



TRANSFORM YOUR LIFE WITH THE BIBLE'S WAY TO WEIGHT LOSS



September 2004

Matthew 6:33:
But seek first his kingdom
and his righteousness, and
all these things will be given
to you as well.

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National Director
..... Carole Lewis

Associate Director
..... Kay Smith

Leadership Training
Director . . . Nancy Taylor

Newsletter Sheila Robbins

Dear Friends,

This month in our E-Newsletter we are focusing on the importance of teamwork. Having just completed our 2nd annual First Place Leadership Summit, I was reminded of how crucial teamwork is if we are to accomplish big projects with tremendous success. Nancy Taylor did a Lisa Lewis worked diligently along side Nancy to help accomplish the myriad of tasks, and Pat Lewis gave oversight to the Summit bookstore.

Without a leader, the rest of the team flounders. As Nancy led, our volunteers came through mightily. Our servant team, made up of First Place leaders and members, worked tirelessly so that our leaders might have the best possible experience at the Summit. Some put together notebooks; some baked muffins and cut up mountains of fresh fruit for the Bay party. Some prayed every day for months for the speakers and participants to insure that the enemy had no place to camp out at our event.

Pat and I lead a First Place class at Noon on Tuesday and we had our first meeting August 17th. Nancy and Mary Etta lead a group at the same time on Tuesday, so we worked as a team to make our first meeting spectacular. We planned and prepared a 1400 calorie day of meals to use as a visual for our class. As our classes stood around the table, we were able to teach about the food groups with a table of beautiful food.

We divided up the meals and I prepared two identical breakfasts, one for our class and one for Nancy's class. Nancy and Pat did the same thing for the lunch and evening meal. Mary Etta made enough cupcakes for both classes to have one for each member. We made smoothies with skim milk and frozen strawberries so our member's could taste how delicious they are for breakfast or snacks.

Here's where even more teamwork came in. As our member's started arriving for class, I asked them to become part of the team for our first meeting. One new member made smoothies until there were enough for each member to have a full two-ounce cup. Another member put a dollop of Cool Whip on top of each cupcake, and still another member took "before" pictures of each person as they arrived.

We probably had one of the best meetings ever because we decided to work smart. A team works smart because we share the load instead of

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Carole Lewis
National Director
Carole@firstplace.org





Carole Lewis

(Continued from previous page)

trying to do everything ourselves.

First Place has teamed up with two Christian organizations, **Revival Soy**, and **Body and Soul Aerobics**. Many of you have been in First Place for years and know that this has never happened in the past. The reason we have teamed up with these two organizations is that they have done something that we need and they have done it well.

Revival Soy has researched and found a way to get six cups worth of Soy each day by consuming a shake **or** one bar, and the best part is that they taste good. Women and men in First Place need the benefits of Soy, so this is a rewarding partnership for both organizations.

Body and Soul Aerobics, directed by Jeannie Blocher, has been doing Christian Aerobics as long

as we have been doing First Place. They know Christian Aerobics and we know about losing weight and having a balanced lifestyle. What a team we had in place when it came time to shoot our two First Place/Body & Soul Aerobic videos.

I have included an article that I asked Jeannie Blocher to write about what Body & Soul is doing to promote First Place among their exercise instructors. After Vicki Heath presented three hours of teaching on First Place, there were at least 20 Body & Soul instructors who plan to start the First Place program in their church, proof positive that teamwork is always the way to move forward. I hope you enjoy the article by Jeannie as much as I did.

**Blessings to you,
Carole Lewis**

Carole@firstplace.org

Ministry Partnership in Action!

“Fit for the Kingdom”

by Jeannie Blocher, President, Body & Soul Ministries

Recently, I had the privilege of beginning a special partnership with First Place by producing two exercise DVDs, but the partnership goes beyond these DVDs; it is my prayer that Body & Soul will work side by side with First Place to promote health and wellness in the Christian community and beyond! We all desire to be fit for the kingdom purposes that God has for us!

