



- Hein von Hörsten

# Health Focus

Peace comes not from the absence of trouble, but from  
the presence of God

- Alexander MacLaren

**"I will never leave you nor  
forsake you."**

Jos 5:1 NIV Study Bible

The more I become aware of the utter misery and suffering that permeates our planet, the challenges that we face as a Church and the intensified onslaughts of the enemy, the more I have to remind myself of God's promise that He will go before us, that He will never leave nor forsake us - that He is in control!

There are three names in the Bible that illustrate and affirm God's promise - for the past, for the present as well as for the future. The first name we find in 1 Sam 7:12 *"Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying: 'Thus far has the Lord helped us.'"*

Again we are reminded of the precious and well-known citation found in *Life Sketches*, p 196: *"We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history."*

The second name is recorded in Matt 1:23 *"... and they will call him Immanuel - which means, 'God with us.'"*

The third name is found in Gen 22:14 (the name itself is only recorded in the *King James Version* - the other translations only give the meaning of the name)

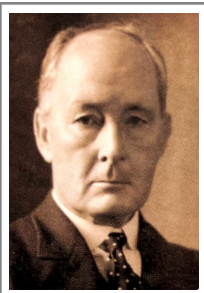
*"Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son."*

*So Abraham called that place The Lord Will Provide - Jehovah-Jireh."*

The three names serve as a reminder that the Lord has led in the past, that He is with us at present and that He will always provide in the future. When life's challenges tend to pose a threat and despondency darkens our pathway, remember the three names: *Ebenezer, Immanuel & Jehovah-Jireh* - the God that will never leave nor forsake us. The God who is in control!

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## THE DJ WOOD AWARD



Dr DJ Wood

Dr David James Wood was born in Scotland in 1865 and obtained his medical degree in Edinburgh in 1888. He then trained in ophthalmology at Moorfields Eye Hospital in London.

Owing to a chest complaint, he decided to move to Cape Town in 1893, where he lived and practiced until his death in 1937.

He was the first doctor to practice ophthalmology in South Africa and became the first president of the Ophthalmological Society of South Africa, which was formed in 1931.

Dr Wood served as secretary and as president of the local branch of the British Medical Association. He served on the Colonial Medical Council and later on the South African Medical Council.

He published 17 papers in the British Journal of Ophthalmology (BJO) and he was held in high esteem by his colleagues and the broader community.

It is clear why he is regarded as the father of ophthalmology in South Africa. It is therefore fitting that his legacy is honoured by awarding the DJ Wood award annually to an esteemed local colleague.

The DJ Wood Award is the highest award that OSSA can bestow upon an ophthalmologist; the Executive Committee of the Ophthalmological Society of South Africa bestows this award.

The qualifying criteria for this award are:

- service to OSSA, and/or
- academic excellence in ophthalmology, which is measured by contributions to the OSSA congresses and other meeting attended by South African ophthalmologists, and/or
- consistent and dedicated service to the community.

# CONGRATULATIONS!

## PROF DAVID MEYER

### IS THE RECIPIENT OF THIS YEAR'S DJ WOOD AWARD

Prof David Meyer's grade 3 dream of becoming a medical doctor became a reality when he graduated from the Bachelor of Medicine and Bachelor of Surgery (MB, ChB) Programme at Stellenbosch University in 1976. He subsequently spent nine years in general, military and family practice before he started to specialise in ophthalmology at the same university in 1987. After having completed his studies, the family spent a year in Calgary, a city in the province Alberta, Canada, where he completed his fellowship in Anterior Segment and in Refractive Surgery from Loma Linda University in California with Dr Howard Gimbel.

In 1994, Stellenbosch University appointed him as head of the academic and clinical Department of Ophthalmology at Tygerberg Academic Hospital. From 1 January 2016, he accepted the added responsibility of Executive Head of the Department of Surgical Sciences.

His educational responsibilities included serving the College of Ophthalmologists of the Colleges of Medicine of South Africa as secretary from 1998-2002, as president of the same college and as senator for six years from 2008-2014. He has also served as councillor of the College of Ophthalmologists for 22 years. He was involved in 32 Master of Medicine (MMed) examinations and in 33 Colleges of Medicine of South Africa (CMSA) examinations. He helped train 60 'Matie' ophthalmologists at the Stellenbosch University and he was promoter of 26 masters and four doctoral dissertations.

Prof Meyer has always been passionate about research. He has authored or co-authored 102 publications and 23 chapters in books.

Moreover, he edited three books and he presented 171 national and international lectures, congress papers and posters.



His interest in pharmacology stems from his undergraduate days. This was further stimulated while he was in private general practice, he specialised in family medicine at the Colleges of Medicine of South Africa and he obtained a Bachelor of Science Honours (BSc Hons) degree in clinical pharmacology at the then University of Potchefstroom. This 'hobby'

inspired him to complete a doctoral degree in ophthalmic pharmacology in 2001 at Stellenbosch University with his dissertation: *'A Critical Appraisal of the Etiology of Adult Human Lenticular Opacification and an Investigation into the role of Metabolic Factors in its Pathogenesis.'*

Over years of clinical and academic practice, his surgical interest slowly migrated to oculoplastic, lacrimal and orbital diseases. He has dedicated 90% of his surgical practice over the past 15 years to this subspecialty. During his university sabbatical, he was a full-time visiting professor in this subspecialty at the King Khaled Eye Specialist Hospital, Riyadh, Kingdom of Saudi Arabia where he was involved in training fellows and registrars.

