

Miracle in mininga town

Sixteen months ago, Dr S. George, a consultant physician in a West Australian hospital, returned from the dead to amaze colleagues who had battled for almost 55 minutes to revive his lifeless heart.

The story began on 24 October 2008.

Five days after running free medical clinics in Vanuatu, Dr George was returning from a clinic session on the south coast of Australia with his intern when he felt minor chest pains and unusually hot.

"I decided to stop the car and as I got out still feeling the discomfort, I called my wife, also a doctor to let her know what was happening," Dr George recalls. "She suggested driving straight home to Kalgoorlie."

As he did so, he felt divinely directed to enter the clinic in Kambalda, 50kms short of Kalgoorlie, where he used an electro-cardiogram (ECG) to diagnose a heart attack and receive the few drugs they had there.

"The pain was getting worse and 11 minutes after the ECG my heart completely stopped beating. Not only did I have a heart attack but I went into cardiac arrest."

For the next 60 minutes, a team of doctors and nurses used over



MEDICALLY IMPOSSIBLE: Dr Sean George is in full health after being clinically dead for 55 minutes.

4,000 chest compressions and gave him 13 electrical shocks but neither his heart nor lungs responded. After one hour and 10 minutes, Sean was declared dead.

Ten minutes later, his wife Sherry arrived from Kalgoorlie and was told she could go in and say goodbye.

Dr George continues: "Being a doctor herself, Sherry knew that medical science had proven that if the blood supply to the brain was cut off for over 3 minutes the brain would begin to die, and in 20 minutes the brain would be completely dead. But as she and I had trusted in Jesus Christ as Almighty God and Saviour, she decided to humbly ask Him to intervene.

"Holding my hand, she prayed, 'Lord Jesus, he is only 39, I am only 38 and we have a ten year old boy, I need a miracle.'

"As soon as she said this it was as though someone had breathed life into me again and my heartbeat came back."

Four hours later, Dr George was flown to Royal Perth hospital where doctors carried out an emergency procedure to clear a

severely blocked artery on the right side of his heart.

"The doctors thought I would not survive, and even if I did I would be completely brain dead on a ventilator. In Royal Perth ICU, I had kidney and liver failure and was still in a deep coma."

Three days later, on Sunday, against all odds, Sean opened his eyes. The next day, he was moving his hands and legs.

On Wednesday, he was fully conscious and off the ventilator, and his memory and brain were fully functional. Then two weeks later, he was discharged and returned to full-time work after three months of steady recovery.

As he reflects on these miraculous events, Dr George believes God wanted to teach him some important truths.

It has proved to him that Jesus really is Creator God and Sustainer of life and that He hears and responds to the humble prayers of His servants. He also now understands that eternity is only a breath away.

The experience has definitely grown my relationship with God,"

says Dr George.

"I am now more conscious that we are only pilgrims on this earth, that this life is only for a short time, so we need to focus on what lies ahead in eternity."

• TO READ MORE OF SEAN'S STORY TURN TO PAGE 2

Turmoil over injustice



Where could Sonny find peace with his fellow man, his community and within himself?

■ Story page 3



'Medically impossible' recovery



The George family holidaying in India

Dr Sean George was just 17 when he left his parent's home in Kuwait to finish high school with his grandparents in Kerala, South India to finish high school.

As he observed the devout faith of his grandfather T.K Thomas, a full-time evangelist, Sean began to admire his hope of eternal life.

"After his death at age 74, I thought about life and began seeking God for myself, then in 1985, I trusted in Jesus Christ as the one true God and my Saviour from the penalty of sin."

The following year, Sean started medical school in Manipal, South India, but forgot about God for a while due to alcohol, marijuana and lustful relationships with girls. However, none of these temptations were as satisfying as a clear conscience before God.

"After listening to a friend's audio cassette called 'Youth and the End', the Lord opened my eyes and I gave up smoking, alcohol, drugs and rededicated my life to Jesus. I still struggled with lustful desires,

but I believed there is victory in Jesus' name, and as I surrendered myself to Him daily these desires faded."

After marrying fellow Christian medical student Sherry, and joining the teaching staff at Manipal hospital with his wife, Sean says God put a burden in his heart for lost souls at a missionary conference in 1996.

In 2006, the George family settled in Kalgoorlie, even though Sherry had to give up her career as an ENT Surgeon.

We have no regrets – the Kalgoorlie community really needed help as there were no other physicians willing to work here."

In 2008, Sean became involved in voluntary medical and mission work in Islands of Vanuatu.

"Only five days after the first mission trip in October 2008, I had a cardiac arrest and God miraculously brought me back to life." [See story on page 1]

In early 2009, the George family returned to Vanuatu for more voluntary clinical and mission work, a trip that saw many people respond to the good news of Jesus Christ.

"Every morning I thank Jesus Christ for yet another day," Sean says. "I am alive and well today only because of Him. My life has changed forever, and I realise how

valuable each day is."

Reviewing the facts of his case, both as a professional doctor and personal survivor, Dr George is convinced that only God could have brought him back to complete health.

"I don't think there are any documented cases of patients who were clinically dead for so long, have come back to life with their memory perfectly intact and neurologically no deficits at all.

This is something that only God can do, because medically it is impossible."

There are other important conclusions that Dr George says are clearly evident from his experience.

"If you ever wondered if the miracles in the Bible actually happened, I am living proof that it did. If you have any doubts if this story is true, I can assure you it's all well documented," he affirms.

"I encourage you to stop and think, how valuable is your life? There is no need to journey alone, trust Jesus, that He took the penalty for your sin, and ask Him into your life, and He will transform your heart to desire His perfect plan and use you for His glory.

"Jesus Christ loves you so much that He died for your sins on the cross. Will you trust Him as your Saviour today? God Bless you."

Family Finance

by WESLEY LEAKE
Crown Financial Ministries

BUDGET BUSTERS – CLOTHING

Budget busters are the potential problem areas that can destroy a budget. Failure to control even one of these problem areas can result in financial disaster. Below are suggestions on identifying and resolving troublesome areas before they become budget busting problems.

Clothing (5% of Net Income)

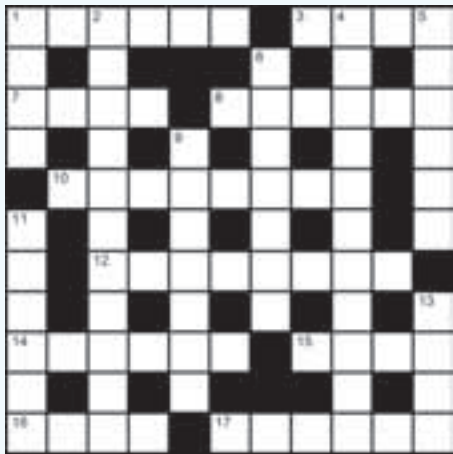
Many families in debt sacrifice this area in their budget because of excesses in other areas. And yet, with prudent planning and buying, families can be clothed neatly without great expense. Reduced tariffs on imported clothing and high levels of clothing and footwear imports from China have resulted in falling prices for the last two years. Clothing and footwear prices fell by 1.9% in the year to December 2004 and by 0.8% in 2003. The Australian Bureau of Statistics survey of household spending is only conducted every five years, with the last survey in 1998/99, when the average Australian household spent \$31.90 on clothing and footwear. This changed little over the previous 10 years even though total household spending was estimated to have increased by 39% over the decade.

The following are ways to avoid potential clothing problem areas that could become budget busters.

1. Save enough money to buy without using credit. If necessary, have a jar or envelope to put money aside regularly.
2. Making children's or your own clothing is a great hobby but don't feel pressured to make your own clothes if you are not talented in this area. Cheap clothing imports means there may be little extra saving now from making your own clothes.
3. Make a written list of clothing needs and stick to it. Purchase end off season specials as much as possible. Some retailers have a regular cycle for specials, such as holiday weekends.
4. Select outfits that can be mixed and used in multiple combinations.
5. Buy from discount outlets and factory outlet closeouts. On occasions you will find great bargains at some of the second hand shops.
6. Using children's clothes handed down from other family members or friends may bring big savings.
7. Select clothes that you can wash at home (for example that don't need drycleaning).
8. Give your teenagers an allowance so they can begin to learn how to manage their money and understand the full cost of brand name clothing and options for buying more cheaply.