In 1981, my husband and I founded Body & Soul, a fitness ministry offering exercise classes set to contemporary Christian music, taught by certified professionals. These “professionals” are caring Christian women from all over the USA and the world, who want to encourage and educate their students about the benefits of exercise as a key component of weight loss and a healthy lifestyle. In order to serve as an instructor for Body & Soul, each teacher commits to become certified, an important step, which takes time for study and rigorous testing. After certification comes continuing education courses that each teacher must attend in order to remain certified.

As we at Body & Soul have been praying about connecting with First Place, we knew that we would need to educate our instructors about the ministry of First Place. Our goal was two-fold. First, we wanted to motivate them to consider their own personal discipline in all of the nine commitment areas, and secondly, to pass this information on to their students! What better way to educate, and also bless them, than to create a free continuing education course based on the principles of

First Place! So with the blessing of Carole Lewis, we set out to create a course and obtain approval for it from ACE, the American Council on Exercise, the top fitness certification organization in the world.

I asked Vicki Heath, a Body & Soul Instructor and First Place Leader with extensive background in lifestyle and weight management, to be the instructor for the course and to help design it. Using the Member’s Guide as a resource text, and keeping our education goals in mind, Vicki diligently worked to design an outline that would introduce our Body & Soul instructors to First Place.

Our prayer is that as a result of this, many Body & Soul students and teachers will join local First Place classes or start new ones in conjunction with their Body & Soul exercise classes! We also hope that as you, the leaders and members of First Place, learn more about Body & Soul, that you will invite local Body & Soul teachers to visit your classes to motivate and encourage you in your exercise commitment. We hope you will exercise with the new First Place exercise DVDs with your fellow group members, and also check out nearby Body & Soul classes for ongoing, uplifting exercise. You can find out more information about Body & Soul at www.bodyandsoul.org and email us your exercise questions. We will do our best to serve you as you seek to keep your temples “fit for the kingdom!”

Jeannie Blocher



2nd Annual Leadership Summit

July 29-31, 2004

What a glorious time was had by all! Men and women totaling 126 attended the 1st Annual Leadership Summit last summer. They came from 26 states and everyone left blessed beyond words. This year, the Leadership Summit increased to 210 First Place leaders from 28 states, including five from Canada! There were two days of the most wonderful testimonies from First Place Leaders whose lives have been radically transformed by the power of Jesus Christ.

Joe Ann Winkler, a networking leader from Kansas, shared her struggle with MS and being bound to a wheelchair since 1990. At last year's Leadership Summit, Joe Ann purchased Carole's book, *Back On Track*. After returning to Kansas and reading the book, she began to ask the Lord Jesus to help her walk for His glory. Joe Ann walks 5 miles a day, six days a week and has lost 77 pounds! The most amazing part of Joe Ann's story is that the only time she is able to walk is when the Lord is walking through her legs. At the grocery store or out shopping with her husband, she is still confined to the wheelchair. After the leaders witnessed Joe Ann walk to the platform and saw her stand while sharing her story, everyone talked among themselves the entire weekend that they are "without excuse" when it comes to exercising!

All the testimonies were equally inspiring and dynamic, but the telling of everything that happened over the three days is impossible in this short space. Dr. Waylon Moore was the keynote speaker and inspired everyone to do a better job of memorizing scripture and mentoring their First Place members.

There were seminars to attend, and tapes and CD's were made of the entire conference. If you want copies of this year's Summit, go to www.soundontape.com and you can order directly from them.

On Saturday, most everyone went to Carole & Johnny's Bay home for the afternoon, followed by a wonderful dinner at a restaurant on the water. All went home inspired to be the best leader they can be this next year. A new challenge was issued to the First Place leaders for the coming year:

- 1 INVITE** Invite your First Place members to join you in giving Christ first place for one full year. Keep up with the program of each one and report the results next year at the Leadership Summit.
- 2 INVIGORATE** Plan two events strictly for fellowship the next year. Ask your members to invite people to come who might be prospective members for your First Place class.
- 3 INSPIRE** As a leader, do the program yourself so that your life will inspire and motivate your members to do the same. If you need to lose weight, lose it. If you need to have a consistent quiet time, have it. As Paul said, "You can follow me because I am following Christ."

Put next year's dates on your calendar and plan to attend the 3rd Annual First Place Leadership Summit at Houston's First Baptist Church. The dates are July 28-30, 2005. You'll be glad you came!



