

Adventist Heroes

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Devotional: “Geraniums”

By: Ardys Joy Caballero-Gadia, BSN’91

**“Let us holdfast the profession of our faith without wavering’
for he is faithful that promised.” Hebrews 10:23**

We know them as simply “geraniums.” They are one of the most popular container plants, yet they are not really geraniums. Botanically, they are called *Pelargonium*. The perennial cransbills are the true geraniums and they don’t look much like the plant we commonly call geraniums. This confusion with names can be traced back to the disagreements between botanists; it is of little importance to gardeners except for the distinction that perennial cransbill geraniums will come back year after year after the winter while zonal geraniums often do not survive the winter and thus are grown as annuals.

I love geraniums. I planted 3 different colors one day, clippings given by the lady a few doors down the street from us (Mrs. Lydia Roda). Because geraniums thrive in the desert, they don’t wilt even when I forget to water them. In Loma Linda, they bloom during our cold winter storms (30s-40s Fahrenheit) and during our scorching summer heat (110-120F). The few times our ground was covered with frost, our hardy geraniums still bloomed: no fuss or drama. Once, our neighbor across the street accidentally backed into our yard. Their SUV broke through our miniature picket fence, tire tracks mowed two large geranium plants down. For weeks and months after that, the broken plants kept blooming, undefeated, no matter what. Both still bloom today.

Geraniums remind me of today’s text: we are urged to hold fast onto the profession of our faith without wavering.

Will your anchor hold? Will you hold fast?

Joy Caballero-Gadia



Editor's Thoughts: "Geraniums"

By: Ardys Joy Caballero-Gadia, BSN'91

Geraniums, native to South Africa, the geranium (*Pelargonium* spp.) has spread far and wide because of its brightly colored flowers and utility in the garden. They are hardy in U.S. Department of Agriculture plant hardiness zones 9 through 11; they prefer full sunlight and fast-draining soil.

These are the four main kinds of geraniums:

Zonal geraniums (*Pelargonium x hortorum*), also called common and garden geraniums, receive their name from the colored bands or "zones" present on their leaves. They include hundreds of varieties, each producing single or double blooms in ball-shaped clusters throughout the growing season. Flower colors include orange, red, salmon, pink, white and lavender, and a single plant produces multiple balls at one time. Zonal geraniums grow in a rounded, upright shape and work well in planters, borders, mixed flowerbeds and containers. Some varieties of zonal geraniums produce lacy leaves, or leaves with white margins or variegated patterns.

Martha Washington geraniums (*Pelargonium domesticum*) produce the largest flowers of all the geranium types. The bi-color flowers have dark-colored centers that fade to a second color, usually white. Color combinations include violet and lavender, pink and white, magenta and pink, and crimson and red. Martha Washington geraniums prefer cold weather, and their blooms appear in spring and late summer when nighttime temperatures remain consistently below 60 degrees Fahrenheit. Sometimes called Regal and Lady Washington geraniums, they have a bushlike form and grow best in pots indoors.

Best-suited for hanging baskets, planters and window boxes, where their trailing stems make the most impact, the **Ivy-Leaf geraniums** (*Pelargonium peltatum*) produce thick, glossy leaves reminiscent of ivy leaves. Because of their thin foliage and flowers, grouping three or more ivy-leaf geraniums is required for full plantings. Their bloom colors include reds, pinks and purples, and the flowers appear throughout the summer months. Unlike the other kinds of geraniums, ivy-leaf geraniums require constantly moist soil and filtered shade when temperatures rise above 85 degrees Fahrenheit.

Grown mostly for their fragrant foliage, **Scented-Leaf geraniums** produce the smallest flowers of all the geraniums. These are heirloom geraniums,

meaning they have changed little over time. Depending upon the specific variety, the leaves may have the scent of mint, roses, chocolate, various spices, lemon and other citrus. The leaf shapes of these plants vary as much as their fragrance, and the leaves may be lacy, serrated, rounded or crinkly. Scented-leaf geraniums work well in containers, planters and in a garden near a patio, porch or deck where their eye-catching textures and striking fragrances provide enjoyment.



Examples of Zonal Geraniums



Examples of Martha Washington Geraniums



Examples of Ivy-Leaf Geraniums

Rose-Scented-Leaf Geranium



Lemon-Scented-Leaf Geranium



Chocolate-Mint Scented Leaf



Examples of Scented-Leaf Geraniums

Apricot, apple, lemon, mint, strawberry, yum! It sounds like a list of delicious flavorings, jellies, or fancy soaps when in actuality these are a few of the many scented leaf geraniums out there. Now, you can begin to understand why there are avid geranium collectors out there!

Wait! Let's try to grasp the concept here. Imagine wanting to make a rose scented perfume but instead of using a lot of rose petals for your project, you are handed some geranium leaves and they smell just like roses! How cool is that!? But not only that! Did you know that the rose scented leaf geranium is one of the seven categories of scented leaf geraniums? These categories are:

1. **Rose:** Old-fashioned Rose, Dr. Livingston, Logee's Snowflake, Attar of Roses, and Grey Lady Plymouth.
2. **Lemon:** Prince Rupert, Lemon-scented, Mable Grey, Lemon Balm, and Rose Bengal.
3. **Mint:** Peppermint, Joy Lucille, Pungent Peppermint, Crowfoot, and Chocolate Mint.
4. **Fruit and Nut:** Apple, Strawberry, Orange, Apricot, Filbert, and Pretty Polly.
5. **Spice:** Nutmeg, Ginger, Old Spice, and Cinnamon.
6. **Pungent:** Beauty, Clorinda, Mrs. Taylor, Pine-scented, Old Scarlet Unique, and Southernwood.
7. **Oak-Leaved:** Fair Ellen, Sharptooth Oak, Staghorn Oak, Pheasant's Foot, and Village Hill Oak.

[Mother Earth News](#) further reports that there are some 80 varieties available yet at one time there were more than 250. The magazine goes on to state, *"The original herbs were introduced to Europe from South Africa in the early 1600's and attracted so much attention that by 1652 the Dutch East India Company had established a brisk trade in the plants. Specimens were sent to Holland, where they were multiplied and hybridized. By the 1700's they were being grown in quantity for the perfume industry, and with the discovery that the Pelargonium capitatum—known as Attar of Roses—could serve as a substitute or adulterant for the costly true rose attar, extensive plantations of scented geraniums were established by British landowners in Kenya. (This will give*

some idea of just how extensive these plantations needed to be: It takes one ton of green material to produce a mere two and a half pounds of essence by the process of distillation!) In the 1800's the Victorians cultivated them widely as ornamentals and used them in a number of folk remedies. Compresses or head baths of scented geranium vinegar, for example, were reputed to cure headaches ... a remedy that doesn't seem to have survived the Victorian era."

In this issue of CyberFlashes we will talk about **Adventist Heroes**.

Heroes. Christopher Reeves an American actor, director, producer and author who played four *Superman* movies between 1978-1988 explains that *"a hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."* The German poet Novalis quips, *"a hero is one who knows how to hang on one minute longer."* Hercules says, *"a true hero isn't measured by the size of his strength but by the strength of his heart."*

My husband Andy is a combat veteran. Immediately after college, he served with the US Armed Forces following in the footsteps of his father and grandfather. After his training was completed, he was promptly sent to the battlefield. Today, like many who had served, he is often hailed as a hero and thanked for his service. And like those who served, he brushes this off by saying, *"thanks, but we were just doing our job."* Or he would say, *"someone had to do the job."*

I am sure in your day to day life, you know many Adventist heroes. You admire their qualities and admire what they have achieved. Like our servicemen and women, your hero would probably say, *"thanks, but I am just doing my job."* Or perhaps, like the geranium, your hero may think he or she is ordinary. However, in reality your hero has demonstrated hardiness, holding fast to the profession of their faith, standing for what they believe and was simply inspirational.

If you have a such a person in your life, please don't hesitate to share! He/she does not need to be an MVCian. Write a short write- and send it to me (Joy Caballero-Gadia) at watermankids at yahoo dot com. Send it before May 30, 2017. Take this opportunity to pay tribute to that hero!