Crossword

- ACROSS**
- 1 Digital data transmitters
 - 3 Some
 - 7 Undertaking
 - 8 To make amends for
 - 10 A feeling of great elation
 - 12 Faced with bold self-assurance
 - 14 Solitary
 - 15 Arouse
 - 16 Coral formation
- DOWN**
- 1 Silence
 - 2 An interruption of a state of quiet
 - 4 A primary principle
 - 5 An active device on a website or desktop
 - 6 To provoke deliberately
 - 9 With little expenditure of money
 - 11 An official in charge of funds
 - 13 A water-soluble compound
 - 17 Flowering shrub



SOLUTION PAGE 11

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Puzzle Level: Medium



SOLUTION PAGE 11

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 7 | | | 4 | 6 |
| 2 | | | | 3 | | |
| | 6 | | 1 | 5 | | |
| | | | | 8 | 2 | 7 |
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| | 5 | | | | | 4 |
| | | | 5 | | 7 | |
| | | 9 | | 4 | | |
| | 4 | 8 | | 7 | | 9 |



Recipe

APRICOT LASSI

Lassi is a very popular drink, sometimes called a yoghurt drink. 5 mins preparation, Serves 2. 2 cups canned apricot, with juice 1 teaspoon honey 1 cup low-fat yoghurt, natural or vanilla 6 ice cubes Blend all ingredients in a food processor until foamy. Serve immediately.



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CROWN@CROWN.ORG.AU

Turmoil over injustice



Sonny Pillay

As migrant Indians living in South Africa during apartheid, Sonny Pillay's family could hardly have been more marginalised or discriminated against.

"Racial discrimination was law in South Africa," Sonny says. "Your skin and racial background determined your status in life. I was youngest of ten children born into a very staunch and devout religious family.

"Then, when I was barely six years old, our lives were turned upside down after my father dropped dead at my feet from a massive brain haemorrhage."

Sonny's father had no will and owed money to several private enterprises, so his family went from living a fairly comfortable life to

abject poverty.

His life suddenly thrown into turmoil, Sonny began searching for the meaning of life at an early age.

"I poured my life into my religion, seeking answers while serving as a boy priest in my family, he says. "I fasted regularly and prayed every day, going to great costs to appease the various gods we worshipped.

"I also developed a strong sense of justice tinged with anger and hatred towards the whites for the suppression of the blacks."

However, Sonny's in depth study of his religion presented a problem.

It seemed that not just South Africa had unfair class systems.

"It was during my adolescence that I became aware of apartheid not just in my country but also within the religious system among my own people."

Sonny can remember being reprimanded often by the religious leaders for asking questions like "how could a Supreme Being ask of us who have nothing to borrow and yet go into debt to find favour from them?" He also asked them, "How could we question the discrimination of the whites when we practice discrimination ourselves?"

Research into ideologies such as communism and capitalism held no answers, so Sonny decided he would have to make the difference.

As soon as school finished, he planned to travel to Moscow and gain the knowledge and skills he needed to help liberate his down-trodden people.

Then, in his last year of attending an all Indian high school, Sonny was chosen with ten others to take a camping trip with an Afrikaans man who happened to be a follower of Jesus.

"At this point in time I was very against those who identified with Christ," Sonny explains. "I saw the churches as a continuation of Western colonialism. The same whites who went to church on Sunday benefited and agreed with the apartheid system.

"At that time, I did not understand that not everyone who says they are a follower of Jesus, that is, a Christian, actually follow and obey Jesus in their heart.

"I also saw the blacks who were Christians simply as weak products of white manipulation.

"I had an intense hatred for Christianity and on many occasions would attack Indian Christian gatherings and would fiercely debate and humiliate young converts.

"When I found out that this man was a Christian I warned the rest of the boys not to take part in his religion.

"Yet, after a while, I noticed this man seemed to actually take an interest in us and ignored the racist customs of many Afrikaans people as he freely ate and shared with us. "He was unlike any Christian I had ever seen."

As the man continued to treat the students as equals, Sonny finally had to ask why.

"I can still remember what happened next," Sonny shares. "The



Proud father Sonny with his daughter at her wedding

man explained that he had encountered Jesus Christ while studying at university and that His teaching had changed his life.

"To this I screamed at him that I was proud to be religious and would die in my religion and that he could stop shoving his Christianity down my throat!"

Not offended, the man gently challenged Sonny to check out the claims of Jesus Christ for himself, instead of relying on hearsay from others.

Unknown to anyone, Sonny came home from that camping trip and began to read the New Testament.

"For 18 months I read through the whole Bible," he recalls. "The amazing thing about the Bible was it never hid the truth of people's lives and showed how Jesus Christ can transform individuals.

"My examination of Christ, His life, mission and claims left me with no choice but to declare one of two things.

"He was either the Son of God

who said 'I am the way, the truth and the life, no one comes to the Father except through Me.' Or, He was a lunatic.

"But no lunatic changed and contributed to societies the way Jesus did, so He had to be who He said He was."

When Sonny's family found about his acceptance of Jesus as God they threatened to disown him and blamed 'Western Education'. Sonny persisted in his faith, however, and over time nine out of his eleven family members came to the realisation that Jesus Christ is God.

"The dramatic change from a bitter, angry man filled with hatred for whites was changed to one who could forgive. This was no intellectual exercise but a miracle of God," Sonny concludes.

By far the most important blessing for Sonny is that He has absolute assurance that trusting and obeying Jesus means all sins are paid for, and He will be taken to heaven for eternity.

Believe it or not

BY DON BATTEN

DNA REPAIR USES ELECTRICAL SIGNALS

The DNA in our cells gets damaged and needs to be repaired. Failure to fix the damage causes cancer. Our cells have nano-machines that travel along the strands of DNA to find the errors and repair them.

But this is a big job – with 3,000 million "letters" on the human DNA to check and not many of the nano-machine checkers, it would take a long time.

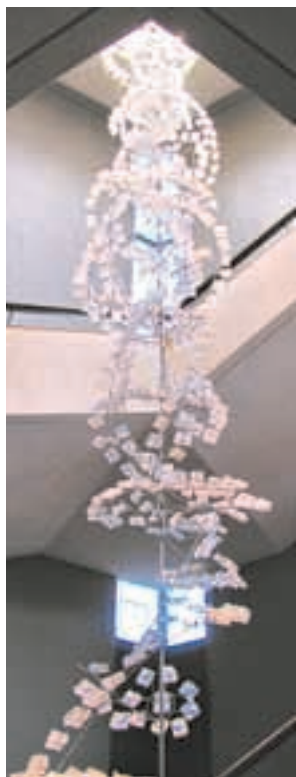
Scientists proposed some years ago that DNA might act as an electrical conductor and this could be involved in error checking and other functions.¹

Researchers at Caltech have now provided evidence that the DNA repair machines use the electrical conductivity of the DNA to locate the errors.²

A pair of repair enzymes, known as EndoIII and MutY, cooperate to detect faults in the transfer of an electronic charge from one to the other along a few hundred base pairs (letters) of the DNA, which then indicates a fault in the DNA in that section.

Then the faulty section is searched to locate the faulty base pair and repair it. Sections that allow charge transfer don't have any errors and are skipped from detailed checking. In this way the checking process is very rapid and efficient.

People are continually being amazed at the incredibly efficient, intricate design of living things. This sort of discovery multiplies the problems for those who try to explain everything without a Creator – how could any repair mechanism come into existence without intelligent design, let alone one with such sophistication? And life could not exist without it!



Spiral crystal DNA sculpture in spiral stairwell at the National Arts Centre in Ottawa, Canada

1 See creation.com/electric-dna. 2 Proceedings of the National Academy of Sciences USA 106(36):15237–15242, 8 September 2009.

Destiny Communications Short-Wave Radio



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Seeking oneness with the divine



Lakshmi

Lakshmi grew up in a joint family with her father, two uncles and their families, and her Grand Mother, a situation that unfortunately caused many conflicts.

Lakshmi's earliest memories are of the constant quarrels in the family over each month's expenditure. A court case over the family property dragged on, and her controlling father created even more difficulties for her family.