Networking Leader Dinner



Bookstore Frenzy



Fabulous Door Prizes



Nancy Taylor, MC



Mary Etta Jackson enjoying the Bay



Carole Kayaking



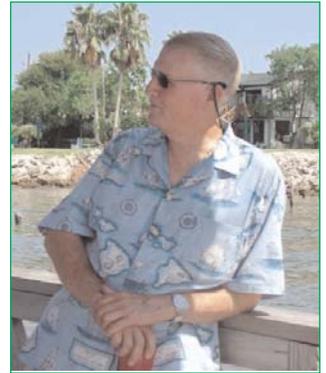
Joe Ann Winker
On The Pier



Fun Boat Rides



More Boat Fun



Carole's Johnny



Enjoying a Game of Cards



Bev Henson Helping Lisa Lewis with Kayak



Nancy & William Taylor & Lisa Lewis



Riding the Triple Dare



Sittin' on the Dock of the Bay



Kay and her New Best Friends



Lounging on the Lawn



Sunset on the Bay



Dinner at Valdost



Talkin' With Kay



Kay Smith
Associate Director
kays@bigcountry.net

Dear First Place Friends,

*W*e have all heard about and experienced the benefits of teamwork. Football season is upon us, and as I listen to testimonies from winning team members and coaches, more often than not, credit goes to the high level of teamwork.

Teamwork can be seen in our churches. First Baptist-Roscoe, my home church, has grieved the loss of our pastor and his family when he accepted a call to serve in another church. His final message to our church was about teamwork. He challenged each member to be a positive part of a team that caused our attendance to rise instead of decline during this transitional period. The level of commitment of many members has risen to form a team that is committed to serving God and others.

Our First Place classes make up a powerful team when each member is faithful in completing their commitments. We see a team that is using God's Word as a recipe book for life, encouraging other team members, facing life's challenges with a positive attitude.

Our personal journey in First Place is also about teamwork. We have a team of nine commitments, when successfully completed, produces a strong force in our daily life.

Oswald Chambers, author of *My Utmost for His Highest* writes, "Life without war is impossible. It is a fact that there is a continuing struggle in the physical, mental, moral, and spiritual areas of life. If I maintain a strong and active mental life, I have to fight. This struggle produces the mental balance called thought.

Morally, it is the same. Moral virtue is acquired through daily battle. It does not happen by accident. To maintain good health I must have sufficient internal strength to fight off the things that are external."

I received an email this week from a First Place member. She wrote "I have joined First Place in our church this past year. I lost 25 pounds and now have reached a plateau. I haven't gained any weight back, but I'm NOT losing at all. I can't seem to get going again in God's Word, prayer and studies. What's happening?"

This email is a great example of what can happen without teamwork. Most of us have experienced lapses in some area of our commitment. Satan is a liar and he will try to convince us we can't regain that closeness we felt with God. But, just one day of pouring our heart out to God, and getting back in His Word has proven that God never leaves. Our part is just showing up.

Again, we can relate our personal journey in First Place to that of a football team. I believe the key to our personal success is not just having Jesus on our team but making Him "head coach."

May God bless Each Team in a Special Way!
Kay Smith

kays@bigcountry.net





Leadership Training

No Excuses, Just Team Work!



Nancy Taylor
Leadership Training Director
ntaylor@firstplace.org

My daughter and I recently participated in a mission project in our city. We were ministering to children and adults in an inner-city housing project. It was a wonderful experience in which we learned so much about ourselves and about how much the Lord loves the world. I also learned something really special about my daughter. The mission project began on a Sunday evening. We were to canvas the area and give out flyers to publicize our week of Vacation Bible School, youth activities and adult Bible study. However, my time was cut short when I received news that my daughter cut her finger while trying to operate a snow-cone machine. We spent the next four hours at the hospital emergency room. She eventually received nine stitches in the tip of her finger. It was quite an ordeal, as Sarah was already not feeling well due to a cold. The next day, I woke her up and told her she did not need to go to her job that day, and she could also stay home and not participate that evening in the mission project. Well, she would not hear of it! She told me that she had to go to work; that they would be counting on her to be there. She went on to inform me that if she was not there to do her job, someone else would have their job to do, plus hers! She insisted on going to the mission project and fulfilling her commitment to do her part. Wow! What a lesson from a seventeen year-old girl! She knew the meaning of teamwork!