David and Marita have three children; all three followed their father's footsteps into medicine. The couple has seven wonderful grandchildren who are scattered across South Africa and New Zealand. David's hobbies are biblical studies, outdoor exercise and the couple's most cherished vacations are spent in the National Game Parks of Southern Africa.

(Taken from 50th National Congress of OSSA - Congress Programme)

*We salute you, Prof Meyer! Well done!*

Our own Adventist 'father of ophthalmology' in South Africa, the late **Dr Warren Staples**, was the recipient of the DJ Wood award in 1995. The title of his presentation: *Spiritual Blindness*.

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## South African Lifestyle Medicine Association

- *Newsletter*



May 2022

Dear friends of SALMA

We hope the year is going well for all of you so far. It certainly is moving along at a rapid pace. If you have been thinking about certifying in the field of lifestyle medicine in 2022, then now is the time to decide. We invite you to join us for a free webinar on Saturday 14th May at 10am, where we will discuss the benefits of lifestyle medicine certification and review the requirements and process. The webinar will be hosted by Dr Lydia Altini and colleagues who are ready to share their experiences and answer any questions you may have. The webinar is open to both members and non-members. Registration by replying to this email is required so we can send you a Zoom link. If you can't make the webinar, please register anyway and a recording will be made available.

SALMA is delighted to announce that Dr Roxie Becker has agreed to take on the role of our Treasurer. Welcome Roxie! We are very excited to have you join our team.

If you are a member of SALMA a reminder that your access to the Lift Project ends today. My family and I have thoroughly enjoyed listening to Darren Morton's 10 weekly lessons covering all aspects of physical and mental wellbeing. What a wonderful gift it was! I hope that you were all able to view it and found it of value. We hope that you also enjoyed the Mental Health Reimagined Online Summit on the 5th March and are continuing to benefit from being able to access all the talks at your leisure.

We look forward to seeing many of you at our webinar next Saturday.

Warmly,

Lydia

*Dr Dave Glass sent a notification that the Webinar on Saturday, 14 May, will be recorded for those who want to view later. For all information see SALMA website.*

# Dr Michael-John von Hörsten reports from Kyiv in the Ukraine



**AdventistHelp** is a Swiss NGO that has been setting up and operating clinics for refugees and vulnerable populations in Europe, Middle East and Africa for the past 7 years. Our biggest project is an emergency unit outside Mosul in Iraq where we care for 3 large camps of displaced persons who fled from ISIS. The unit has seen around 60 000 patients since the war in 2017.

Now we're exploring options for an Ukraine response. I've spent the last 4 days in Kyiv, Ukraine meeting up with the ministry of health and local service providers like our SDA Angelia Clinic who are doing an amazing job running mobile clinics in communities hosting displaced persons from east Ukraine.

It's unnerving being there. Kyiv has been blasted to pieces over the past 3 months. People are scared. Especially the suburbs of Irpin and Bucha that Russians occupied until a few weeks ago, saw the worse massacres.

The parks are full of mines, and there are mass graves in the forests. The stories of the survivors are horrendous. Many medical facilities have been destroyed. And further east is infinitely worse.

The ministry of health has asked us to assist with setting up a medical unit in an area with destroyed health facilities. So we're in the process of fundraising to purchase German ex military mobile clinics in Netherlands to set up in strategic locations.

## We have 3 needs:

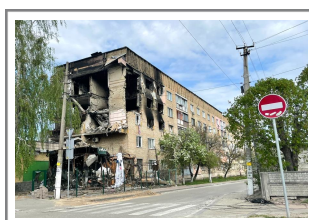
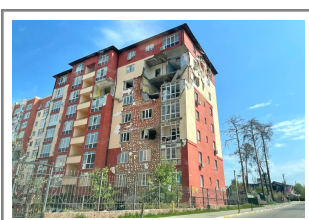
1. If you're a medic that is interested in getting involved please send us an email at [ukraine@adventisthelp.org](mailto:ukraine@adventisthelp.org) and [volunteers@adventisthelp.org](mailto:volunteers@adventisthelp.org). We need help! It's life changing work.

2. If you are keen to donate, we're fundraising for the medical units in the photo. Each costs 7500 euro. Here's a link.

<https://www.outpostcenters.org/en/payment/donate/need/adventist-help/>

3. Please keep us in your prayers as we navigate this complex region!

*Thank you for your wonderful caring ministry, Michael-John. You are all in our prayers!*





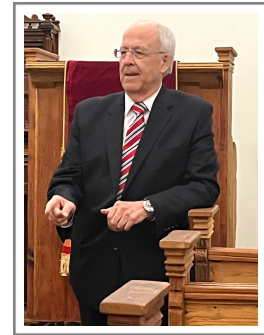
# MEDAL OF DISTINCTION



The SAU president, Dr. Dave Spencer, attaching a pin for Dr. Dave Glass.