“My Spiritual Hero”

By: Lillian Javellana

"When I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you."

2 timothy 1:5 NKJV

Not all of us are fortunate to have that ideal male gender spiritual leader in the home. I have observed that when husbands who, perhaps may have not been enlightened of the seriousness of that responsibility, have neglected to perform the duties a spiritual leader in the home and the wives picked up the torch and kept the Light burning in the hope that the children can walk in the Light, the Lord blessed their efforts just the same!

In the Bible, Timothy's grandmother Lois and Mother Eunice were inspirational to me. They were Timothy's first spiritual leaders who, from the home, instilled into him their "genuine faith." It was from these Godly mothers that Timothy received the example of how to be a Christian. Timothy embraced their Christian faith, instead that of his Greek father.

In my time, I personally know three stalwart Christian wives and mothers who became and lived the lives of spiritual leaders in their homes and the Lord blessed their commitment tremendously. They all have been an encouragement and were inspirational to me. The Lord blessed their efforts and allowed them to bear fruits. Their whole families embraced their faith. They won their spouses to Christ, and all their children gave their hearts to Jesus and serve Him in their own fields of occupation.

One of these women was my grandmother Henorata *“TingTing”* Briones Caballero. She was my own "Spiritual Hero." She was the spiritual leader of the Caballero home.

I remember each time we grandchildren visited their home in Kaulayanan, it would be Lola Ting who would gather us for family worship. I could still see her in my memory. She would carry a kerosene lamp to the living room, retrieve her Bible, song book, morning watch or lesson quarterly from the wooden chest (kaban) which sat on the bamboo floor of her living room, and the whole family would gather around sitting on the mat or on the cool bamboo floor. Whether in the morning or in the evening, we would need a kerosene lamp because morning worship was before dawn and evening worship was after sundown.



In my mind, I can still hear Lola Ting's voice leading in the singing and in the reading. She did all that while my Lolo sat and listened.

I remember my Lola Ting's strong dislike for beetles. During the month of May, the beetles come up from the ground. Late in the afternoon before sunset, the beetles would awake and become active, flying all around and easily

entering into my grandparents' bamboo house. So for evening worship, Lola Ting would already have her mosquito net set up. She would sit inside the mosquito net with her kerosene lamp, lifting her voice in song and praise with her grandchildren following her example with gusto. From under that mosquito net, protected from the beetles and mosquitos, Lola Ting's songs and prayers reached the Throne of Grace where the Monarch of the universe sits. It rose like sweet smelling incense before the mercy seat and the Lord heard her prayers. Today, four generations of her descendants faithfully worship and serve the Lord.

I miss Lola Ting so much. When I gather my family for worship, I remember her. I thank the Lord for her faith and example, for giving her the courage and determination to raise her family in the fear of the Lord. I thank her for raising my Papa in the fear of the Lord, who in turn raised me in the same way. I know that like Paul I can also say, "*when I call to remembrance the genuine faith that is in my father Moises, which dwelt first in my Lola Ting.*"

I pray that Lola Ting's "genuine faith," her courage, determination and example would also be in me so that my spouse and my children's hearts would truly be surrendered to Jesus and would choose to dedicate their lives to serve Him. May Lola Ting's legacy continue from generation to generation until Jesus comes to take us home.

Lillian C. Javellana (BSN'81) writes from Palmdale, CA, where she **SHINES ON!** as a nursing administrator, a mom, wife and an avid gardener. She is a produce of MVC's Faith Elementary School, MVC Academy and MVC School of Nursing.



“Adventist Heroes”

By Florante Vacalares Callo

High school students from Hiroshima Adventist Academy worked rapidly under the sweltering heat of the sun, manually gathering large rocks to the side of a riverbed. Their flushed skin, lavishly smothered with sunscreen still looked lightly sunburned. Their young hands full of blisters. The muscles in their back, arms and legs screamed in pain. For some, it was their first time away from home. For most, it was their first time away from their country. 25 boys and 25 girls, all volunteers, doing 30 days of hard manual labor in the Philippines because they wanted to help save lives.

It all started with Project HEAL in 1997, the location was Mampalanay Mission School which is in Lilingayon, Valencia, Bukidnon but it is more accessible from Barangay Basak in Lantapan crossing the great Manupali River. Pastor Jim Batanga, the Project HEAL Director at that time, took a Japanese guest with him to visit Mampalanay Mission School. They learned that a farmer had recently drowned while crossing the river. The farmer was carrying a sack of carrots. Heart burning with compassion, the Japanese guest suggested that we write a proposal to have a hanging bridge built so that the farmers will be safer as they cross the river. With the help of the late Dr. Tony Sumbalan (Provincial Planning and Development Officer), I finished writing the proposal in 3 days and submitted it to Japan International Cooperation Agency as instructed. After some back and forth negotiations and some revisions to the plan, it was approved and 50 young volunteers (25 boys and 25 girls) from Hiroshima Adventist Academy arrived to start the work.

"Mamulawan na sila diha, atik-atik ra na silag tapok tapok ug bato" (*don't let them fool you pretending to gather stone. They're looking for gold there.*) became the reaction of local folks, while our Adventist brethren from Basak, headed by their lovely Punong Barangay, an Adventist, took care of the young tourists who had blisters on their hands from gathering stones for the foundations of the bridge.

After the Japanese students' 30-day mission in Lantapan was over, others continued the work until the hanging bridge was completed. Eng. Eugene Porteza, Engr. Japhet Nermal, MVC volunteers, HEAL Missionaries and local skilled workers were among them.

Mampalanay Mission School and the growing Adventist community of the Talaandig Tribe became a prosperous agricultural plateau. When Project HEAL was disbanded in year 2000, the

young couple who started the mission school (I forgot their names) continued serving the people there.

The most memorable event I could remember about Mampalanay was when their water system was built and finally turned on on Christmas Eve. Excited, their faces filled with surprise and awe, both kids and adults took their baths at the faucets inspite the very cold night as the winds blew down from Mt. Kitanglad. They laughed and shouted for joy. After a solemn worship together, they enjoyed a simple Noche Buena feast which their para teachers prepared for them.

Now, MAMPALANAY has its own school built and operated by the Department of Education but I believe the HEAL/SULADS legacy lives on. I miss the stories I wrote about HEAL experiences we sent to the European Union, our funding partner. The stories might have been forgotten or abandoned in the shelves but they are beautiful accounts of how every HEAL missionary, called in the project brief as para teachers, contributed in CHANGING THE WORLD ONE LIFE AT A TIME..... Photo credits to my loving Adventist brother, Kagawad Roque Rios of Lilingayon, Valencia....

Florante Vacalares Callo writes from Kibawe, Bukidnon, where he SHINES ON! as the Tourism/ Investment Promotion Office/Community Affairs Assistant-1 of LGU Kibawe, Bukidnon. He previously served as the Monitoring Supervisor of Project HEAL and served as Parateacher at Sitio Mapantaw, Canangaan, Cabanglasan before being transferred to Calamba, Lantapan, where he also served as a Parateacher.



The Bottom Line of Life

By Ben Stein *as seen in America in Uniform*

(shared by Jess Colegado)

For many years Ben Stein has written a biweekly column called 'Monday Night At Morton's.' (Morton's is a famous chain of Steakhouses known to be frequented by movie stars and famous people from around the globe.) Now, Ben is terminating the column to move on to other things in his life. Reading his final column is worth a few minutes of your time.

Ben Stein's Last Column...

How Can Someone Who Lives in Insane Luxury Be a Star in Today's World?

As I begin to write this, I 'slug' it, as we writers say, which means I put a heading on top of the document to identify it. This heading is 'online FINAL,' and it gives me a shiver to write it. I have been doing this column for so long that I cannot even recall when I started. I loved writing this column so much for so long I came to believe it would never end.