Sarah has played basketball most of her life and I believe that this experience developed character in her life. She knows that every member of the team has a special job that only they can do, and when they are not there, someone else will have to shoulder their load. She has also learned that when you commit to a team, you do not quit! This is one thing my

husband and I tried to instill into our children when they were young. Whenever they wanted to sign up to play a sport, we told them that when they signed up, they committed to playing for the entire season. There were no excuses for quitting. We stood by this, even when secretly we would have liked them to quit a few times. I am so thankful that we remained consistent in enforcing this rule, because now I am seeing the fruit of that commitment.

As a First Place leader, I have seen some members join First Place, only to drop out or lose interest as the session progressed. Situations come up in their lives that overwhelm them and distract them from the initial commitment they made to First Place. On the other hand, I have seen members who have had every obstacle imaginable, and yet they faithfully attended week after week. I have had members bring in a First Place lunch to our class in a driving rainstorm, and those who have had to call a taxi in order to get to class. The difference in the two types of members is the level of commitment and the understanding of teamwork.

I consider myself a coach and my First Place class a team. Each week I pray for my members and set out to encourage, inspire, challenge and motivate them to press on. One of the most effective coaching tools I have found is delegation. I ask members to volunteer to bring in prepared recipes, teach wellness spotlight lessons, facilitate the Bible study discussion, or come early to help weigh in the other members. As the coach, I give each of my "players" their assignments and communicate that the rest of

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Nancy Taylor

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the team is counting on them to do their part. The members in turn feel valued and their commitment level usually rises with this added responsibility. I send out prayer requests throughout the week, keeping them connected to their teammates on a regular basis. My co-leader and I share responsibilities. We each take turns facilitating the Bible study discussions and weighing the members. We model before our members the importance of teamwork. The prayer request forms also provide a stimulus for teamwork. Each week they pick a new form from the basket and they know that they are to pray for and encourage the person whom they have picked.

Teamwork involves working hard together for a common goal and it also involves celebrating together. Make it a point to celebrate something every week. It can be a time of giving thanks and praise to God for who He is and what He has done. The celebration can be testimonies of victories

members have experienced that week in eating, exercise or in scripture memory. Take time to celebrate together as a team by sharing the total weight loss for each week. All these coaching tools will be useful as you build a First Place team of members who will be without excuse, because they have learned the value of teamwork!

Philippians 2:2-4: Then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.

Lead On! Nancy Taylor

ntaylor@firstplace.org

Leadership Tip: First Place Teamwork

As a First Place leader, you are a part of a team. You may think that you are all alone, but let me introduce you to some very helpful teammates.

Body and Soul

Body & Soul Ministries® is a nondenominational ministry, which serves other ministries by providing a resource for meeting physical and spiritual needs in an exercise format. Their mission is to promote physical discipline, spiritual growth and evangelism in an uplifting, encouraging atmosphere. They have teamed up with First Place to produce the exercise DVD *Moving to the Word (Aerobic)* and *Moving to the Word (Strength Training)*. Many Body and Soul instructors are implementing First Place groups within their churches and communities. Please welcome them to your team and call on them to join you as you lead others to place Christ First Place. www.bodyandsoul.org:

Networking Leaders

First Place Networking Leaders are on your team! In fact, they are the First Place coaches in your area. They give

their time and talents to promote First Place, train leaders and offer encouragement to area leaders through Area Leader meetings. If you have not made contact with a networking leader closest to you, then do so as soon as possible! (www.firstplace.org/networking_leaders.html):

First Place Newsletter & Leader Newsletter

These newsletters include articles from your First Place leadership team and support team – Carole Lewis, Kay Smith, Nancy Taylor, Beverly Henson, Bill Heston, and Scott Wilson, plus testimonies from members and leaders across the country. You will receive encouragement, inspiration, leadership tips and information that will put a spark into your leadership and First Place ministry.