"Dad was an alcoholic and was short tempered," Lakshmi recalls. "He would pick fights over trivial issues and soon there would be a heated argument with my mother. My sister and I spent many a night crying in our room till sleep 'mercifully' overcame us."

Lakshmi found a way of

escape when she was accepted at Birla Institute of Technology and Sciences (BITS) at Pilani. As she befriended students from her home state, Lakshmi remembers that two girls were "uniquely different".

"While they faced the same challenges that others faced they were never overwhelmed by any problem." She later found out that they were followers of Jesus Christ.

Meanwhile, at home on vacation, Lakshmi found the quarrelling continued unabated. "I wished I could open an orphanage and be the first inmate there," she recalls.

Feeling low back at college, she walked up to the room of a friend and found a Bible lying around.

"Opening it at Matthew chapter 20, my attention was drawn to the parable of the workers in the vineyard."

As she read that God is like a vineyard owner who hired workers at different times and paid them the same reward for their work at day's end, Lakshmi became captivated by this God who is generous and just in nature.

"This thought gripped me," she recalls, "and I began to evaluate myself in the light of this generous and just God."

This process of introspection continued for several weeks, until Lakshmi reached a devastating conclusion.

"While most people considered me a good person, one winter night I recognised there was often pride, jealousy and selfishness in me. I remember running out into the night, tears streaming down my face as I realised that I was a sinner."

This realisation caused Lakshmi to hate herself. It did not help when it dawned on her that the people she loved and admired were also flawed.

During this struggle, Lakshmi's friends invited her to a gathering of students who met periodically on the campus.

"They told me that Jesus, despite being God, came to this world and died on the cross as the sacrifice for our sins, our wrong doing against God. Through His death and resurrection, Jesus made it possible for the entire human race to be brought back into a right relationship with God.

"Before this meeting, I had believed that a good person could go to heaven, but my eyes had already been opened to the fact that every human has sinned."

Lakshmi found this truth hard to accept, because it meant Jesus alone was "the Way, the Truth, and the Life" (John chapter 14, verse 6).

"I had always considered Jesus

The sessions made sense to Lakshmi

to be a God of another religion that had its own set of rules and regulations, the key difference being that they did not worship idols."

Lakshmi decided to keep attending these meetings with her friends, because, she remembers, "these sessions made sense to me".

"It was obvious that their lives had become beautiful because of the truth of Jesus Christ.

"However, I continued to wrongly believe that salvation could be achieved by good works and that Jesus was only the God who answered prayers. I still went to temples, but I no longer bowed before the idols present there."

Lakshmi completed the degree program at BITS, Pilani and was selected to work for a leading software house. While undergoing the extensive training program Lakshmi came across an interesting colleague who shared the story of his life.

"His life had been radically transformed by Jesus Christ," Lakshmi recalls. "I asked him a lot of questions and he explained how it was natural for a human being to take sin away. Jesus was the way for every individual to enter into a right relationship with God.

"I became convinced that I would have freedom in Christ, but I was still unwilling to take a step forward and give my life completely over to Him."

After this training, she was posted to a south Indian city where she met fellow professionals who explored truth.

"As I started studying the Bible all my doubts were dispelled. I came to a point where I was clear that I would accept Jesus Christ into my life as Saviour and Lord of my life.

"After this I was baptised as a public declaration of my new life and obedience to Jesus. I remember being certain that this was the right thing to do."

The situation at Lakshmi's house has not changed but God gives her the strength to face the challenges that life hurls at her.

She has a clear conscience before God because her sins are confessed and forgiven through Jesus' sacrifice on Calvary's cross, and she also has the sure promise that death is no longer something to fear; God will take her to heaven to be with Him forever.

Tips for Life

by ALAN BAILEY

WHEN YOU DON'T KNOW WHO TO TRUST

You have probably heard a story like this one. A family is at last able to buy a used car. It was in good shape and suited them well. About three months after the deal, the police claimed the car. It had been stolen. Sound familiar?

It seems that it is just too bad for you when that kind of thing happens. You have lost your money. These people lost theirs.

Keeping a promise

Sadly, the word of another person seems to be getting harder to believe. Distrust and cynicism are widespread. The media keeps us informed of scams and swindles and rackets and rorts. Meanwhile, our faith in human nature is sliding downwards. It is no surprise people are not carried away by political speeches, hard-sell advertising and get-rich-quick schemes.

It seems for many people, that telling lies is no big deal. They do it all the time. But when lies are told, someone is let down, someone gets hurt. Children are hurt when Mum and Dad promise something but fail to deliver.

Husbands and wives are hurt when promises – even the wedding vows – are dishonoured and thrown to one side. We can all remember some occasion when we have been disappointed – even insulted – by a lie.

Getting away with it

There was a time when honesty was held up as a virtue. The saying went 'a man's word is his bond.' But now we see something else being praised and approved. Being smart enough to get votes by persuasiveness, then to forget what you said once in office. Or to tell just a few white lies now and then in business in order to make deals and win profits. Then others cheat on their marriage partners with so-called 'harmless' affairs, especially when they are away from home.

It seems that the rule is: 'Just don't get caught and all will be well!'



Double standard

A twist in this whole sorry story is that many people will strongly condemn others for lying and yet resort to it themselves to get out of trouble. How often people justify themselves by saying that the other party deserved it anyway or if I cheat Social Security it's only a government department, and they can afford it.

Justice in the end

Those who cry out that the truth must come out and justice must be done can be assured that it will. God has promised it and in his Word we can trust. 'Vengeance is mine; I will repay' says the Lord (Romans 12:19).

All those who are disillusioned with their fellow human beings, please, don't give up in despair. There is a place to put your faith. There is one who will not, who cannot let you down. He is the God who cannot lie and the God who keeps his Word. A Word that assures us of God's love and concern, and tells of all He has done for us in Christ.

As one who has placed his faith in a faithful Lord, I can only recommend that you do the same. He is the rock that doesn't move. He cannot deny himself. Jesus said while on earth; "I am the truth" (John 14:6). "He who trusts in him will never be disappointed" (Romans 10:11).

ROLLERCOASTER



FOUR FUN FILLED PAGES OF ACTIVITIES AND STORIES

Full Circle

by Trish Connell

Life for twelve-year-old Sangla and her family in the little village in the hills of North Thailand, was a continual struggle to make ends meet. "I would love to be able to go to school and learn to read and write like children do in the big cities," she complained to her friend, Biak.

CHAPTER 1 : TEMPTATION

Me too," said Biak. "Do you think we will ever get a school here?"

"Who knows, nothing seems to change," mumbled Sangla. "Any way, I'm going to the fields now to see if I can catch some frogs for tea, do you want to come?"

"Great, just let me get a basket," said Biak, and off they went together.

Just then they heard the far off sound of a motorbike coming toward their village.

"Who could that be?" asked Sangla.

As the motorbike came closer they could see sitting behind the driver, a lady clutching a big bag.

"Do you know her Biak?" asked Sangla.

"No, I don't. I've never seen her before," said Biak. "Come on, let's go over and see who she is."

The motorbike had come to stop at the Headman's house and the lady had



got off and was washing her feet in the cement trough, before climbing up the ladder, barefoot, into the Headman's house. Nobody wears shoes inside the house in Thailand.

All the villagers had heard the arrival of the motorbike and were running to see who it was and what news the visitors had brought. Any visitor to the village was a welcome distraction



for the boring, routine chores of the day. The lady visitor was very different to anyone they had ever seen before. She was attractive and wore makeup, bright red lipstick, and painted nails, as well as having a gold chain around her neck and sparkling rings on her fingers too. She didn't wear the same black sarong that the village women wore, she had a silky red blouse and long pants with pretty patterns on them.

"How exciting to have a visitor like this come to our village," thought Sangla. "I wonder what she wants?"

The Headman gave the visitors a drink of water in a silver bowl and then he said to everyone, "Let our visitors rest awhile first. After they have bathed and had some rice to eat, then you can come back and

hear what they have to say."

Sangla nudged Biak. "We've still got time to go and catch some frogs, come on, let's go."

