimulate white blood cell production? lower blood pressure? help turn cholesterol into vitamin D? and destroy bacteria and viruses? Naturally, guests are encouraged to soak up the predictable California sunshine.

Wonderful as the sun's warm rays are, a sunburn is no fun. And that illustrates the value of temperance. Too much, even of good things, creates problems. So, patients are taught to be moderate in all things, maintain a regular routine, and keep variety in their lives. And temperance also means completely avoiding anything harmful, like nicotine, caffeine, drugs and alcohol.



For a keener memory, a more restful sleep, and a tranquil spirit, get plenty of fresh air. Keep the windows open, even at night, allowing the ionized outdoor air inside. And breathe deeply, suggest the NEWSTART physicians.

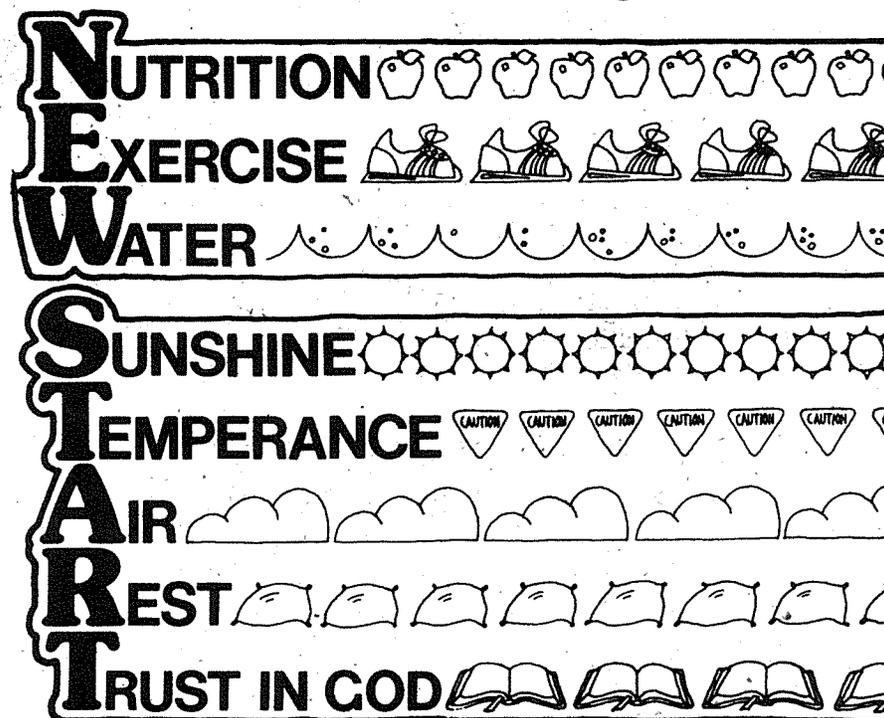
Children sometimes object to bedtime, not knowing what's good for them. But many adults aren't getting enough rest either. All growth and repair of tissue takes place during sleep. And rest can effectively neutralize negative emotions. Guests of the health program are encouraged to adopt a consistent sleeping schedule and take time for recreation.

No rest is as complete as trusting God's care, no medicine cures like His love. Dedicated to prayer, kindness and caring, the NEWSTART staff wish all may find the true God, our Friend and Healer.

Each NEWSTART session includes: daily cooking instruction and doctor's lectures, periods of massage and physical therapy, gardening, a picnic by the river, musical programs and sing-a-longs, slideshows, inspirational talks, a celebration banquet, time for relaxing, walking the trails, sunbathing, socializing and more.

By applying simple treatments, attending to human need on all levels, and providing a thorough course of instruction, the 25 day NEWSTART program is designed to launch participants on the road to vigorous health. Results prove it works! S.G.S.

— A Balanced Program —



6



Weimar's Health Van: Going Where the People Are

Mobile Health Van The 5-Minute Boost

"How beautiful upon these mountains are the wheels that bring good tidings!" Romans 10:15. This seems to be the feeling of everyone who either comes aboard the Weimar Health Van to be served or the one who is the servant taking blood pressures and giving health counseling.

Moving into the third year of operation, "the Van" has logged 5644 miles reaching into the fingers and toes of metropolitan and suburban Sacramento, and dozens of communities between and beyond Weimar and other cities of northern California.

We never tire of saying that the primary aim of the Health Screening Van is to put the arms of Jesus around the people who come on the Van. Through free blood pressure checking and dialoguing with them about health principles and their Author, it is often the client who begins to ask questions concerning spiritual health as well as physical well-being. Although the signs outside the Van attract many people with the words "only takes 5 minutes," most people linger longer, asking for more information, more literature and some just seem to need more caring and attention.

In the year and a half since we designed and produced a working, rolling Van Ministry at Weimar, 51 students have been trained in current hypertension evaluation skills and practice in order to reach out to the surrounding community populations. Every student who signs up for Van Ministry has been prayed for to be led there months before they even know they are to be a future Vanguard. We pray seriously, for and with the Vanguards the whole time they are in the program. Prayer is the real fuel that keeps the Van going. Intensive on-the-job training in accurate blood pressure

checking, actual listening, caring skills, verbal communications, body language, counseling techniques, record-keeping, utilization, care of the Van and a whole spectrum of psychological awareness of a new set of needs for each person interviewed - this assures the Van Ministry students of an active and rewarding experience. Every trip out seems to be better than the last one and although 8 hours of giving themselves away can wring a student out, their eyes shine with the blessings of being a Vanguard for Christ as they end another busy day's work.