For First Place Newsletter: www.firstplace.org/newsletter.php; and Leader Newsletter: www.firstplace.org/leaders_newsletter.php:

Get acquainted with your team today by finding out more about Body and Soul, contacting your Networking Leader and subscribing to the two free email newsletters!





Bev's Footnotes

One Accord

Acts 2:1 “. . . they were all with one accord in one place.” (KJV)

Six weeks ago at 5:00 a.m., we began an adventure in our First Place group at Northcrest Baptist Church in Meridian, MS, that has affected our entire community.

We began a Fitness Boot Camp in one of our city parks. When people come together with a common goal and work as a team, there is a certain power among the group. At the First Place Boot Camp, we have had an Acts 2:1 experience of being “with one accord in one place.” Lives are being changed. There are 83 people in Meridian who are experiencing new attitudes spiritually, emotionally, mentally, and physically. Even though they are all at different fitness levels and came to the Boot Camp for different reasons, we all work together as a team for a common cause. Teamwork changes individuals.

What is a Fitness Boot Camp? It is an hour of high intensity strength and cardio vascular training. We have Boot Camp at 5:00 a.m., because most of us have to be at work, thus we work extra fast to finish and get to work on time. We begin with 15 minutes of strength exercises with intensity, side straddle hops, toe touches, push ups, leg lifts, etc., just your standard old-fashioned P.E. type exercises. Then we have 45 minutes of cardio vascular workout. Some people run this workout; others walk, depending on their fitness level and what they came to Boot Camp to achieve.

The first week we did two mile workouts in 45 minutes. This morning (beginning the sixth week) they were up to four and five miles in the 45 minute workout

We begin each workout with a prayer, and say a blessing over our workout for the day. We thank God that we are moving more today than we did yesterday. We thank Him that we are getting into Kingdom condition and FIT for Jesus.

It is a glorious sight to be running and look back down the hill to see a group of 83 “with one accord” moving for Him, as the sun rises over our city.



Beverly Henson
Certified Personal Trainer
Bevh1952@bellsouth.net

Our Boot Camp is at the halfway point this week. We have six more weeks remaining. We have set goals as a group. Many of them participated in a 5K run/two mile walk Friday night. One of the best runners turned in a time of 26 minutes for her first 5k. The next race coming up in October is a 10k/three mile walk that we will participate in as a group.

I would like to invite some of you to join us for our next group goal. You will have a year and four months to prepare and train. Our long range goal is for First Place members from all over the country to meet in Houston, TX (home of our First Place national office) January 2006, to run or walk the Houston Marathon and Half Marathon. A marathon is 26.2 miles and a half marathon is 13.1 miles. Check out the race information for 2005 at www.hphoustonmarathon.com. This coincides with the 25th anniversary of First Place and we are looking to the year 2006 to come together “with one accord and in one place.” This will give you a year to prepare.

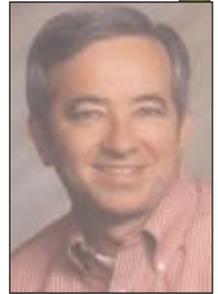
If you would like to join us and become part of the team, email me and I will count you in. If you would like information about how to start your own Fitness Boot Camp, I will gladly help you get started.

Let Us All Press On!
Bev Henson
Bevh1952@bellsouth.net

Acts 17:28
“In Him we live and move and have our being.”

Beverly Henson is a conference and rally speaker for the First Place ministry. She is also a Bible teacher and certified personal trainer. Beverly joined First Place in July 1997 and has lost 160 pounds. First Place has given Beverly a powerful testimony. She is the First Place Director and the Director of Wellness Ministries at Northcrest Baptist Church in Meridian, MS. She is also an area Networking Leader for First Place in Mississippi. Beverly has a genuine love of proclaiming the word of God to His people.





Who Do You Follow If You Are A Leader?

Dr. Bill Heston
University Chaplain,
Howard Payne University
Brownwood, Texas
Bheston@hputx.edu

Dr. William Heston was minister of pastoral care at Houston's First Baptist Church; clinical member of the American Association for Marriage and Family Therapy, and a marriage therapist licensed by the state of TX. He has also led seminars at First Place Conferences."