After the evening meal the villagers crowded in to the Headman's house, everyone sitting on the bare, wooden floor as is the custom. Village homes in North Thailand had very little furniture, especially not chairs. The floors were washed each

day, as clean as a table top, because the people all sat on the floor, slept on the floor and ate their meals on the floor, so it had to be really clean. The people hushed their excited chatter as they could see the lady visitor was ready to speak to them.

The lady sat down on the floor, put the palms of her hands together level with her nose and bowed first to the Headman and then to the people.

"Friends," she said, "I come to you from the City of Angels (Krung Teb, the Thai name for Bangkok.) Life is very different in the city and I want to show you some pictures."

She had a flat metal box which she opened and inside there seemed to be a whole lot of letters on little buttons and a shiny mirror, (can you guess what it was? Yes, it was a computer, they had never seen one before.) As the people watched,

pictures came onto the mirror and people were moving in the pictures, they saw cars, aeroplanes, the King's Palace and many more amazing pictures. They were dazzled and crowded round the lady to get a closer look.

"You probably wonder why I have come to your village to show you these pictures," she said. "It's because I know your life here is difficult and that you are all very poor. But in the city you can get good jobs which pay lots of money. If some of your young people came with me to work in the city, you could earn enough money to pay off all your debts, buy televisions and radios, even built houses that have windows and toilets."

The people looked at each other, some shaking their heads, some quite excited at the idea.

Sangla and Biak nudged each other. "Would you go Sangla?" Biak asked.

"Would you?" Sangla asked Biak.

"I'd like to, but I don't know what my parents would say."

That night Sangla talked with her mother and father about going to work in the big city. "Could I go?" she asked. "You would be able to pay off all your debts and life would be easier for you."

Her parents shook their heads. "How would we know if you were safe or not? We have no friends or relatives in the city. You would be all alone."

"I'm sure the lady would take care of me, she seems so nice," Sangla said.

"Sangla," said her father, "I am thinking about what the Pastor taught us. Money is not the answer to all our problems. Remember what Jesus said, 'What good is it for a man to gain the whole world but lose his own soul?' Your soul is more important than money, you are more important to us than money. Let us see this as a challenge to our faith. Let us trust God more and tell Him all our problems instead of worrying."

That night Sangla went to bed with a stubborn heart. She wanted to go to the city but her parents wouldn't let her. What would she do? What would you do? □

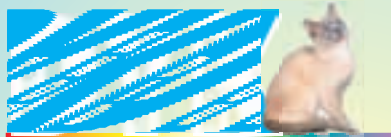
To be continued

Little people CAN do big things.



"I can do all things through Christ because he gives me strength"
Philippians 4:13





1 Thailand is an independent country situated in the heart of Southeast Asia between Laos, Myanmar, Cambodia and Malaysia. It is one of the most devoutly Buddhist countries in the world with more than 95% of the people practising Buddhism. It's capital city is Bangkok. King Bhumibol Adulyadej, ninth king of the House of Chakri, has ruled the country for more than 60 years, making him the longest reigning Thai king and the longest reigning current monarch in the world.

2 Siamese cats are treasured as pets all over the world as being more intelligent and aristocratic than other breeds. They are thought to have descended from sacred Siam temple cats and were first introduced into Britain and the United States in the 1880s. Pure white at birth, they develop darker colourings on their faces, ears and tails within a few months, but their blue, almond-shaped eyes are not as effective for night vision as that of ordinary cats.



THAILAND ADVENTURES



FOR
YOU TO
COLOUR

“How great is the love the Father has lavished on us that we should be called children of God”
1 John 3:1

BRAIN TEASERS



- 1 What animals did General Hannibal use to carry heavy loads across the Alps in 218BC?
- 2 If a centipede has 100 legs, and you add up the number of legs for 1 bird, 1 dog, 1 ant and 1 spider and subtract them from those of the centipede, how many legs would be left?
- 3 Is it possible for a spider to remain under water for 10 days straight?
- 4 Which creatures : neigh, bark, purr, croak, hoot, laugh, roar?

JUST FOR FUN

- Tom : What's the difference between an injured lion and a wet day?
Sue : I don't know. You tell me.
Tom : One roars with pain and the other pours with rain.
- Sue : Well here's one for you. What do you get if you cross a chicken with a centipede?
Tom : You've got me there. What do you get?
Sue : Enough drumsticks to feel a small army.
- Tom : All right, so what do you get if you cross a tiger with a kangaroo?
Sue : I'm sure I don't know.
Tom : You get a striped jumper.



RIDDLE QUIZ

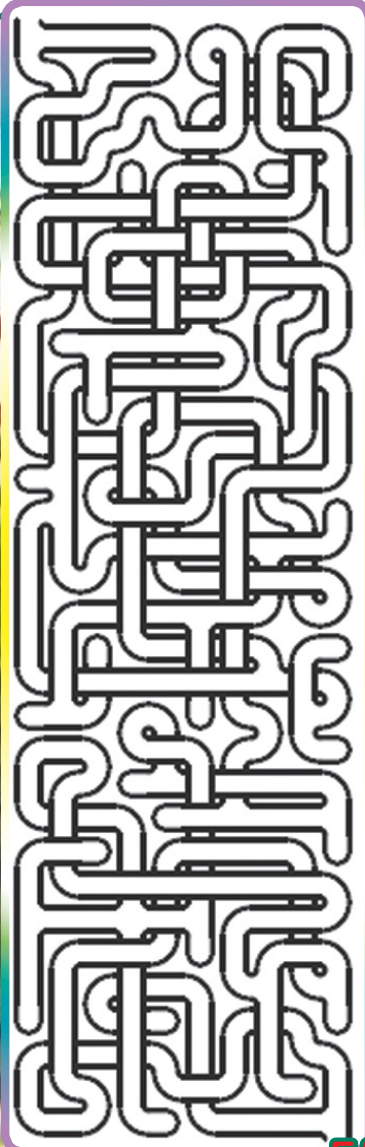
from the Bible

A riddle is a description of something that suggests something entirely different

- Out of the eater, something to eat, out of the strong something sweet.
- Sharper than a thorn
- How far is it from East to West

HELP SANGLA FIND HER WAY
THROUGH THIS JUNGLE

START

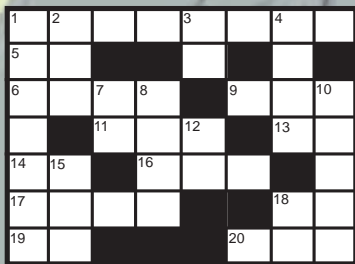


END

THE ELEPHANT'S MESSAGE

Boys and Girls, here is an Asian elephant with its handler sitting proudly on its back. On the elephant's side we have a crossword about Thailand with many of the answers in these pages.

By Elva Schroeder



ACROSS

- 1 Most Thai people follow the(THISDUBD) religion
- 5 Jesus wants (SU) to be come His children
- 6 Many people with leprosy live in (RAFE)
- 9 A popular pet is the Siamese (ACT)
- 11 (NIS), like leprosy, needs to be dealt with
- 13 A short name for mother (AM)
- 14 (NA) elephant can do very heavy work
- 16 A female elephant is called a (WOC)
- 17 God showed His (VELO) for us by sending Jesus
- 18 The first two letters of a big striped cat (IT)
- 19 Each person must accept (RO) reject Jesus
- 20 Jesus died (ROF) Thai children as well as us

DOWN

- 1 The (FABULOF) is a great help to Thai people
- 2 God wants to (SUE) us to help others
- 3 God said (EH) will never leave us alone
- 4 Thailand used to be called (MISA)
- 7 Jesus came to earth (SA) a tiny baby
- 8 The main food crop in Thailand is (CEIR)
- 10 A Thai animal like a zebra is the (PARTI)
- 12 There is (ON) other way to heaven but Jesus
- 15 Neither good (RON) bad can separate us from God
- 18 Jesus wants (OT) become our Saviour



Thailand is home to elephants, buffalos, rhinoceros, tapirs, Antelopes, crocodiles, snakes, turtles and tigers. About 100 years ago there were more than 100,000 tigers in the world but their number has dwindled to about 2000 with the Balinese and Javan tigers now extinct. Another strange animal found in Thailand is the Tapir. Measuring about 2 metres long by 1 metre high at the shoulder, it looks something like a large, brown pig with a long snout.