It worked well for a long time, but gradually, my changing as a person and the world's change have overtaken it. On a small scale, Morton's, while better than ever, no longer attracts as many

stars as it used to. It still brings in the rich people in droves and definitely some stars. I saw Samuel L. Jackson there a few days ago, and we had a nice visit, and right before that, I saw and had a splendid talk with Warren Beatty in an elevator, in which we agreed that *Splendor in the Grass* was a super movie. But Morton's is not the star galaxy it once was, though it probably will be again.

Beyond that, a bigger change has happened. I no longer think Hollywood stars are terribly important. They are uniformly pleasant, friendly people, and they treat me better than I deserve to be treated. But a man or woman who makes a huge wage for memorizing lines and reciting them in front of a camera is no longer my idea of a shining star we should all look up to.

How can a man or woman who makes an eight-figure wage and lives in insane luxury really be a star in today's world, if by a 'star' we mean someone bright and powerful and attractive as a role model? Real stars are not riding around in the backs of limousines or in Porsches or getting trained in yoga or Pilates and eating only raw fruit while they have Vietnamese girls do their nails.

They can be interesting, nice people, but they are not heroes to me any longer. A real star is the soldier of the 4th Infantry Division who poked his head into a hole on a farm near Tikrit, Iraq. He could have been met by a bomb or a hail of AK-47 bullets. Instead, he faced an abject Saddam Hussein and the gratitude of all of the decent people of the world.

A real star is the U.S. soldier who was sent to disarm a bomb next to a road north of Baghdad. He approached it, and the bomb went off and killed him.

A real star, the kind who haunts my memory night and day, is the U.S. soldier in Baghdad who saw a little girl playing with a piece of unexploded ordnance on a street near where he was guarding a station. He pushed her aside and threw himself on it just as it exploded. He left a family desolate in California and a little girl alive in Baghdad.

The stars who deserve media attention are not the ones who have lavish weddings on TV but the ones who patrol the streets of Mosul even after two of their buddies were murdered and their bodies battered and stripped for the sin of trying to protect Iraqis from terrorists.

We put couples with incomes of \$100 million a year on the covers of our magazines. The noncoms

and officers who barely scrape by on military pay but stand on guard in Afghanistan and Iraq and on ships and in submarines and near the Arctic Circle are anonymous as they live and die.

I am no longer comfortable being a part of the system that has such poor values, and I do not want to perpetuate those values by pretending that who is eating at Morton's is a big subject.

There are plenty of other stars in the American firmament...the policemen and women who go off on patrol in South Central and have no idea if they will return alive; the orderlies and paramedics who bring in people who have been in terrible accidents and prepare them for surgery; the teachers and nurses who throw their whole spirits into caring for autistic children; the kind men and women who work in hospices and in cancer wards.

Think of each and every fireman who was running up the stairs at the World Trade Center as the towers began to collapse. Now you have my idea of a real hero.

I came to realize that life lived to help others is the only one that matters. This is my highest and best use as a human. I can put it another way. Years ago, I realized I could never be as great an actor as Olivier or as good a comic as Steve Martin or Martin Mull or Fred Willard--or as good an economist as Samuelson or Friedman or as good a writer as Fitzgerald. Or even remotely close to any of them.

But, I could be a devoted father to my son, husband to my wife and, above all, a good son to the parents who had done so much for me. This came to be my main task in life. I did it moderately well with my son, pretty well with my wife and well indeed with my parents (with my sister's help). I cared for and paid attention to them in their declining years. I stayed with my father as he got sick, went into extremis and then into a coma and then entered immortality with my sister and me reading him the Psalms.

This was the only point at which my life touched the lives of the soldiers in Iraq or the firefighters in New York. I came to realize that life lived to help others is the only one that matters and that it is my duty, in return for the lavish life God has devolved upon me, to help others He has placed in my path. This is my highest and best use as a human.

Faith is not believing that God can. It is knowing that God will.



THIS IS A HERO

Not a sports player. Not a politician. Not a faddish figure.
A hero faces death for others, with no thought of personal gain or glory.
This is the face of a true hero.



Dresses For Malawi

In collaboration with Raylene Baumgart

In 1961 while Dr. Hastings Banda was its president, Malawi's economy was often cited as an example of how a poor, landlocked, heavily populated, mineral-poor country could achieve progress in both agriculture and industrial development. Today, still landlocked, poor and having a history of violent turmoil, Malawi's population has soared to 16,777,547. Factor in the very high prevalence of HIV/AIDs among adults in the country with dozens dying each day leaving children to fend for themselves and you have a recipe for disaster. Soon the streets were full of children with no adults to care for them. And true to form, human predators arrived molesting children especially those who appeared to have no families. One way to tell if the child had no family was by the torn rags that they wore.

Realizing that if a female child were clean and not dressed in rags then the predators might be more inclined to ignore them thinking they belonged to a family, ideas started brewing in Raylene's creative mind. An avid seamstress she wondered what would happen if dresses were sewn for the children. It might not save all but it will make a difference to many, right? Energized by this mission, Raylene started talking to people.

"It all started with a need," Raylene explained. *"Girls in Malawi needed to wear dresses to prevent them from being molested. Since my girlfriend Anne Ouelette is scheduled to fly to Malawi for her annual trip with the Stricklands, my Women's Ministry team and I decided to help sew a few dresses. We gave ourselves a goal of 100 dresses for Anne to take with her."*

But not everyone knew how to work with fabric! In fact, everyone except for two ladies had no clue where to begin! It became evident that they would have to be creative, flexible and patient with each other if they were to sew 100 dresses. They would have to be teachable and accepting. The whole



experience was both humbling and eye-opening for all the women involved, but with a mission so dire they opt to get past personal pride and focus instead in getting the work done. Soon, Raylene found herself not only leading the group but also teaching, coaching and encouraging the women.

The women began repurposing material from clothes they no longer wanted. With these, they worked together cutting the fabric and making the dresses. Soon remnant fabric from different homes were being put together to make one more dress, to save one more girl.

Raylene explained, *“We advertised our project in our Facebook Timeline. Pretty soon, friends saw the need and donated money, fabric and their time.”* And with more fabric to work with, the women created more dresses.

As more dresses were sewn to save the girls, the atmosphere in the church also changed. The Women’s Ministry members were abuzz with fervor. They were focused in their mission. They appeared happier, busier and friendlier. Other church members noticed the change and wanted to be part of it. Husbands started coming forward asking what else was needed. The donations of fabric and money poured in. The volunteers increased. And of course, word spread like wild fire to a point where other Adventist churches wanted to join in the endeavor. Before she knew it, Raylene’s Sundays were being spent sewing with different Women’s Ministry groups.

“Altogether, we have sewn close to 200 dresses,” Raylene reports. *“The team believes that acts of love and kindness are never wasted. The ones who receive are blessed but the givers are doubly blessed because they know they have made a difference and have impacted one life, of one child who is in dire need for such affection. I know that my life has been changed in this simple mission of sewing dresses for Africa.”*



Editor’s Note: If you would like to be part of Raylene’s *“Dresses For Malawi”* ministry, simply contact her! I know the different church groups are still sewing every Sunday with Raylene’s leadership. I am sure they can use more fabric! Her email: raylene.baumgart@gmail.com Her Facebook name: Raylene Ann Baumgart
To me, this team of men and women are certainly heroes!



Kasilo or Camote

By Eddie Zamora

When our family was still at Mountain View College we often heard student missionaries, or Sulads as they are now called, comment that life on the mountains was not “a bed of roses.” When their food supplies ran out, the food readily available to them was the root crop the natives call “*kasilo*.” That’s *camote* in our language or *sweet potato* in American English. It made the impression that their life was one of sacrifice. Could you imagine eating only *camote* for several days?

Let us fast forward to the present time. A few days ago a TV news item I heard was this: “The new super food—the sweet potato.” Did I hear it right? I know that a few years ago we often ordered from a favorite restaurant sweet potato fries in place of the regular French fries. Being Filipinos we loved the taste of *camote*. And now this item is considered a super food? Let us learn a little bit more about sweet potatoes or the lowly *camote* (by the way Latinos call them *camote too*).