Many people want to be the leader, even if they do not know where they are going or how to get there. Some people get drafted to lead when they do not want to have that responsibility [That is why you should never miss when officers are chosen; the one absent gets the real work!]. Others have very narrow ideas of what leaders look like. Leadership is required for any organization to move forward, but leadership is also a rather mysterious and weighty thing.

Four Responses to Leadership

1. I don't have what it takes.

Many times people refuse to lead because they are unwilling to pay the price. Leadership, as with all things of value, is a costly exercise.

It takes:

- x Time
- x Energy
- x Resources
- x Insight
- x Patience
- x Wisdom
- x Strength

The satisfaction in knowing that successful leadership has helped produce something of value is the only thing that counterbalances the pain of criticism that often accompanies the role of a leader.

2. I don't fit the model.

There are no exact models for leadership. Every personality style has the ability to lead. It is important that we understand what needs to be done, what it will take to get there, what strengths do I bring and what needs to be added. An external outgoing person will lead with inspiration and purpose. An internal reflective person will lead with order and organization. All of these strengths are required for success. It is important that the leader know how to:

- x include
- x encourage and
- x empower the team members.

Wise leaders will know their strength and lead with them, but also will recognize the strengths that others bring and honor their contribution.

The true model of a leader is found in the success of the project and in the sense of accomplishment experienced by all who contribute and benefit.

3. I am JUST a follower.

The word 'just' should not be attached to follower. There can be no leader without a strong team that follows. There are many settings that an individual may feel confident to take the lead role but others where they prefer to follow wise direction. The gifts of a gracious follower are as important as using great leadership skills.

- x Listen
- x Do not judge.
- x Be positive.
- x Look for ways to contribute.
- x Keep your eye on the goal.

Sometimes, leaders make terrible followers, because they are preoccupied with, "That is not how I would have done it!" Having a teachable and supportive spirit is key to following, realizing that God can use all kinds of people.

Other times, it is clear that the person in charge is not the best leader. Many times "we do not have control over who is in control" – but we are not excused from our role of being a positive contributor. Those who have had leadership positions know the pressure of taking the responsibility and how difficult it is to always make the perfect decision.

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Bill Heston

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4. Are leadership and power the same? NO!

There are some who have a great deal of power and they often get results but may not lead. They may force their will or way but have no true followers. This type of “leader” fosters fear and intimidation – but does not win hearts or minds. True leadership is not about coercing others to do what they do not want to do – it is about empowering them to become...

True Christ-centered leaders:

- x show the way – because they see the path
- x inspire others – because they believe themselves
- x never ask others to do what they are not willing or have not done themselves
- x recognize they cannot do it alone

“...whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your slave; just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”

Matthew 20:26-28

It takes all of us working together to accomplish great goals.

- x **Gifted, sensitive and insightful – LEADERS**
- x **Faithful, talented and supportive – FOLLOWERS**
- x **AND NEVER FORGETTING THAT THE CREATOR OF ALL THINGS LEADS US!**

Bill Heston

Bill Heston, D.Min. is Chaplain at Howard Payne University in Brownwood, Texas.

Coming Events

First Place Area Leaders Meetings

September 18, 2004

10:00 AM - 2:00 PM
(Bring your own lunch)
Oakdale Emory United Methodist Church | Olney, MD
Contact: Kathy Geehreng
Email: kegeehreng@aol.com
For directions to church, go to www.oemuc.org

September 25, 2004

10:00 a.m. | Cracker Barrel
I-75, Sheridan St. exit
Pembroke Pines, FL
Contact: Tonia Melton
(954) 342-8038
tonia0626@hotmail.com

October 2, 2004

10:00 a.m. - 12:00 Noon
Lunch being served
First Assembly of God
1107 East 11th Street
Trenton, MO
Contact: Twila Tillman
Phone: (660)359-5331
Email: twilatillman@sbcglobal.net

October 23, 2004

10:00 a.m. - 2:00 p.m.
Farmborough Heights NSW 2526
Australia
Contact: Barbara Lukies
Phone: (0242) 718800
Email: firstplaceaustralia@yahoo.com.au