JUNGLE ADVENTURE wordsearch

Find the red words listed and use the letters left over, to complete the sentence below:

T R N H E W O A G E S O F S I
 S N I I I L S S R E W O L F B
 D R E V A A T H B U T T S H E
 E G E F E T I F T O F G G O E
 D I F G S R N E T E I R N N S
 A U L L I I S U B P F E I I N
 B C H R I T S T O I J E A S U
 S O U R L O R D J M R S R N B
 S E E R T F O O O U T D U P X
 U D W C A V V R A T S S S L N
 S J K C Y B I L B B T M X W W
 U H E T X S N S C K Y C S I B
 I P I L E C E U I D P G H N D
 E F P K Y M S M D X G Q P X E
 M A P E H D G E G R A S S X T

- BEES
- BIRDS
- BUFFALO
- FLOWERS
- GRASS
- MAP
- MOUNTAIN
- PIGS
- RAIN
- RATS
- RIVERS
- SUN
- TIGERS
- TREES
- VINES

The _____

The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

SPOT the 6 DIFFERENCES



DRAW USING THE GRID :

Try and draw this little mouse who has been tempted beyond what he can bear, and taken the chef's cheese!



GOD IS FAITHFUL, HE WILL NOT LET YOU BE TEMPTED BEYOND WHAT YOU CAN BEAR BUT WHEN YOU ARE TEMPTED HE WILL ALSO PROVIDE A WAY OUT. 1 Corinthians 10:13

Teacher's Story

Naida Kubert

A Guiding Heart

I saw a Guide Dog the other day. He was waiting with his person in the queue at the medical clinic I go to. I was standing behind them. I wanted to pat him but I know that it's wrong to distract Guide Dogs from their job so I just watched him

He was standing, waiting patiently, and every time someone moved up a place, towards the counter, he would move up one place as well, without being told what to do. That was just one of the clever things he did every day. He gave the great gift of doggy sight to his person so that person could live their life independently.

The dog was lovely to look at. He moved gracefully. He had smooth glistening fur over strong muscles and a hand-



some head with velvety ears and alert brown eyes.

He was a beautiful creature but the person who thought

he was the most beautiful has never seen him. His person loved him for the beauty inside him – the beauty of his devotion, the kindness and the strength to keep going with the job, no matter how hard, and the courage to be totally trustworthy.

That's how God thinks. He says in 1 Samuel 16:7, "I do not judge as people judge. They look at the outward appearance, but I look at the heart." It's important to have a beautiful heart when God takes a look at us. That's what counts with Him! □



What A Wash!

by Naida Kubert

There was a little girl who lived in a town in the north of her country, near the border. One day, she was sitting outside her family's mud brick house, helping her mother grind grain into flour. A neighbour was sitting further up the lane and he waved. The sun was hot. Her cat stretched near her feet. It was peaceful and she was happy.

Her mother picked up the flour bowl and as she went back inside, said "Would you please help me make the bread dough?"

"Of course, Mum," answered the little girl, jumping up.

She had turned towards the door when suddenly there was a loud sound of thundering hooves and women started screaming. She looked back to see men on horses, carrying spears, galloping towards her. She

knew they were soldiers from across the border. They had raided other towns before. People were running in panic. The raiders were attacking anyone they could reach with their weapons. She cried out as an enemy soldier bent and scooped her up, throwing her roughly over the horse's neck, holding her upside down in front of him. She just had time to see her neighbour lying bleeding on the ground and to hear her mother crying out her name before the man turned his horse in a cloud of dust and galloped back the way he had come.

Time passed. Now the little girl was a servant of the army's commander and his wife. They had treated her well enough but, boy! did she miss her home, especially her mum and brothers. She was so worried she'd never see



them again. She cried herself to sleep most nights. One day, she was sweeping the courtyard. She looked over to where her master was sitting hunched over, with his head in his hands. He was in pain and he couldn't work anymore. He had a terrible skin disease that no one could cure.

The little girl knew that God would want her to help him. She knew that to forgive means to still want good for someone even though they don't deserve it. So she went to her mistress and said,

"There is a mighty prophet of God in my country who could cure my master."

So the commander went to find the prophet and he was told to wash seven times in the nearby river. At first, he flew into a bad temper. He didn't want to do it because this river was shallow and muddy and the rivers near his home were much better. But then the commander realised that he was just being proud and stubborn. He went and washed in the muddy river and out he came with skin as clear and new as a baby. Wow! He was impressed and grateful. Now he knew there was only one God no matter where you live.

And so, he went home. The commander had found a happy faith in God and he was cured of his illness, all because of a little girl who didn't hold a grudge.

Ref: 2 Kings 5:1-19

"You will seek me and find me, when you seek me with all your heart"

*Jeremiah.
Ch29:13*

SPOT THE 5 DIFFERENCES



A plea for life

The Beginning of Life

BY ANDREW LANSDOWN

Those who favour abortion (ie, the destruction of an embryo or a foetus in the womb through surgical or chemical means) argue that human life does not begin at conception. They maintain that the

foetus is merely a potential human being. Supposedly, then, “nature” intervenes at some arbitrary point to confer humanity upon the foetus. Yet advocates of this view cannot explain when the foetus actually becomes a human being. Is it after the first trimester—that is, the first three months of growth? Is it when the foetus is viable—that is, able to survive outside the mother’s womb? Is it upon birth after nine months gestation? They cannot say.

People opposed to abortion, however, maintain that human life begins at the beginning—that is, at conception. For it is both a biological and a logical fact that life commences when a sperm and an ovum unite. If this life is not “terminated”, the foetus will grow into an infant, then into a child, then into an adolescent, and then into an adult.

If left alone, the foetus (Latin for “young one” or “offspring”) will grow into a recognisable human being, never anything else. A woman does not become pregnant and then wonder what she will give birth to. She might wonder if the young one she carries will be normal or handicapped, healthy or sick, male or female, but she never wonders if her offspring will be human.

Stages of Development

Advocates of abortion claim that the unborn child is merely “a blob of protoplasm” or a “mass of tissue”. This is utterly untrue.

The baby’s sex can be determined as early as four days after conception. His (or her) blood cells form as early as the seventeenth day. His eyes begin to form around the nineteenth day. His nervous system begins to form around the twentieth day. His heart begins regular pulsations (a legal sign of life) around the twenty-fifth day. His cerebral cortex begins to form around the thirty-third day, with brain waves being recordable ten days later.

Around seven weeks (before most abortions are performed) the unborn child is *recognisably* human, with a miniature head, face and body, and tiny arms, legs, fingers and toes. Around eight weeks all his organs—brain, liver, kidneys and stomach—are functioning. Around the tenth week he can squint, swallow, kick, and grasp.

If women were told these facts, they would not so easily succumb to the lie that life in the womb is merely a blob of protoplasm that can be destroyed at a whim.

Complete from Conception

However, as important as these facts and this argument may be, there is a deeper fact and a stronger

argument yet. The child is actually complete from conception. There is never a moment when another gene is added to determine his sex or eye-colour or some other characteristic. He is complete, needing only nutrition, oxygen and protection.

Consequently, it is not quite correct to say, for example, that the child’s brain begins to form around the thirty-third day. The truth is, the blueprint is there from conception, contained in the chromosomes and genes.

Just as a woman cannot be a little bit pregnant, a foetus cannot be a little bit human. From conception, he is as fully human as his mother is fully pregnant. As has been said by others, the foetus is not a potential human being but a human being with great potential.

Viability outside the Womb

Some people argue that it is all right to abort a child before he is viable—that is, before he can live unaided outside the womb. Children born eighteen weeks prematurely (after only twenty-two weeks gestation) have been known to survive with adequate medical care. Until this point, however, they cannot survive outside the womb and are therefore, some argue, suitable candidates for abortion. This is a curious logic for two reasons.

Firstly, helplessness is not a justification for extermination. What has a child’s frailty got to do with his right to life? A person is not expendable simply because he is vulnerable. In humane, civilised societies, the defenceless are viewed as candidates not for wanton destruction but for special protection. It is mischievous to attempt to validate abortion by arguments about the viability of the foetus. A child who is helpless has a special right to care and protection, and persons entrusted with such care and protection have a special obligation to deliver it.