About Sweet Potato

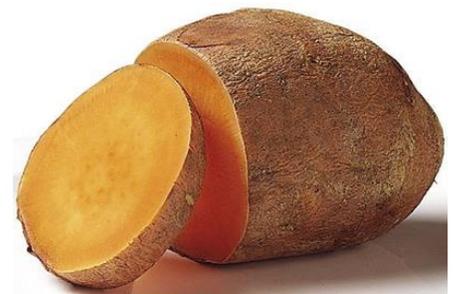
Sweet potato is a root vegetable that belongs to the Convolvulaceae family. This starchy and sweet vegetable is a tuberous root that could come in white, orange, yellow, red, and purple colors. The orange variety is called yam in North America and is popular in Thanksgiving recipes. The shoots and young leaves of this plant are eaten raw or cooked (remember Farmers’ Delight in the cafeteria?). We love these shoots as salads.

History of the Sweet Potato

Peruvian records mention the sweet potato as far back to 750 BC. Sweet potatoes are one of the oldest cultivated vegetables by man, and were eaten during prehistoric times. Christopher Columbus brought the sweet potato to America from Saint Thomas Island. Spanish explorers took sweet potatoes to the Philippines (Thank you, Ferdinand Magellan) and the Portuguese introduced this to Indians, Africans and Indonesians. Today it is still a staple food in South American cuisine.

Health Benefits of Sweet Potato

They have Anti-inflammatory properties that help in preventing conditions such as colon cancer, asthma, osteoarthritis, atherosclerosis, and rheumatoid arthritis. Vitamin A in sweet potatoes is ideal for people suffering from lung problems and





emphysema. That orange flesh is a giveaway that these root crops are very rich in carotenoids. Carotenoids are a type of

antioxidants—a naturally occurring chemical that prevents damage to our cells. They also promote eye health, and is also a great source of Vitamin C, potassium and fiber. Sweet potato is low in fat, rich in fiber, and has a low glycemic index, making it

an ideal food for dieters and diabetics. The high fiber content in sweet potatoes make it useful for preventing hemorrhoids. Loaded with minerals and vitamins, this is an ideal food for people involved in heavy manual work.

How Often Should One Eat Them?

The USDA recommends that most adults eat two cups of orange fruits and vegetables each week. Sweet potatoes fit the bill, as well as carrots, papaya, mangos, cantaloupe, and butternut squash. This is a delicious recommendation and we should be able to enjoy these vegetables and fruit.

I guess restaurants must have heard of these health benefits also because now some places charge \$1.00 more for sweet potato fries to replace regular French fries. Sweet potatoes or *camote* is one of the easiest vegetables to grow and propagate, and you could have the *camote tops* to enjoy too. To enjoy this super food you could find many preparations or recipes for it. Happy eating, everyone, and don't feel you are making a huge sacrifice to enjoy your *kasilo* or *camote*.



Heroes

Heroes. For her hero, **Lillian Javellana** spoke of our grandma and how she stepped up to lead our family in worship. (Her Papa and my dad are brothers). **Florante Callo** reported of a group of 30 Japanese youth who went to Lantapan working for 30 days to help build a bridge so that no more farmers would drown in the river. **Jesse Colegado** shared an article about everyday heroes who risk their lives for others. **Raylene Baumgart's** group are heroes for going all out to save little girls from molestation. And **Eddie Zamora** shared a hero of foods, the *camote*.

And as we talk about heroes, I would be remiss if I do not once more invite you to write us about your Adventist Hero. Who was he/she? What did he/she do that was so special? How did this deed affect others? Please share! Send your stories to Ardys Joy Caballero-Gadia at this email address: watermankids@yahoo.com or in Facebook: Joy Caballero-Gadia. Deadline May 15, 2017.



Socio-economic Uplift, Literacy, Anthropological, and Developmental Services

Reaching the Unreached.

SULADS' Corner: "Jundy's Trial"

By Maricel Lopez, Lamoyon

In a small village, high in the mountains of Mindanao, there lived a couple. Jundy and Rodelyn were not wealthy but they were happy. Together, they toiled under the sun and raised crops in their tiny piece of land. In their simple way of life, they basked in each other's love and lived happily together with their Adventist family.

One day, while the couple was out in the field, Jundy suddenly fell ill. He became bedridden. He was so ill that he could not help his wife in the field, nor did he have the strength to walk even the short distance to the church for Sabbath worship.

To help the couple, Jundy's parents moved in with them so that they could take turns in working in the field and in taking care of Jundy. However, his parents were crushed with despair when Jundy suddenly climbed to their rooftop and cried from the top of his lungs, "Mama! Papa! Tabang! Naay koy nakita nga daghan kaayo nga aswang! Ilaha kong kuhaon!" (*Mother! Father! Help! I see a lot of **ghouls! They're going to take me away!*)

At that situation, Jundy's parents knew that he was no longer in his right mind and that his sickness had affected his brain. The family lost hope that Jundy would ever be well again, but his wife never lost hope. Rodelyn continued to take care and pray for her husband.

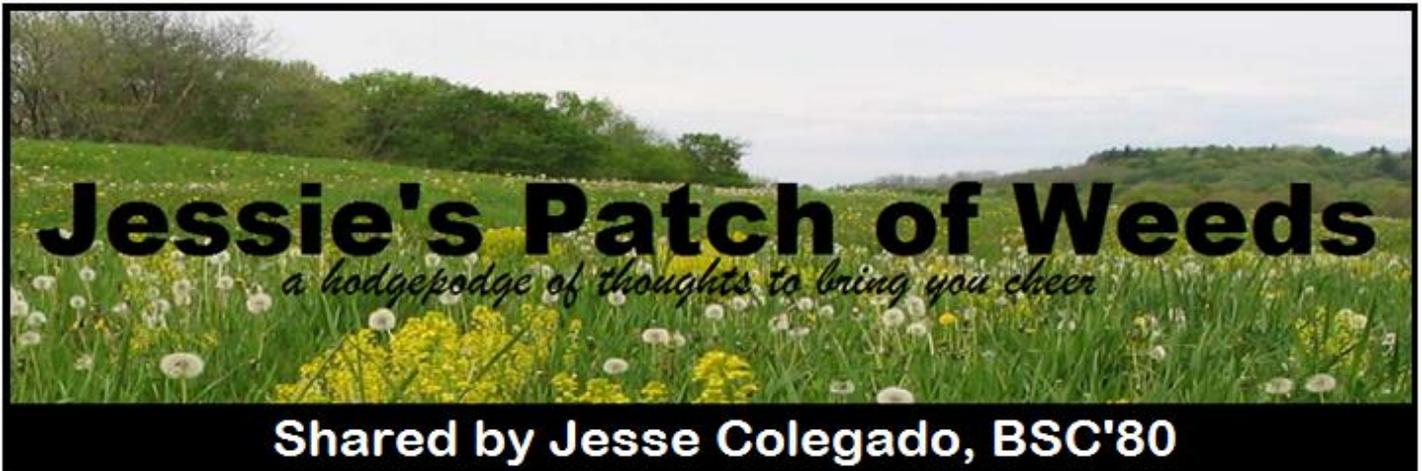
By God's grace, Jundy has recovered and is now back on his feet. He and his wife continually attend Sabbath services and continue to be a perfect example of a happy Christian couple.

***evil spirits/monsters)*

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If you would like to support this mission program dedicated to taking the Gospel to the people of Mindanao, please write a check to Gospel Outreach. Mark it for the SULADS and send it to: Gospel Outreach P.O. Box 8 College Place, WA 99324 You may also donate to the SULADS using your credit card by logging on to Gospel Outreach's donation site (<http://www.goaim.org/>) and follow the directions. Again, mark it for SULADS. If you would prefer, you may write your check to the General Conference of SDA and mark the donation for SULADS and send it to: General Conference of SDA Donations 12501 Old Columbia Pike Silver Spring, MD 20904 Thank you for your support of this very important project. If you do not want to receive any more newsletters, Unsubscribe To update your preferences and to unsubscribe visit this link Forward a

Message to Someone this



A Boy Named Paul and G.I. Joe

Dears ago when I was working with special needs children, I took several of them on an outing. We went to my place of employment - Pizza Hut - to eat after the trip. The subject of heroes and super heroes came up as it does with 5-7 year olds. One boy in particular was obsessed with G.I. Joe. He was talking about his hero and commented on the latest letter he had written to him. When the other children told him Joe and the guys weren't real, questioning him if Joe was real why didn't he write back, I started to intervene. Before I could, a strong voice of a soldier in combat fatigues said loudly for all to hear, "Hello Paul! Thank you for all the letters you sent Joe and the guys. We have been on a secret mission so we couldn't write back or the enemy would have found out where we were. Those letters you sent kept us all going. We treasure each and every one of them!"