First Place Workshops

Fall First Place Experience

October 9, 2004

9:00 a.m. - 3:00 p.m.
Grace Church | Racine, WI
All are invited - leaders, existing members and potential members, too!
Registration fee of \$10 includes lunch and several workshops to choose from.
Contact: Jenn Krogh
Phone: 920-388-3531
Email: wifirstplace@hotmail.com

October 9, 2004

9:00 a.m. - 12:00 Noon
Covenant-Central Presbyterian Church | Williamsport, PA
Contact: Mary Ann Vance
Phone: Church at (570)322-4731
Email: mavance54@suscom.net

First Place Conference

September 17-18, 2004

New Hope Baptist Church
1401 Loveland-Maderia Road
Loveland, Ohio
Contact: Janet Kirkhart at
513-697-1863
Email: janet1stplace@aol.com

REGISTRATION FEE:

\$60.00 After August 20, 2004

MAKE CHECKS PAYABLE TO:

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SEND CHECK AND

REGISTRATION FORM TO:

Janet Kirkhart
C/O New Hope Baptist Church
1401 Loveland-Maderia Road
Loveland, OH 45140

F.O.C.U.S Week 2004

Focusing On Christ's Unlimited Strength

October 7-14, 2004

Round Top, Texas
\$625.00 (includes \$100 non-refundable deposit with registration)
\$675.00 w/airport shuttle (includes \$100 non-refundable deposit with registration)

Registration deadline and full payment is due September 10.

Contact Lisa Lewis at
800-727-5223, ext. 407 or
llewis@firstplace.org.



Hints & Pinches

Teamwork in the Kitchen



Scott Wilson

First Place Food Consultant
firstplacechef@hotmail.com

Scott Wilson is a certified executive chef with the American Culinary Federation. If you have any questions regarding food preparation, you may write him at 7075 Red Fox Lane, Cumming, GA 30040.

Last month I wrote about choosing the proper cutlery for your kitchen. This month I want to mention the other "team members" of the kitchen.

Pots and Pans

To educate yourself and decide which brands are best for you, collect the manufacturers' brochures available in cookware departments. These will highlight special features and explain how they are made, how they perform, and how to care for them. (Check that the manufacturers' care instructions suit your lifestyle and needs: For example, if you loathe polishing silver, you probably shouldn't get copper pans.) It is essential that the equipment you purchase is heavy enough to set securely on a burner without tipping, yet not so heavy that it is a burden to lift. It's also helpful to select cookware with handles that stay cool when in use on the stove, and that are ovenproof. The following are some of the materials from which you can choose.

Aluminum is valued for its ability to conduct heat efficiently. Because it may react with acidic food (i.e., tomatoes) and scratches easily, it is usually combined with other materials, such as stainless steel, or treated (in a process called hard anodization) to prevent it from reacting and to make it easier to maintain. (When aluminum is combined with other materials, it is either sandwiched between layers of the material or placed as a disk on the bottom of the pan.) Think Calphalon.

Stainless steel is lightweight and easy to care for, but conducts heat poorly. Therefore, this metal is often combined with aluminum or copper as described above. Top-of-the-line stainless-steel pans will have heavy bottoms, yet

the pans will remain light. Look for a rating of 18-10 stainless for best results. This is my overall favorite.

Cast iron has been used by cooks for hundreds of years. This tried-and-true cookware retains heat efficiently, making it suitable for dishes such as stews that need long, slow cooking, or for chicken or bacon, which need to be browned well. Cast iron must be seasoned before it is used. (This procedure involves rubbing the pan lightly with shortening and "baking" it in a moderate oven for about 1 hour.) Once seasoned, the pan will have a natural non-stick finish. If the pan isn't seasoned or if the seasoning is removed, cast iron will react with foods such as dried beans, and it may absorb the flavors of the foods cooked in it.

Non-stick surfaces are applied to pots, pans and skillets. These wares are popular as they are easy to clean and require little fat when cooking. They vary greatly in quality and all non-stick cookware needs to be replaced eventually. When choosing non-stick pieces, select high-quality ones with hard surfaces that will resist scratches and damage from high heat.