Arguments about the viability of the foetus are illogical in a second way. If independence is a condition



for survival, then a child who is born at term is not safe either. For even after nine months in the womb, a child is utterly dependent upon his mother. As far as dependency is concerned, a baby’s situation before birth is exactly the same as his situation after birth. While the nature of the nutrition and care that a child requires may change, the need for it does not. Whether his nutrition comes via the umbilical cord or the breast, whether his shelter comes from the womb or the bunny rug—either way, a child is utterly helpless, utterly dependent. If inability to survive unaided is not a valid argument for infanticide, nor is it a valid argument for abortion.

A Part of a Woman’s Body

Some people claim that a foetus is a part of a woman’s body, and therefore may be treated as she pleases. This is a mistaken assumption.

An unborn child is *not* a part of a woman’s body, like an appendix or a tooth. He is an independent person, with his own brain, heart, organs and body. His genetic structure is different from his mother’s and his blood may be of a different type. Indeed, if the baby is a *he*, even his sex is different! Both before and after birth, a child is an independent being who happens to be dependent on his mother for care and nutrition.

Abortion is not about a woman’s right to control her own body. It is about her right to control—or more accurately, to destroy—another person’s body, namely, her child’s.

Some people claim that a foetus is a part of a woman’s body, and therefore may be treated as she pleases. This is a mistaken assumption.

Computers & Technology

by DARRYL BUDGE

MANAGING FILES ON YOUR COMPUTER



Why organize your hard disk drive?

- Tidiness.
- Simplify file location.
- Simplify file weeding.
- Simplify file updates.
- Simplify computer upgrades.
- Simplify software upgrades.

General Tips

Set up an electronic filing system that resembles your hard copy filing system. Use the same system for electronic mail messages, Web bookmarks, and your contact address book. This means that you know to look in pretty much the same place for each system.

NEVER put files in software directories/folders.

How many folders or sub-folders do you need?

A folder should have at least 10 files in it (except for “temp,” which may be empty).

A folder should be sub-divided when it has more than 100 files.

Use either plural or singular case consistently.

Use shortcuts to reference files from one folder to another.

Organization

Set an overall structure up with three to six top level folders for ALL the files you create or use: word processing, spreadsheets, graphics, presentations, web pages, downloads, e-mail messages, attachments, etc. In each of your top level folders, set up a consistent and parallel sub-folder system.

Top Level folders might be organized by:

- **Name:** Especially for those who manage files for an office or who work with many projects.
- **Date:** Especially for tracking work or revisions. eg. Chronological — YR/MO/DA; Seasonal — Quarter-year; Monthly — YR-Mon or Mon-YR.
- **Type of file:** eg. Documents, Spreadsheets, Word processing, Presentations, Graphics
- **Topic:** eg. Schedule, Correspondence, Events, Research, Papers, Posters, Presentations, Web, Letters, Administration, Memo.

Indexing files

If you have a more dispersed organisation of files then consider using a file search tool. In Windows Vista and 7, search is located in the ‘Start Menu’. On a Mac, go to the Spotlight menu located at the far top right. Linux users can use tools such as Beagle Search, Recoll or Google Desktop Search.

However, for versions of Windows prior to Vista, file indexing tends to be clunky, slow, and does not index many types of files.

For those PCs, you can download Windows Desktop Search 4 (www.microsoft.com/windows/products/winfamily/desktopsearch), or Google Desktop Search (see desktop.google.com) or Copernic Desktop Search (see www.copernic.com). All of these are compatible with Windows XP and above, and they enable searching directly from your desktop from a floating toolbar or the taskbar.

Medical Matters

BY DR. JEREMY BECKETT



THE COMMON COLD

All of us have experienced the common cold. It is a mild upper respiratory illness involving, to various degrees, sore throat, sneezing, nasal congestion and running nose, cough, headaches, low grade fever and a feeling of general tiredness. It is caused by one of approximately 200 viruses that have been identified, about half of which are from the rhinovirus family.

The cold is quite different from 'the flu', although the words seem to be used almost interchangeably in Australian culture. The flu, or influenza, is a much more serious and unpleasant infection that is seen only rarely (in comparison to the common cold). In Part II we will look at some of the more severe viral respiratory infections such as influenza and glandular fever.

How a cold is spread

A cold is spread either through hand contact or inhaled infected particles.

How a cold isn't spread

Contrary to popular belief, there is no evidence to suggest that colds are caused by exposure to cold air or cold conditions. There was even a study in Antarctica that confirmed this! Similarly, there is no evidence that recycled air in aeroplanes increases your risk of catching a cold.

Prevention & Treatment

| Flu treatment | Effectiveness according to clinical evidence |
|--------------------|---|
| Hand-washing | Can definitely reduce the transmission of colds. I would recommend an alcohol-based handwash for use in your house or workplace. |
| Vitamin C | Is of no benefit once you already have the cold, but may reduce the chance of you getting one if you take more than 200mg daily. |
| Vitamin E | No evidence of benefit, and can be harmful in high doses. |
| Echinacea | No evidence of benefit in prevention or symptom relief. |
| Zinc | No evidence of benefit. |
| Cough mixtures | Only a small benefit in relieving cough. Preparations containing dextromethorpan or quiaifenesin are best supported by the evidence. |
| Cold & Flu tablets | Paracetamol is useful for pain (sore throat or headache), and the pseudoephedrine that most of these contain can be effective in reducing nasal congestion or discharge. |
| Antibiotics | Of almost no benefit, in spite of what most people believe. Antibiotics do not affect viruses, and are only useful in the instances where there is a bacterial cause: tonsillitis, bacterial ear or sinus infection (even most of these are viral) and pneumonia. Studies suggest that prescribing antibiotics for upper respiratory infections causes more harm than good. |

Many things have been tried, and many have failed. Read the table below - it may reveal a few surprises!

So what can we do?

Some of the remedies listed below can be helpful, but people often have their own home remedies for managing a cold.

Whilst few of these things shorten the illness, anything that makes it more bearable is worth a try! Your doctor will probably suggest rest, lots of water and regular paracetamol, but alternative options are plentiful: garlic, lemon, horseradish, and aloe vera juice just to name a few.

Recipes

SALADS – COLESLAW

450g raw white cabbage, shredded
2 carrots, scraped and grated
2 sticks celery, scrubbed and chopped
1 small onion, peeled and grated
25g sultanas
6 x 15ml spoons mayonnaise
Salt and freshly ground black pepper
To finish: Watercress



Coleslaw; Mushroom salad; Leek and red pepper salad

● Turn the cabbage into a bowl. Stir in the carrot, celery and onion. Add the sultanas and mix well together. Toss in mayonnaise and season salad with salt and black pepper. Garnish with sprigs of watercress. This salad will store well in the refrigerator for 2 days in a sealed plastic container.

MUSHROOM SALAD

Salt and freshly ground black pepper
Pinch dry English mustard
9 x 15ml spoons olive or corn oil
3 x 15ml spoons wine vinegar
1 x 15ml spoons finely chopped parsley
1 clove of garlic, peeled and crushed
350g button mushrooms, washed and sliced
● Put the salt, pepper, mustard, oil, vinegar, parsley and garlic in a screw-topped jar. Shake well together. Pour over the prepared mushrooms in a bowl and leave to stand for an hour or more in the refrigerator. French dressing can be made in large quantities and kept covered in the refrigerator for 3 weeks.

LEEK AND RED PEPPER SALAD

Salt and freshly ground black pepper
Pinch dry English mustard
3 x 15ml spoons olive or corn oil
1 x 15ml spoon wine vinegar
450g leeks, washed, trimmed and sliced
½ red pepper, washed, seeded and sliced into rings
● Make a French dressing by combining salt, pepper, mustard, oil and vinegar in a screw-topped jar. Shake well. Blanch leeks in boiling salted water for 5 minutes. Drain and allow to cool. Arrange leeks on a serving plate and top with rings of red pepper. Spoon French dressing over.

Believe it or not

BY STEVEN DE VOWE

THE AMAZING MOTORIZED GERM

What do your skin, a compost pile and an enormous lake all have in common? Each of them is home to an abundance of microscopic germs, properly called bacteria. Bacteria seem to be thought of as 'simple' compared to many-celled organisms, but certain motorized bacteria (such as *E. coli* or *Spirilla*) reveal immense engineering complexity.