While the other children had gaping mouths wide open, Paul had a smile a mile wide. The soldier then shook Paul's hand and told him to keep up the good work. He said he was promoting Paul to moral officer, and that he was a real hero to his men. The soldier then saluted Paul and walked away. Each of the soldiers from that table came over and proceeded to shake Paul's hand and salute him as well before walking away.

Needless to say Paul was never cruelly teased again. In fact the other children had Paul say hi for them and wrote their own letters to enclose with his. I called McConnell Air Force Base and spoke to a public relations officer because I wanted to thank that soldier and his men. The base even ran the story in the paper, but the officer wanted to remain anonymous. However, about a month later an I.D. tag with the name Paul, Moral Officer, came in the mail to Pizza Hut along with a letter from Joe and the guys. Paul continued to get letters until his death 5 months later. His I.D. tag was his most treasured possession; it was buried with him along with his letters. -- **Theresa L. Snider**

Note: Capt. Otis contacted Theresa to get more information on the child. Here is her response:

Hi! Paul was suffering from a rare form of cancer in the brain that caused his death. He had Down Syndrome and was physically deformed, supposedly a result of his parents' drug use during his mother's pregnancy. I met Paul through a friend of mine who manages a children's group home. On visiting days children who had no visitors had to remain in their rooms for the day. When I found out the situation, I went through the training for visitation at the home and was approved to take the children on outings. I would request a visitor day off and take the 6 children who had no family to the park or to a movie if I had the funds. I couldn't stand the thought of those children hearing other children visiting with loved ones while they were in their room for the day. When we were in Pizza Hut that day, the soldiers came in after us. We didn't see them on the other side of the room so it truly was a surprise to hear the "voice." We all turned to look and saw that soldier there. I hope this explains a little more about the story. --**Theresa**

(From *America in Uniform*)

Super Heroes

Betty's cousin had two of her grandsons overnight on Halloween night. The next morning when they got up, the boys put their costumes back on. One was Superman and one was Ironman. Their grandma told them they had to help fold laundry and then they would go do something fun.

After a few minutes "Superman" said, "I don't have time to fold laundry. I should be out saving the world!"

Depends on Your Point of View

When a man in Macon, Georgia came upon a wild dog attacking a young boy, he quickly grabbed the animal and throttled it with his two hands.

A reporter saw the incident, congratulated the man and told him the headline the following day would read, "Local Man Saves Child by Killing Vicious Animal."

The hero, however, told the journalist that he wasn't from Macon.

"Well, then," the reporter said, "the headline will probably say, "Georgia Man Saves Child by Killing Dog."

"Actually," the man said, "I'm from Connecticut."

"In that case," the reporter said in a huff, "the headline will read, "Yankee Kills Family Pet."

Pinoy Heroes

Reporter: Any similarities between Jose Rizal, Andres Bonifacio, and Ninoy Aquino?

Erap: All I know is that they all died during a holiday! That's all I know.

(from funnypinoy-jokes)

RULES FOR CHOOSING A SUPERHERO NAME

1. Don't call yourself by your real name: e.g., Ms. Jenny Pinchuck, The Amazing Stevie Foster.
2. Don't call yourself by someone else's real name: e.g., Mr. Teddy Kennedy, Captain Dean Martin.
3. Choose a name that suggests power, heroism and prowess: e.g., Captain Power, Thunderman, Mr. Invincible, Justiceman.
4. Don't be too modest: e.g., Mr. Pretty Good, Captain So-so, Fairly Incredibleman.
5. But don't labor the point: e.g., Mr. So-Powerful-Don't-Even-Think-About-It-Buddy.
6. Don't choose a name detrimental to your crime fighting image: e.g., Captain Spongecake, Mr. Silly, Yellow Streak, Purple Slippers, Captain Evil
7. Don't choose the name of an existing Superhero unless you have lots of money and enjoy fighting litigation instead of supervillains.
8. It's no use calling yourself Captain Invincible if your only power is control over Hostess Twinkies and you suffer from a congenital heart condition. It's just asking for trouble.
9. Don't call yourself the Invisible Boy if you're not.
10. Don't call yourself the Invisible Boy if you're a girl.
11. Don't call yourself the Invisible Lady if you're a man -- even if you do feel like a woman trapped in a man's body.
12. Don't give away important information in your name, e.g. The Glass Jaw, Captain Vulnerable To Strontium 90.
13. Don't call yourself The Green Avenger if you wear an orange costume. You'll confuse people.

(from Mikey's Funnies)

Noble Alexander

Let me tell you about Noble Alexander, a twentieth-century hero of faith. His government would have left him alone had he lived his faith silently. But no, the young layman insisted on leading people to Jesus. So they imprisoned him as a *plantado* — a rebel against the revolution.

Noble's ordeal began innocently enough. One day the police pulled over his car and politely requested, "Would you mind coming with us to headquarters? We'll only keep you five minutes."

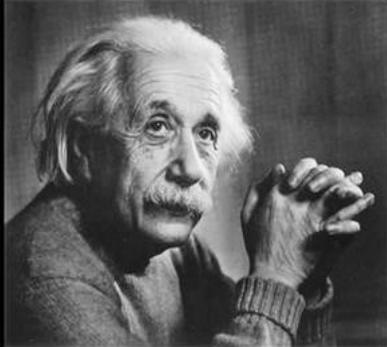
Those five minutes turned into 22 years of suffering I cannot describe. For 42 days they tortured him. Then they starved him for six weeks, demanding that he abandon Jesus Christ.

And after Noble refused to work on the Sabbath, they plunged him, with his Adventist friends, into a pool of raw sewage. Four Sabbaths in a row they worshiped God, up to their chins in that slime, singing hymns of praise. Finally, the guards let them keep the Sabbath in peace.

Somehow Noble smuggled a Bible into the prison, and every night the prisoners gathered for worship. Catholics, Baptists, Pentecostals, and Adventists prayed together and sang together, united by their common faith in Christ.

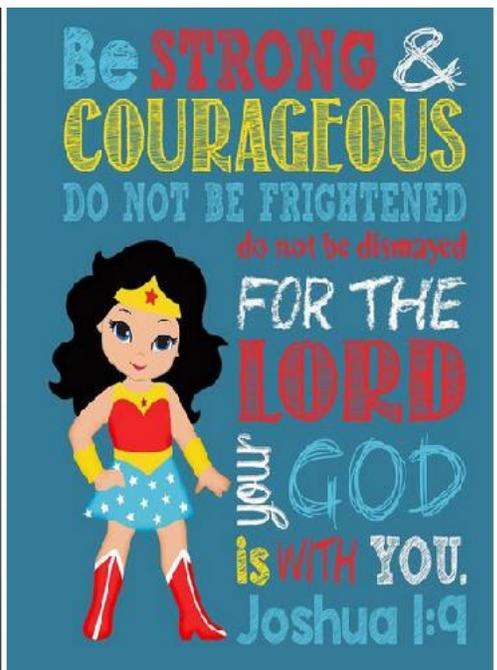
Noble Alexander remained confined until 1984, when Jesse Jackson negotiated his release and deportation to the United States. He became a pastor for the Seventh-day Adventist Church in New England.

—By George Vandeman, Signs of the Times, June 1991. (The incredible story of Nobel Alexander is available in his book — *I Will Die Free*)



"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." - Albert Einstein

HERO An ordinary person facing extraordinary circumstances and acting with courage, honor, and self-sacrifice.