10" - 12" Nonstick Skillets

This is my most used piece of cookware. It's perfect for meats, eggs, potatoes, onion and pepper – anything you sauté that sticks. You can quickly cook what you need to and it cleans up in a snap. The key is not to skimp on quality.

(Continued on next page)





Scott Wilson

(Continued from previous page)

12" Skillet Grill

The perfect barbecue replacement for quick, low-fat grilling on your stove top. It's just like a skillet, but with heavy ribs crossing the bottom that lift meats, fish, or veggies out of the fat. If you like to marinate, the drippings burn slightly when they hit the pan and infuse your food with a barbecue-like aroma - plus you get those grill-like markings.

1 & 2 qt. Saucepan

The most used saucepans in the home kitchen. Reheat soups, hard boiled eggs, or make sauces in just the right amount of space. These are big enough to heat up corn or beans and small enough to fit in the cupboard.

8 qt. Stockpot

This is essential for cooking pasta, soups, stock, stews and big batches of tomato sauce, anything in quantity. Even if you only cook for two, keep this handy. Stainless precludes any tainting of flavor.

Roasting Pan

This is essential for roasts, lasagna, and casseroles. I like the optional racks that are available that make roasting meats less fatty.

In conclusion, you don't have to spend a fortune on new cookware. You can find great sets at your local wholesale warehouse store or basic kitchen shop. Bon Appetit!

Scott Wilson

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September Recipes

Chicken Waldorf Salad

Makes 6 (1-Cup) Servings

2-3	cups chopped, cored Granny Smith Apples (2 medium apples)	1/2	cup fat-free sour cream
1	cup diced celery	3 to 4	teaspoons fresh lemon juice
2/3	cup halved seedless red grapes	2	teaspoons Dijon-style mustard
2	cups cubed cooked chicken breast (1 pound raw)	6-8	packets Splenda® sweetener
2	tablespoons chopped pecans, toasted		Salt and pepper, to taste
1/2	cup reduced-fat mayonnaise	6	Red leaf lettuce leaves
		2	teaspoons toasted chopped pecans

Combine apples, celery, grapes, chicken, and pecans in bowl. Mix remaining ingredients, except salt, pepper, lettuce, and pecans in another bowl; stir into apple mixture. Season to taste with the salt and pepper. Spoon salad onto lettuce-lined plates; sprinkle with pecans. Makes 6 (1-cup) servings.

Exchanges: 2-1/2 meats, 1/2 fruit, 1 fat

Rice Pudding

Makes 6 Servings

1/2	cup egg substitute (Egg Beaters)	1	teaspoon vanilla extract
2	cups fat-free milk	1/2	teaspoon salt
1/2	cup SPLENDA® Granular	1	teaspoon ground cinnamon
1/2	cup dark raisins	1	teaspoon ground nutmeg
1-1/2	cups cooked rice, without salt		Cool Whip Lite®

Preheat oven to 325° F. In a large bowl, combine egg substitute, milk, SPLENDA® Granular, raisins, cooked rice, vanilla and salt. Mix well. Add cinnamon and nutmeg. (Use a little less if desired) Pour into a 10x6" glass-baking dish. Bake for 25 minutes. Sprinkle with cinnamon and stir. Continue baking for an additional 40 minutes or until knife inserted halfway between edge and center comes out clean. Garnish with 1 teaspoon Cool Whip. Makes 6 servings.

Exchanges for about 3/4 cup: 1 bread, 1/2 milk, 1/2 fruit

Marinated Green Beans

Makes 6 (3/4 Cup) Servings

1/2	cup sugar (1/4 cup sugar + 1/4 cup Splenda Granular®)	2	(16 oz.) cans whole green beans, drained
1/4	cup cider vinegar	1	medium red onion, quartered and thinly sliced
1/2	teaspoon salt	1	clove garlic, crushed
2	teaspoons olive oil		

Bring the first three ingredients to a boil and let cool slightly. Add oil and remaining ingredients to a large ceramic dish; toss to coat. Cover and refrigerate for 24 hours. Drain and serve cold. Makes 6-3/4 cup servings.

Exchanges: 1 1/2 vegetables

(While this recipe contains a fair amount of sugar for the marinade, most of it is discarded with the marinade and will not affect the exchanges.)



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