Efficient design

These motorized bacteria are hardly 'simple'. The bacterium swims about with a whip-like cord called a flagellum (plural flagella), driven by a fantastic motor embedded in the outer shell. The flagellar motor is powered by proton flow, and closely resembles microscopic electric motors, powered by electron flow. The motor generates waves in the cord, which drive the germ forward.

A bacterial flagellar motor has the amazing quality of combining speed with efficiency. These extremely efficient motors can quickly stop, start, change speeds, and reach a top speed of about 100,000 rpm (revolu-

tions per minute). The cell is propelled up to 15 body-lengths per second at top speed. If this could be scaled up, it would be like a person of height 1.8 m (6 ft) swimming at 100 km/h (60 mph).

It is also very versatile, because it has forward and reverse gears, enabling the germ to reverse direction within a quarter of a turn.

Most man-made electric motors are up to 75-95% efficient at larger sizes, but lose efficiency as they get smaller. The bacterial motor is almost 100% efficient at cruising speed. The bacterium uses only 2% of its total energy for swimming.

Microscopic design

Biological flagellum motors are also superior in their minute size. The smallest man-made electric motor weighs 0.37 grams and is the size of a housefly, but bacterial motors weigh almost nothing. To view them you need an electron microscope, because they are 25 nanometres (one millionth of an inch) in diameter.

Eight million of them would fit in the

cross-section of an average human hair.

Scaling a regular electric motor to this size would bog it down with friction, because water tends to get 'stickier' as things are smaller. But it does not cause any problems for the flagellar motor.

Purposeful design

There are no motors of any type that are as rapid, efficient, and small as flagellar motors in bacteria. Could such a motor that far exceeds man's inventions be the result of a cosmic accident billions of years ago?

Every example of man-made electric motors proves to be primitively clumsy compared to the superior complexity and efficiency of the flagellum motor. The reasonable solution is that motorized bacteria



had an all-wise designer, Jesus Christ our Creator (John 1:3; Hebrews 1:2).

"For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse" (Romans 1:20).

BUILDING BETTER MARRIAGES

At the heart of men and women

BY ROB FURLONG

If you have not read John Eldredge's book, *Wild at Heart* (published by Thomas Nelson, Inc.), then you need to! Although written for men, ladies will gain immensely by reading it also. Drawing on his own experiences from life and dozens of other anecdotes, Eldredge insightfully explains the core issues that are at the heart of every man and woman.

• For a man these are:

1. He has a **battle to fight**.
2. He has an **adventure to live**.
3. He has a **beauty to win**.

• For a woman, it looks like this:

1. She yearns to be **fought for**.
2. She longs for an **adventure to share**.

3. She has a **beauty to unveil**.

Recently I spoke to a group of people on the topic of love, marriage and sexuality based on the Song of Solomon found in the



Bible. The book deals sensitively but explicitly with the subject of intimacy between a husband and a wife. When I address groups like this, I always find it helpful to highlight some of the needs of both men and women.

I have found that when men and women understand these more clearly, it potentially can enrich their intimacy.

• What are a man's needs?

He needs admiration.

I wrote on this subject last year. Many men have a lot of work to do, it is true, but our society is doing a

good job of tearing manhood down: so lets build it up!

He needs time out.

At times, a man needs time alone to process things. This *does not* give him license to distance himself, withdraw into his shell, suck his thumb and sulk!

He needs to take the lead.

Marriages and families work better when the husband gives loving leadership to his wife and children.

- So what are the needs of a woman?

She needs to be cherished.

She needs to know that the man in her life treasures her both *publicly* and *privately*: that he values her as his *treasured possession*.

She needs to be loved.

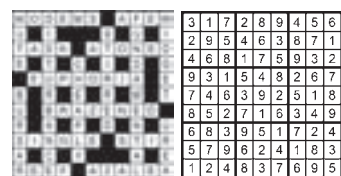
This translates into *action* guys. You show your love when you do things like *listening* to her and yes, even going clothes shopping with her! (There is no greater test of love!)

She needs to be protected.

As I heard a speaker say recently, "You must be prepared to take the bullet for her..."

A better understanding of each other's needs enables us to grow in our knowledge and care for each other and this, in turn produces *intimacy*.

ROBF@TCOC.ORG.AU



GardenTime

with HANK REEVE

TOMATO CULTURE

One of the real pleasures of summer is to enjoy juicy, home-grown tomatoes with your salads, rather than the red "golf balls" on offer by your local supermarket.



Tomatoes should be grown in an open, sunny position with wind protection. It is a good idea to choose part of the garden that hasn't been used for tomato growing for a few years as some tomato diseases are soil borne.

Before planting, turn the soil over, incorporate some well rotted compost or manure in. Once the plants are established about 250mm high, a teaspoon of complete NPK fertiliser per plant should be added to keep them powering along.

Depending on the variety of tomato you choose to grow, staking may be necessary – consult label or seedpacket. With the staking varieties some pruning before flowers appear is beneficial, this involves pinching out of the lateral shoots that appear where the leaf stems meet the main trunk of the plant.

New plants can be propagated quite easily from these shoots if placed in cutting mix. As fruit begin to develop a second dose of complete fertilizer should be applied. Once cultural problem that may show up from time to time is blossom end rot (blackened and flattened base fruit).

This is often related to infrequent watering – water stress. Some varieties seem more prone to this than others. Deep and regular watering – say every 2-3 days should overcome this. Some gardeners prefer to install a drip or micro spray irrigation system at planting which also avoids the problem of mozzie bites to the legs whilst watering.

Tomatoes are susceptible to a host of pests and diseases. Most of these can be kept in check with the tomato dust formulations. If fruit fly is a problem in your area, a systemic insecticide will need to be used regularly once fruit is well formed. Be sure to observe the time lapse required between spraying and harvest. This will be specified on the insecticide label.

Listed below are some of the popular tomato varieties:

BUSH TYPE: Roma, Quick Pick "Eggs", Moonshot, Super Prize.

STAKING TYPE: Grosse Lisse, Rouge de Marmade, Apollo/Apollo Improved, Mighty Red.

POT VARIETIES: Tiny Tim, Sweet Bite, Tommy Toe.

Some of the seedling growers are marketing "combo" punnets in the pot and bush varieties which provide an interesting mix of shapes, colours and sizes at harvest.

For pot culture, choose a pot around 300mm size, add a complete fertilizer (NPK & trace) to the soil mix and mulch the top of the mix well to insulate against drying out – straw or lucerne hay is ideal.

Now for your comments...

Hey, did you like reading Destiny?

Do let us know what you liked about it and what we could do better.

1. Would you enjoy receiving further copies of Destiny?

2. Did you like the children's pages (if you are below 15 years)

How could we make it better?

3. What are your thoughts about people's life stories?

Do you have any questions about their experience? If yes, write to us at reachdestiny@rediffmail.com

4. Do you have any comments about other articles?

If yes, write to us at reachdestiny@rediffmail.com

5. If you have any questions we have a panel who would be very happy to answer your questions or clarify any issues you wish to raise.

If yes, write to us at reachdestiny@rediffmail.com

6. Would you like to talk to someone in your city or need counseling?

Write to us at reachdestiny@rediffmail.com

You may also connect with us on facebook.
Our id is Reach Destiny

Osteoporosis: Could you be at risk? BY MIRIAM THYER

Osteoporosis (literally meaning 'brittle bones') is a condition whereby bones lose their internal scaffolding structure, become fragile and fracture more easily. Osteoporosis greatly reduces the quality of life of the sufferer, because it is accompanied by pain, weakness, changes in posture ('humped' back), loss of independence and even premature death.

This is a very common disease, but it is difficult to know exactly how many have it since it is often detected only when a person presents to hospital suffering from a fracture. Recent figures show that every 5 or 6 minutes,

someone is admitted to an Australian hospital with an osteoporotic fracture. With a growing elderly population, for whom falls are a common occurrence, this statistic is set to become much worse.