As a student finishes his term of service with the Van we see in him or her a new sense of responsibility, a clearer understanding of outreach, a new comprehension of Christian commitment, and an emerging self-confidence rooted in the evidence that God has used them to bless others. These things are not left behind, but complement and enrich all of the student's educational life. Where-ever they go afterwards, they are equipped to start or help a mobile health program.

This coming school year we will be raising the funds to cover our own salaries and operating expenses. It is encouraging to know that all the silver and gold belongs to our heavenly Father (Hag. 2:8). We believe He will transfer His funds to meet our needs. We look forward to more exciting experiences as the Lord leads us down freeways and side roads charted by His co-angel Vanguards. God has given us this promise that when we are engaged in doing His will, angels will be at our sides. So we are looking up as we continue to meet His appointments for us.

For Good Reason

By Steven Siciliano

You needn't be an avant-garde food faddist to recognize the value of healthful living. This is proven by the experience of Rollie and Rae Bird, both of whom are practicing pharmacists, and now whole-hearted supporters of the NEWSTART lifestyle.

Though it may seem ironic for a druggist to advocate natural healing, Rollie Bird has some very good reasons for his new interest.

Not long ago, 56-year-old Rollie, like many others, looked on helplessly as his physical condition grew worse and worse. Angina, diabetes, and coronary heart disease were advancing. He was offered no advice except to wait until his arteries, already up to 75% occluded, "got bad enough" for a bypass operation.

Unlike many others, the Birds knew something about how a proper lifestyle can restore and maintain health. The Mormon Church to which they belong promotes this idea. And for quite some time they had been attending health seminars at Loma Linda University, near their home in Rialto, California.

Through their professional association with Seventh-day Adventist physicians,

the Birds heard about Weimar's NEWSTART health program and Rollie enrolled in the July, 1982 session. He improved so much, he says, "Weimar saved my life." (His story was published in the September, 1982 issue of the Weimar BULLETIN.)

When Rollie and Rae returned home, naturally they told their family and friends what had happened. They were eager to share what they had learned about healthful living. But most people were not interested, even antagonistic to what they had to say. Many had a false notion of what vegetarianism and a healthful lifestyle are all about, they discovered.

"Most people have the idea that a vegetarian diet is made up of raw vegetables and fruits only. They think people become vegetarians because they have to, not because they want to or because it tastes good," Rollie noticed.

Sensing their need for greater knowledge and a way to handle skepticism, the Birds came back to Weimar this summer to attend two workshops. The week-long Cooking Instructor Course and the Bread-make Training session were "more than we expected," said Rae. They were de-



Rollie Bird



Rae and Rollie Bird taste-test new foods.

lighted with the whole program, including the spiritual emphasis.

It was easy for the Birds to relate to the concept of medical missionary work. From their point of view, the connection between the physical, mental and spiritual elements of human nature is not mysterious; it's obvious.

One aspect of the class the Birds especially liked was the emphasis upon free choice. A main idea brought out in the seminar was that instructors should lead people to exercise their free wills in making thoughtful, educated decisions.

"Trying to force someone to do something, even a good thing, usually arouses resistance or rebellion," Rae remarked. The goal the Birds have in mind is to inspire people with reasons for changing their health habits for the better.

After a week of intensive training, the Birds returned home with renewed enthusiasm and fresh ideas for sharing the knowledge that has benefited them so much.



Paul Hawks

Weimar College exists primarily to help prepare "an army of youth" to carry the message of a soon-coming Saviour to all the world through avenues of Christian service. The college has selected several specific areas related to this goal (such as health science, elementary education, metropolitan ministries, and others) in which to give specialized education and training. Weimar College believes that God wants Christians to be competent as well as dedicated workers for others. And it is committed to preparing people to serve through a variety of four-year courses. But we also are confident that many can benefit from the training and

experience provided by one or two years spent in our college program.

In fact, a large number of students come to Weimar College not to complete a degree but to be a part of the Weimar experience for one or two years. For these and others the college curriculum for the freshman and sophomore years provides a broad foundation for Christian service which has proven to be useful for making their lives and their careers an impact for good.

Courses taken during the first two years include Life and Teachings of Jesus, Fundamentals of the Christian Faith, Prophetic Guidance, Daniel and Revelation,

Principles of Health, Foods and Nutrition, Anatomy and Physiology, Christian Psychology, Hydrotherapy, Mechanisms of Disease, Massage/First Aid/CPR, Health Evangelism, Marriage and the Family, Philosophy of Christian Education, English, Speech, Philosophy of Fine Arts, Stewardship and Personal Finance, Vegetable Gardening, Community Services (each quarter), and Work Education (each quarter.)

We invite those who wish to make a ministry of their work, or incorporate "medical missionary" work into their lives, to consider what Weimar College has to offer.

Weimar College's Innovative Approach

Weimar Bulletin

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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Dick Winn.....Secretary

WEIMAR COLLEGE

Paul Hawks.....Dean of the College
Lester McSherry.....Director of Work Education
Preston Wallace.....Director of Community Services

NEWSTART HEALTH CENTER

Milton Crone, MD.....Medical Director

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OFFICE HOURS

Monday through Thursday: 8:00 A.M.-5:00 P.M.
Friday: 8:00 A.M.-4:00 P.M.
Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 or 878-7222

ADDRESS CHANGE

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Visitors

We have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. We do not conduct Sabbath services on our campus. If you plan to join us for Sabbath meals, please make prior arrangements with our cafeteria for meal tickets.

A casual walk through the campus? Most any time you want. Guided tours are also offered. A meeting with the President or other staff members? Please write or phone ahead to confirm an appointment.