From left to right: Nellie & Dr. Alexis Llaguno, Dr. Dave & Cheryl Glass & Prof. David & Marita Meyer



Dr. Peter Landless addressing the attendees at the medal award ceremony.

Three Adventist physicians were awarded the General Conference Health Ministries Medal of Distinction for their decades of extraordinary service to the Church and in the communities they have served.

During the ceremony held at Vista Clinic Chapel, Adventist Health Ministries Director, Dr. Peter Landless, thanked **Dr. Alexis & Nellie Llaguno**, **Dr. Dave & Cheryl Glass** and **Prof. David & Marita Meyer** for their lifetime of commitment to the blended ministry. In spite of difficult circumstances and numerous challenges in remote areas of Africa, they remained true to their calling as servants of the Lord.

**Dr. Dave Glass** graduated from UCT in 1975 (MBChB) while **Cheryl** completed her BSc Nursing at UCT in 1976. In June 1977 they were called to Maluti Adventist Hospital in Lesotho where Dr. Dave later served as Medical Superintendent. In 1990 they moved to Cape Town where Dr. Dave specialised in Obstetrics and Gynaecology at UCT.

In 1994 they moved to Port Shepstone where they ran an Obstetrics and Gynaecology practice for 28 years. They both were founding members of the Uvongo SDA Church, and have been active in the promotion of healthful living in the community through Health Expo's and regular blogs in the local newspaper.

“We have been blessed to incorporate the ministry within our medical care all these 28 years of practice in Port Shepstone.” In 2022 they retired to Somerset West.

Currently Dr. Dave is the President of the newly formed *South African Lifestyle Medicine Association*. He is also vice chair of the *African Lifestyle Medicine Council*. Dr. Dave added: “This expanding field of medicine will be my part-time passion during my retirement years.”

In 1979 **Dr. Alexis Llaguno** graduated with the Degree of Doctor of Medicine from the Southwestern University in Cebu City, Philippines. During 1989-1992 he did his specialty Training in Internal Medicine at the Manila Sanitarium and Hospital in Manila, Philippines. He and his wife, **Nellie's** health ministry extends over many countries, including Zambia, Kenya, Tanzania and Botswana where they laboured under difficult and challenging circumstances.

In June 2016 Dr. Alexis was appointed as the Executive Director of the Adventist AIDS International Ministry (AAIM) of the General Conference based in Johannesburg, South Africa. Both he and Nellie served the vast area of the SID in promoting a health lifestyle and bringing hope to those suffering from HIV/AIDS.

In May 2008 Dr. Alexis was ordained as a Minister of the Gospel. At present he serves as Director of the Health Ministries of the Southern Africa Indian Ocean Division.

**Prof. David Meyer** (MB ChB (Stell); FCFP (S.A.); Honns BSc Pharm (Potch); M.Med (Ophth); FC Ophth(SA); PhD.) has left a trail of rare and remarkable footsteps in both the academic environment as well as in the health ministry of the Church.

His awards, memberships, fellowships as well as publications stretches over a vast circumference of the medical world and are well-known and respected within Ophthalmology circles. (See report on this year's DJ Wood award.)

Prof. David served as the Executive Head of the Department of Surgical Sciences of the University of Stellenbosch and Tygerberg Academic Hospital since 2016 until his recent retirement.

Both he and **Marita** have served the Church in various capacities that embrace both the health, gospel and music ministry.

*Congratulations to the recipients of the Medal of Distinction. Well done!*



# THE GIFT OF WINTER



- Hein von Hörsten

Winter is a demanding season - and not everyone appreciates the discipline. It is a season when death's victory can seem supreme: few creatures stir, plants do not visibly grow, and nature feels like our enemy. And yet the rigors of winter, like the diminishment of autumn, are accompanied by amazing gifts... the reminder that the time of dormancy and deep rest are essential to all living things.

But for me, winter has an even greater gift to give. It is the gift of utter clarity. In winter, one can ... see the trees clearly, singly and together, and see the ground that they are rooted in. Winter clears the landscape, however brutally, giving us a chance to see ourselves and each other more clearly, to see the very ground of our being.

Our inward winters take many forms - failure, betrayal, depression, death. But every one of them, in my experience, yields to the same advice: "The winters will drive you crazy until you learn to get out into them." Until we enter boldly into the fears we most want to avoid, those fears will dominate our lives.

But when we walk directly into them, we can learn what they have to teach us. Then, we discover once again that the cycle of the seasons is trustworthy and life giving, even in the most dismaying season of all.

- Parker Palmer



The graphic features the words "CALL FOR SUBMISSIONS" in a bold, orange, sans-serif font. The text is centered and flanked by two dark grey, stylized arrowheads pointing towards each other, creating a sense of focus and direction.

## CALL FOR SUBMISSIONS

**SUBMISSIONS** are vital to make a newsletter both viable and meaningful. Your contribution, how small or seemingly unimportant, will truly be appreciated and instrumental in adding value to our newsletter.

PLEASE send your submission (news, pictures, articles, etc.)

to:

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