Quotes on Heroes

Man's greatest actions are performed in minor struggles. Life, misfortune, isolation, abandonment and poverty are battlefields which have their heroes -- obscure heroes who are at times greater than illustrious heroes. - **Victor Hugo**

I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker. - **Helen Keller**

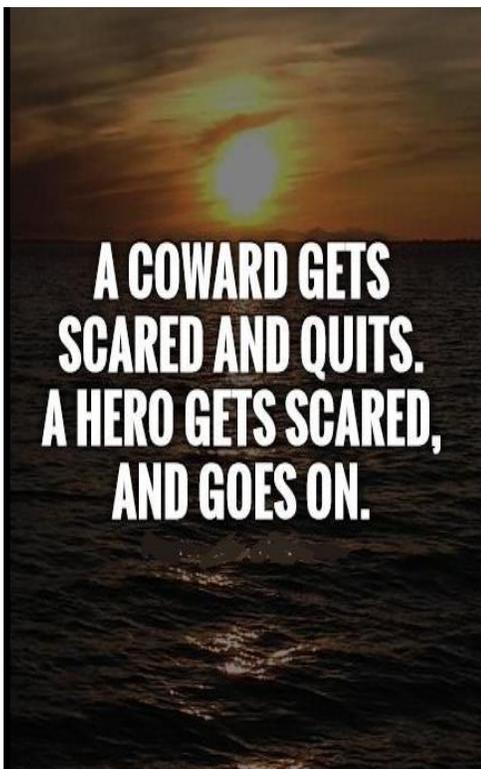
It's the brave souls who are willing to fight for those who can't fight for themselves, who are the heroes in this world. Find a reason and a purpose to stand for something. Your life will never be the same. - **Ray Lammie**

You can become every courageous inch of yourself, your own heroine, but you have to act. No one can do this for you. It's up to you. - **Geneen Roth**

There is a certain enthusiasm in liberty, that makes human nature rise above itself, in acts of bravery and heroism. - **Alexander Hamilton**

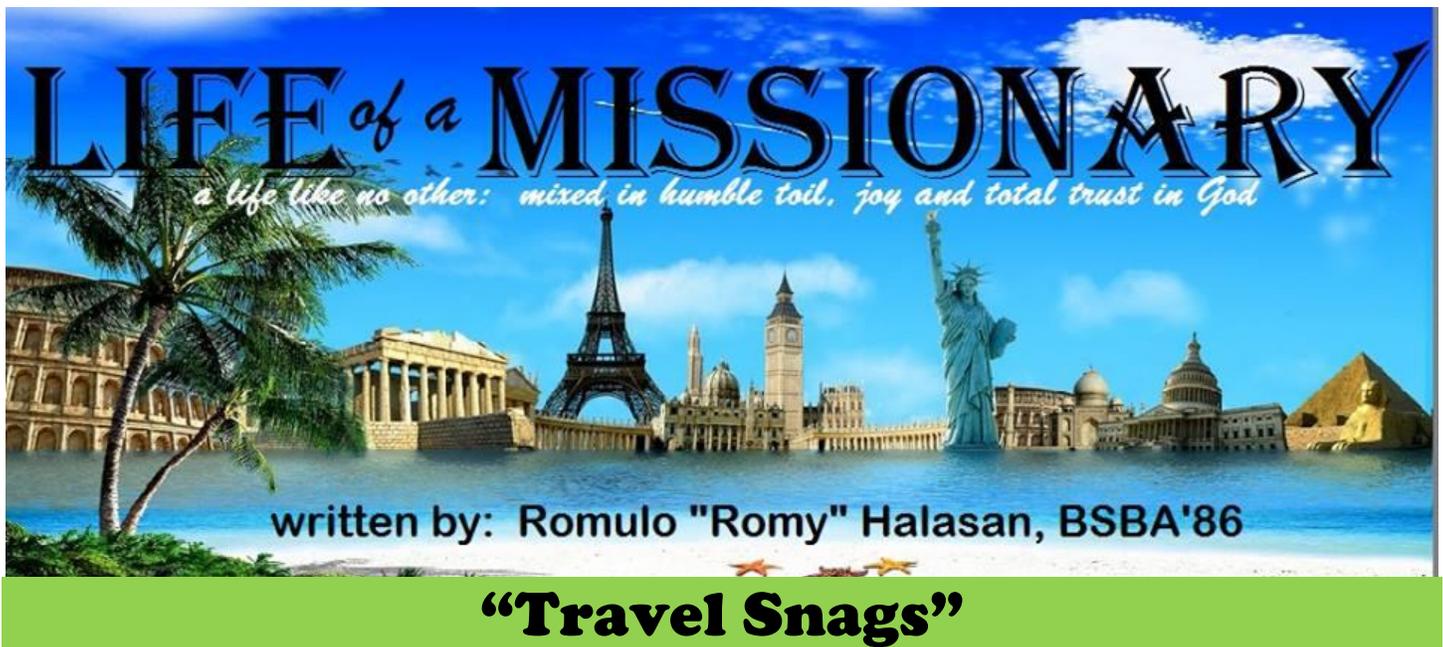
Heroes are the people who do what has to be done when it needs to be done, regardless of the consequences. - **Mikey's Funnies**

No one can tell who the heroes are, and who the cowards, until some crisis comes to put us to the test. — **H. E. S. Hopkins**, *Signs of the Times*, June 13, 1900.



THIS IS THE YEAR
i will be
STRONGER
BRAVER
KINDER &
UNSTOPPABLE.
this year i will be
FIERCE.

You cannot be all things to all people. Be unique. Be different. Give to others what you want yourself. And do what you were made to do.



“Travel Snags”

Travelling, though fun and exciting, can sometimes be a problem. There are a million things that can go wrong at any time — from misplacing your wallet to simple translation miscues — which can throw your entire trip into disarray. Of course, different situations call for different issues. But there may be a chance in your travels that you may run into some annoying problems.

Some of the most common annoying travel problems are: miscommunications, unexpected delays and simply forgetting or losing some of your things. I may lose my luggage but an important item that I could not afford to lose is my passport. I keep my passport and my wallet in my pocket or I store it in a place that is well hidden or difficult for thieves to locate. Protecting your passport from being stolen even in your hotel room is a must.

While everyone wants their trip to be a perfect getaway, some vacations do not run smoothly as expected.

Here is a list of my bad travel experiences and how they can be avoided.

Wrong airport, wrong terminal.

After visiting several of my MVC alumni friends in Texas, it was time for my wife and I to travel to Cancun, Mexico. I checked our plane tickets and noted the date and time of our departure.

It was raining when we left for the airport at 4:00 o'clock in the morning. After an hour's drive, we arrived at William P. Hobby Airport. I could not find our flight number at the Southwest Airline that would take us to Atlanta. Checking our tickets once more, I found out that we were at the

wrong airport! As we had only a little time left before our flight, we took a taxi and raced to the George Bush International Airport just in time for us to check in.

Had we checked which of the 3 airports in Houston we were departing from, this stressful situation could have been avoided.

Solution: Always check your ticket's important details. It is also helpful to go to the airline's website for any update on your trip in case of any changes.

Your luggage is too heavy

On one of my vacations to the Philippines from Bangkok, Thailand, my luggage was too heavy. Checking the cost for every kilo beyond the baggage allowance, the price was too much. Since there was no time to go back home and leave some of the things in my luggage, neither did I want to pay the high cost of the extra weight, I decided to wear the heavier clothing I packed. First, I changed to my heavier pair of pants, changed my shoes, wore two jackets and packed some stuff into the jacket pockets. Then the rest of the heavier things, I transferred to my hand carry bag.

Another time I packed some Rose Apples from Bangkok for my relatives in the Philippines to taste. I was not aware that my luggage was overweight. Since I did not want to pay for the extra weight, I looked for a corner and ate the apples myself.