The key factor in osteoporosis is reduced bone density (weak bones) primarily caused by insufficient calcium in the body. If you are not getting enough calcium in your diet, your bones will sacrifice some of their calcium so that the rest of the body has enough. Risk factors for developing osteoporosis include:

- Insufficient calcium intake
- Lack of physical activity (particu-

larly 'weight bearing' activity like walking or running)

- Being aged over 65
- Being a post-menopausal woman
- Being a smoker
- High intake of caffeine

It is true on one level that osteoporosis is an 'old people's disease', but the best approach to the disease is prevention, which means it must be addressed from childhood. This means eating plenty of dairy foods (milk, cheese and yoghurt) and other sources of calcium (nuts, seafood, fruit and leafy green vegetables) as well as doing lots of exercise.

Third umpire

Billy Bowden turned to umpiring after a virus turned into viral arthritis in his early-twenties. He has earned a reputation for giving batsmen out with a curiously bent finger, which, according to Billy, is "50/50 reality/show".

BY CANDICE OSBORNE

Among the elite umpires of the ICC, 47-year-old Brent (Billy) Bowden is without doubt the most unconventional.

One can see he has disregarded any rule-book that states the best umpires are the least noticed, instead displaying a whole host of whacky twists to his daily routine. The most celebrated of these is his hop-on-one-leg-and-reach-for-Jesus signal for six, and he seems pre-programmed to pose throughout a match, even when ducking for his life as a pull-shot rockets through square-leg.

Billy turned to umpiring after a virus turned into viral arthritis in his early-twenties, and has earned a reputation for giving batsmen out with a curiously bent finger, which, according to Billy, is "50/50 reality/show".

But the tale behind his well-known humour is found further back in his upbringing, where he learnt that laughter is the best medicine. There was also serious evaluation of his life at age 17 at an Easter-time camp.



Ricky Ponting of Australia assists umpire Billy Bowden during the ICC Champions Trophy 1st Semi Final match between Australia and England on October 2, 2009 in Centurion, South Africa. (Photo by Hamish Blair/Getty Images)

Growing up in a Christian family, where his dad was a church pastor, meant that Billy was brought up with strong morals and ethics. This placed him in good stead as a sports person who wanted to represent his country in cricket. However, his dream was to be holding the bat and catching the ball, but all this changed when he suffered the illness.

"I was disappointed and frustrated because I'd been a keen sportsman with a dream to represent New Zealand. I felt like God had let me down.

"In hindsight, God didn't let me down, He had other plans for my life. God moves in mysterious ways and it was only ten years later that I understood why I suffered this illness. He taught me a big lesson – to believe, have faith and listen to Him."

Billy now feels that God provided him with a greater opportunity to be a Christian witness in the sports arena as an umpire than had he been playing.

Billy made a personal decision to follow Christ when he was 17, two months after attending an Easter camp. He decided not to make the commitment at the camp because he didn't want to fall into a trap of "before and after Easter camp hype". Instead he wanted to know in his heart that he wanted to do it, and not because he was a preachers kid.

"My attitude towards life changed after that. I became more at ease with others and myself. I knew then that God was there by my side, whatever happened. He was my best friend who I could turn to 24 hours a day and ask anything. He would never let me down. I had to trust, believe and have faith in Him."

This umpire of 78 first class matches, 23 one day internationals and 23 Test matches describes his relationship "with God being

like the third umpire".

"In cricket when I'm in doubt with a decision I go upstairs and ask for help, guidance and to get the right answer from the 3rd umpire. I can relate this to my day-to-day life. If I'm not too sure of something I can go 'upstairs' and ask God to help guide me in the right direction. Hence the third umpire phrase."

To watch Billy on the cricket field, one wonders if he was blessed with madness or humour. (But there is method in the madness as his joints ache through the stress of arthritis, so the continual movement – leg wiggling and arm wagging for leg-byes, wides, fours and sixes – helps keep his body fluid).

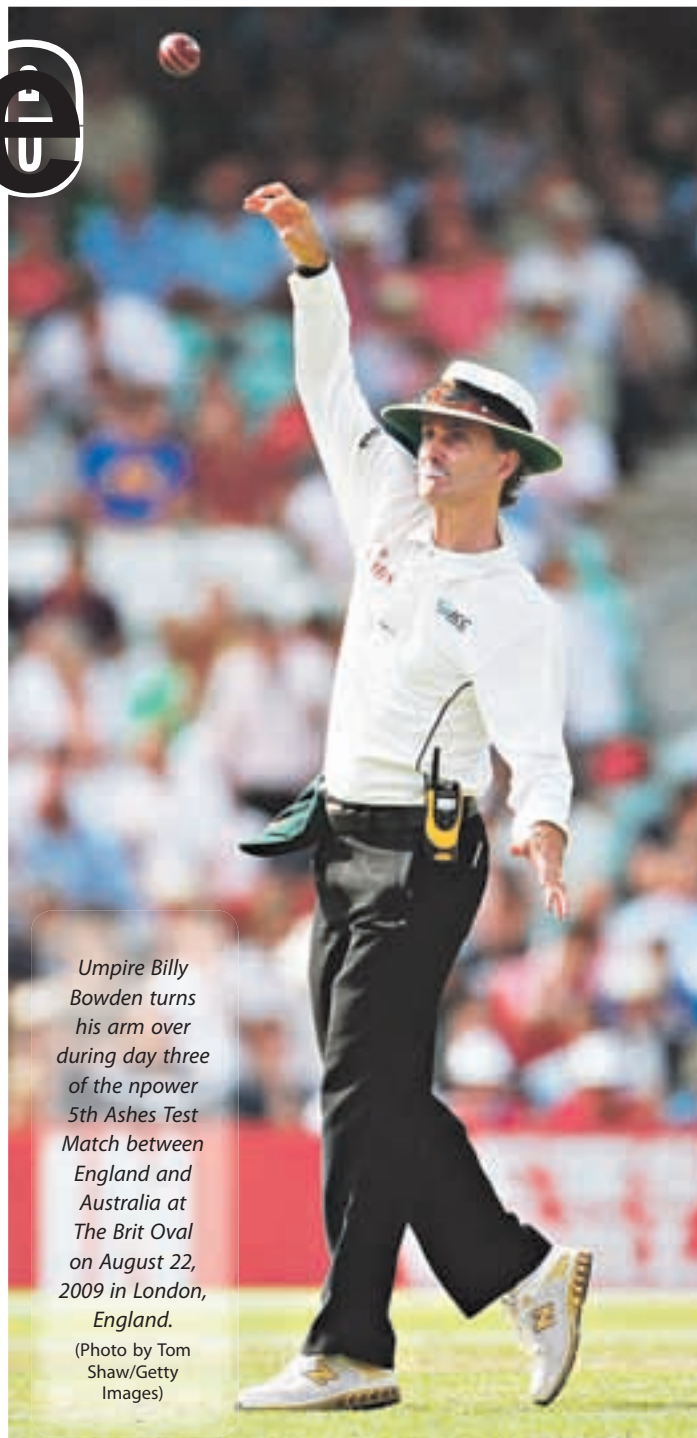
Billy says his family all have a sense of humour. "I will never forget what my Dad wrote in his weekly church letters, 'Laughter is the best medicine', how true is this. Can you imagine how boring it would be if there was no humour, can you imagine it?"

"Our family grew up enjoying life and having fun whatever we did. We are here to enjoy ourselves and believe it or not, being a Christian is cool. My personality takes over especially in the one-day arena, because that is what life has all been about for me, enjoyment and having fun. The day that I'm not allowed to use my character or show personality is the day that you won't see me out in the middle. Hopefully this will never occur."

To summarise, Billy says all things are difficult before they are easy. There will be struggles and temptations that we will face, but by focussing, obeying and modelling ourselves on God, we can overcome the greatest challenges.

"The Bible passage of 1 Corinthians chapter 16, verse 13, has meant a lot to me in my day to day life. It says, 'Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.'

"For me it is not my will any longer, it is God's will. I do believe and have faith that God



Umpire Billy Bowden turns his arm over during day three of the npower 5th Ashes Test Match between England and Australia at The Brit Oval on August 22, 2009 in London, England.

(Photo by Tom Shaw/Getty Images)

has some special things in store for all of us. God loves us and He won't let us down, so why not give all your troubles to God."

Billy is looking forward to more great times 'out in the middle'.

"I will be continuing my career as an international cricket umpire," he says, "so life is good and it is great to be alive. Having God in the centre of my life is so much better."

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