Solution: Do not panic if your luggage is overweight. Take out some of the heavier items and put them in your hand carry bag. Or you can choose to wear two or more layers of extra clothing. Rather than complaining or arguing with the airline personnel, politely plead your case. Usually it is the airline's discretion if you are only a few kilos or around 10% over the allowed baggage weight. It may seem a hassle, but it may save your paying for the extra weight.

Travelling light means a stress-free flight! If you really must pack a lot of things, have a portable luggage scale with you so the weight of your luggage is never a shock.

The connecting flight cannot be located in the airline computer

This experience happened to me twice in Apia, Samoa. My flight was with Air New Zealand from Auckland with the connecting flight on Singapore Airlines to Singapore.

The first incident happened 2 years ago. The lady at the check-in counter could not find my connecting flight to Singapore and she refused to check in my luggage. She kept on asking me my booking class (usually booking class is: Y, B, H, M, K, L, W, S, H, Q and O for economy fares). This information could not be found in my ticket. After all the passengers had checked in, I was asked if I still had 20 Tala, the Samoan currency. Since I had disposed of all my Tala, I did not have anything to give her. Finally, she allowed me to board the plane but not after all the hassle I had went through.

Last September, I had the same experience in the Apia Samoa Airport. This time I was not allowed to board the plane. I tried to talk to several airline personnel but to no avail. I called our mission office, but because it was not office hours, there was no one to answer the phone. Later, I was allowed to board the plane but was forced to leave my luggage with all my clothes and souvenirs I brought from the US.

I requested someone from our mission to contact the aviation personnel (police) to inquire about my luggage. But the personnel could not be contacted neither can they locate his office. Next month, I will be back in Samoa. This time I am hoping to be able to recover my luggage.

Solution: Have your local contact stay with you while checking in. They could be of help in time of emergency. Have a printed copy of your ticket available. It may be good also to have a transit ticket for whatever country you stopover.

Bringing Unlicensed Plants

A friend of mine in Indonesia wanted to send a package of about 2 kilos of a ginger-type medicinal root crop to Bangkok. I could not refuse her request since the one that needed the medicine was also my friend who was suffering from some kind of illness.

My flight was supposed to be direct from Jakarta to Bangkok with a stopover at Kuala Lumpur. Upon arriving in Kuala Lumpur, we were made to pass by immigration and quarantine. I remembered that in Malaysia, the penalty for bringing plants without an import permit is Malaysia Ringgit 100,000 that is equivalent to US \$25,000 and a 6-year imprisonment upon conviction. As I was in line, I was thinking on what to do with the plants I had because I did not have an import license. I did not have the money to pay the fine. Leaving the line, I went to the restroom and threw the medicinal root in the garbage bin. It was a relief knowing that I was free from any fine or punishment.

Solution: Do not agree to transport any package without knowing what is inside, even if a friend requests you to do so. The authorities will not accept the reasoning that the package does not belong to you. Whatever you bring legally or illegally is your responsibility.

There may be potential problems in your travel. Things may not go on as planned and there is the chance that something will go wrong. Knowledge and proper planning can prevent these from happening. Travelling can be an adventure and a learning experience as well.

Till here,

Romy Halasan

Suva, Fiji Islands

Photos from Romy



Bush International Airport in Houston, Texas



Inside Samoa Airport



Inside Kuala Lumpur Airport



Suvarnabhumi Airport, Bangkok, Thailand



In Closing ...

Announcements | From the Mailbag | Prayer Requests
Acknowledgement | Meet the Editors | Closing Thoughts

Announcements

1-WEEK MISSION TRIP to Navajo land, Paige Arizona

The sulads will be conducting a Vacation Bible School on July 16-22, 2017. Sulads & friends welcome to join. (2 ½ months away!)

It has proven to be a heart-warming, life-changing experience! For info: Asher Himbing (in Facebook)
His email: sherhim1@gmail.com



SULAD KAAMULAN in Canada: an Ethnic Cultural Festival, Thanksgiving and SULAD Reunion with the Gitksan Nation. **Where:** Gitwangak Village in Canada.
When: August 4-6, 2017 (3 months away!)

All sulads, MVCians and friends are invited.
For info: Limwel Ramada (reachable in Facebook)
Email the group at suladscanada@gmail.com

SULAD 50th ANNIVERSARY GRAND REUNION

(Yes, we're celebrating a few months early)

When: June 24, 2018 – July 01, 2018 (14 months away)

Where: MVC Campus. Bukidnon, Philippines.

Who: sulad pioneers, new sulads, sulads from all over the world and products of the sulad mission schools will be there to celebrate God's goodness, to get spiritually recharged, to fellowship with each other, to hear sulad reports first hand, and receive continuing education

training! Outstanding speakers and trainers. Visits to mission schools. A SULAD FAIR with booths and exhibits. Food tasting. Parade of Tribes. Authentic presentation from various tribes. Meet new friends. Network with fellow sulads. Cool activities for sulads' kids.

So, **save the date** and **plan** on being there! For more info : Joy Caballero-Gadia (Facebook) or email: watermankids@yahoo.com



SULADS PRAYER ROOM

you have been assigned this mountain to show others it can be moved



TO ALL SULADS AROUND THE WORLD

- 1. SULADS CONNECTION** – If you have Facebook *and* a) would like to participate in the planning for the upcoming 50th Anniversary Reunion, b) would like to be kept informed of the plans, c) keep in touch with fellow sulads, or d) all the above – then you would want to be part of the group called SULADS CONNECTION. To join, simply message any of the following: *Joubert Falcunitin, Dams McFall Mari Ray, Joy Caballero-Gadia, Editha Daguman, Milady Sowa, Asher Himbing, Darlene Sabandal*
- 2. SULADS PRAYER ROOM** – If you are a sulad who strongly believes in prayer, loves to pray and understands the meaning of confidentiality Come join us at the our prayer room. To join simply message any of the following: *Chlowe Mantalaba, Medz Cardiente, Ghing Lamera, Joubert Falcunitin, Melch Mode, Estrada Tonex*

SULAD MISSION SCHOOL PRODUCTS

- 1. POSTPONED REUNION** – The May21-27,2017 reunion has been cancelled. Instead, we will be joining the rest of the sulads at the SULAD 50th Anniversary Reunion at MVC Campus next year on June 24,2018 – July 01,2018. Meanwhile, prior to the reunion ***we will have fellowship get-togethers to prepare for the upcoming reunion.*** For more info: Ghing Lamera (Facebook) or cellphone 09751526274



More Announcements

Needed: MVC Alumni write-ups (articles) for Junior Devotional 2019

MVC is tasked by the PPH (Philippine Publishing House) to coordinate the making of the Junior Devotional for 2019. Inviting alumni around the world to participate in this endeavor.

Guidelines from PPH:

1. Write in conversational manner.
 2. Write to describe not to prescribe.
 3. Be specific.
 4. Dwell on a single lesson, trait or action.
 5. Have a creative title of not more than six words.
 6. Include the Bible text/passage your story tries to point out. Suggested Bible versions: NIV, ESV, NKJV, NLT and NASB.
 7. Must be 350 words or less, including the memory verse which is indicated below the title of the article.
 8. Include your biodata.
 9. Observe proper citation.
- Contributors whose articles are chosen to be included in the dev 350/article upon the release of the devotional.

Deadline for submission is on July 2017.

Submit articles to sdajuniordevotional2019.ph@gmail.com

- Reasons for rejection:**
1. Contradicts SDA beliefs and practices.
 2. Misses to emphasize the devotional theme.
 3. Too preachy
 4. Invades other's right to privacy.
 5. Fails to comply with the requirement for the number of words.

Suggested topics to write about: Spiritual matters, family, friends, studies, values, health, dating, social concerns, technology, hobbies, answered prayers, and nature.



GYC (Generation of Youth for Christ)

- Special GYC to be held in the Philippines this year (PYC)! May 31-Jun4, Iloilo City
- GYC. Phoenix Arizona. December 28-31, 2017 See Alumni Calendar for details.

MVCSNAA of North America

presents

2017 GRAND REUNION w/ CEU & VACATION

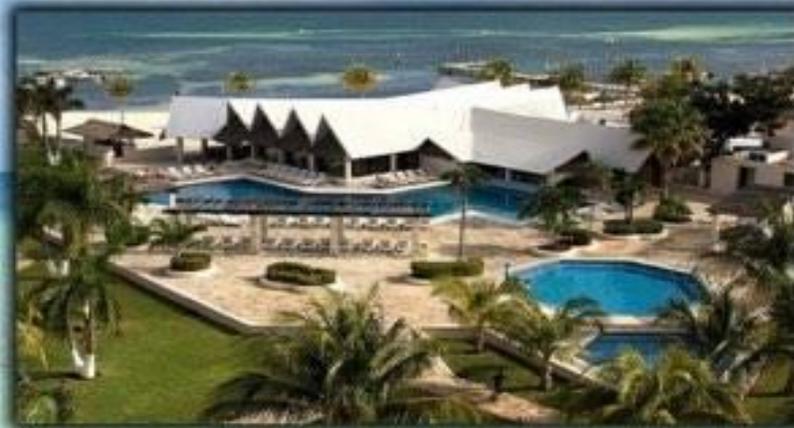
Theme: "Shine MVC Shine"
Make a Difference



September 1- 5, 2017
(5 days, 4 nights)

\$399 per person
(shared room) or
\$798 for a couple
with 2 kids under
12 years of age
for 5 days and 4
nights.

ALL INCLUSIVE:
Free Accomodation,
Free food and drinks,
Free tour, free airport
pick up, etc..



Ocean Spa Hotel in Cancun, Mexico



Please call our President Ted Ray Elazos at (956) 607-2299

OPEN TO ALL MVC-SN USA CHAPTER MEMBERS AND FRIENDS



Alumni Calendar

When	What	Where	For More Info
May 31-Jun 4	Philippine GYC (PYC)	Iloilo City	
July 16-22	SULAD VBS Navajoland	Arizona	Asher Himbing
Aug 02-05, 2017	ASI Int'l Convention	Houston, TX	www.asiministries.org
Aug 4-6, 2017	Sulads Kaamulan @ Canada	Canada	suladscanada@gmail.com
Sept 1-5, 2017	MVCSN Alumni Reunion	Cancun	Ted Ray Llasos (Facebook)
Dec 28-31, 2017	GYC	Phoenix, AZ	www.gycweb.org
Jun 24, 2018 – Jul 1 2019	SULAD 50 th Anniv Reunion	MVC Campus	Joy Caballero-Gadia (Facebook)
Date TBD	MVC College of Nursing Golden Anniversary Reunion	MVC Campus	Devaney Bayeta, Pres MVCSN Homebase Chapter
2019 Aug 12-17	Int'l Pathfinder Camporee	Oshkosh, WI	www.camporee.org



Meet The Editors

This week's issue of Cyberflashes was coordinated by **Ardys Joy Caballero-Gadia**. Next week's issue will be by **Lily Escara Lare**. Please direct all entries to her or any of the editors.

NAME:

Eddie Zamora
 Evelyn Porteza-Tabingo
 Jessie Colegado
 Joy Caballero-Gadia
 Lily EscaraLare
 Melodie Mae Karaan-Inapan
 Raylene Rodrigo-Baumgart
 Romulo 'Romy' Halasan

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If you wish to subscribe to Cyberflashes, to unsubscribe, or if you changed your email address and want Cyberflashes to be sent to your new address, please send your request via email to any of the editors. We spell out the @ and dot signs in the email addresses to prevent worms, viruses, and robots from harvesting them. If you would like to correspond, simply substitute the correct symbols.



Condolence

The CyberFlashes staff just got word tonight from Mency Correces-Tojino that **Aurora Penalosa-Rada**, wife of former MVC physician Dr. Renato Rada has died and was buried today at Rose Hills Memorial Park in Whittier, California.

The CyberFlashes staff together with the alumni send our condolences to the Rada and Penalosa families.

PRAYER REQUESTS

Father in Heaven, THANK YOU that You are **GOOD** (1 Chronicles 16:34), that You are **POWERFUL** (1 Cor.1:24) and that You are **LOVE** (1John 4:16) . We lift these names of Your children, MVC alumni and family members who are in need right now. Those who are needing **HOPE, STRENGTH, ENCOURAGEMENT or/and HEALING**. Please minister to them. Work in their hearts and dry their tears. Take away their fears and their pain. Be their **HEALER, COMFORTER & PROVIDER**. Restore them according to Your loving kindness. You know which of Your children are struggling. You know them by name. You know their concerns. Please let them feel Your Presence now, like they have never had before. Talk to their hearts. We especially pray for the following:

COMFORT FOR THE BEREAVED FAMILIES OF:

Aurora Penalosa-Rada, Paul Penaranda, Asher Ortaleza, Federico Blaza, Araceli Arit, Jovita P. Solis, Wayne Chavit, Nanette Chio, Kerry Tortal, Elmore Jornada, Rolly Boniales, Pastor Rudy Bermudez, Celia Mendez, Venus Pasco, Necito Ruado, Malachi Zamora, Pura Alsaybar, and other families who recently lost their loved ones.

FOR HEALING: Dr. Gladden Flores, Ruth Fabella & Ellen Fabella (wife and daughter of Dr. Armand T. Fabella), Felix Sareno, Helen Deslate, Jhun Cardiente, Jerusalem Era, Elmer Aguro, Rayelch Modillas, Rebecca Antemano, Roxie Pido, Virgie Osita, Neneng Sanes, Pastor Oseas Zamora, Pastor Remelito Tabingo and members of the MVC Alumni & Friends who are sick.

Eddie Zamora for his upcoming surgery and those MVC alumni and friends who asked for prayers but wish to remain anonymous. We thank You for Your **FAITHFULNESS**, for Your Grace and Mercy. We thank you for all the answered prayers (past and those yet to come). In Jesus' name. AMEN.



Acknowledgement

A special THANK YOU to **Lillian Javellana, Florante V. Callo, Raylene Baumgart and Eddie Zamora** for contributing to this week's issue of CyberFlashes. To Julio & Mila Mendez in Israel for their geranium photos (and the inspiration!) And to

- **Jessie Colegado** for the chuckles in "*Jessie's Patch of Weeds*";
- **Romy Halasan** for the stories about Missionaries' LIFE
- **The SULADS and Gospel Outreach** for "*SULADS' Corner*";
- **Eddie Zamora & Lyn Tabingo** for editing



Closing Remarks

By: Ardys Joy Caballero-Gadia, BSN'91

Heroes. Real heroes appear to have a shared characteristic: they don't like to boast about the heroic act. They humbly say, the deed needed to be done and they happened to be there. They stepped up and persevered because nobody else did.

Amusingly enough, there are self-proclaimed heroes who could not stop bragging about what they believe is something heroic they have done. The "*glory grabbers*" would claim other people's achievement as their own while the "*coattail riders*" would just as quickly boast that they were part of the action and positively contributed in the incident.

Geraniums neither grab the colors or characteristics of the plants next to them, neither do boast. Instead, they SHINE ON brightly by showing THEIR OWN true colors and characteristics.

Some varieties of geraniums will never have big vibrant flowers. Their flowers are small. Their colors do not make them immediately noticeable. But they have beautifully patterned leaves and collectors fawn over this variety for their leaves.

Some varieties do not have beautiful leaves. Their leaves are small, thin and perhaps dull looking. Their flowers are not very noticeable either, for they are small, pale in color and very few. But try

brushing next to them and you will be started by the startling fragrance of their leaves! Their scent makes them desirable and valuable.

And some varieties have all the glamor: their big showy flowers bursting with vibrant colors, their leaves in bright patterns and their scene alluring.

But these plants stay true to character, hardy and resilient to extreme weather and abuse. No matter what assails them, they do what they were created to do: bloom, glorifying the Creator. And to me, that's downright heroic! And each time I see a geranium, I am reminded how blessed we are!

Below are photos of geraniums from Julio & Mila Mendez' Advent House garden in Israel.

