



ViewPoints

November 2025

Hillview Baptist Church

Working and Serving Together - by Pastor Norm



One of the most well-known metaphors for the church is the "Body of Christ". The apostle Paul uses this image in several of his letters, most notably in 1 Corinthians 12 and Romans 12. "Just as a human body is made up of many different parts that work together, so the church consists of many members who each have unique roles and gifts. Christ is described as the head, giving direction and life to the body". (Ephesians 4:15-16).

The metaphor of the "Body of Christ"; illustrates not only the unity and diversity within the church but also the deep interdependence among its members. Each person brings their own spiritual gifts, talents, and perspec-

tives, contributing to the overall health and effectiveness of the church community. When one member suffers or rejoices, the whole body is affected, emphasizing the importance of mutual care and support.

This imagery encourages believers to value every role, no matter how visible or behind-the-scenes, and to recognize that everyone has a purpose in God's design. By working together harmoniously, the church reflects Christ's love and presence to the world, demonstrating what it means to be His hands and feet in service, compassion, and fellowship.

At Hillview there are many body parts; com-

mittees and groups that make the church function well and carry out its mission:

- **Elders** are responsible for the vision of the church, church discipline, and conflict resolution. This group is a source of wisdom and adjudicates any grey areas that may arise. The Elders pray for the church, including healing as described in James 5. The Elders give oversight to certain administrative tasks.
 - **Deacons** are responsible for the prayer ministry, visitation, communion set up, membership and baptism interviews, and other duties as required. They also oversee the Foodbank, the reading program at Hillview School, and the relationship with the Woodvale Community League.
 - **Worship Committee** has representatives from the music, technical and decorating people, deacons (re: communion), chil-
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Volume 4, Issue 10

Issue 10

Special points of interest:

- *Calvin and Hobbes*
- *Peanuts*
- *Activity puzzle - Fishing Party*
- *Kindness Quiz*
- *Rick's Trivia*
- *Would you Rather?*

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Working and Serving Together

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dren's ministry, and the head usher. This group coordinates various ministries to make sure Sunday morning goes smoothly.

- The **Audio/Visual Committee**, aka the tech people, run the computers, soundboard, livestream, and sanctuary lights on Sunday morning and special events such as weddings and funerals. These folks also ensure that we are up to date with our licenses and software.
- The **Budget Committee** generates the yearly budget. It is comprised of the treasurer, a trustee, a representative from the Leadership Council and ad hoc church member(s).
- **Trustees** oversee the facility and the grounds. These are the people who basically run everything from replacing burnt out lightbulbs to mowing the lawn and all facility rentals.
- The **Hospitality Committee**, aka the Social Committee, are the fun people. This group oversees the coffee fellowship after the Sunday service, BBQ's, special events and the Christmas banquet. Every December this group collects donations for the Mustard Seed and Hope Mission.
- **Ushers** greet you when you arrive on Sunday mornings, collect the offering, serve communion, show people where the bathrooms are, and provide discreet security. Discreet security, Bill Bruce – no body armour, no weapons. Nay nay.
- The **Missions Committee** oversees the missions budget. They assess and recommend

new ministries to support. They also maintain contact with our current missionaries. This group oversees the community garden and White Cross as well.

- The **Sunday School** department makes sure that there are adequate numbers of teachers each Sunday. They choose the curriculum in consultation with the pastor, and ensure that everyone involved with teaching the children has the appropriate security clearances and is educated in "Plan to Protect." This group has oversight of the nursery and classrooms.
- **Ministries** – there are various small groups and the adult Sunday School class, which are overseen by the pastor. These groups and their leaders are:
 - ♦ Adult Sunday School – Dr. Jerry Shepherd
 - ♦ Tuesday evening – OT and NT survey, Basic Theology, and Apologetics – Pastor Norm and Neil Carlberg
 - ♦ Wednesday
 - Ladies morning – Noreen Wourms
 - Ladies evening – Marcy Hufnagel
 - Men's evening – Dale Hufnagel
 - Youth – Chelsey Hurst and Brad Baker
 - ♦ Thursday evening Young-ish adults – Stacie and Chelsey
 - ♦ Librarian extraordinaire – Barb Hub-scher
 - ♦ Donald Nelson oversees the Clothes Closet and Operation Christmas Child.
- **Envelope Secretary** is Christine MacDonald and

she coordinates the Tellers (the offering counters).

- **Treasurer** – Bill Holmes, with Joy doing the work

Along with this army of volunteers, the church is blessed with 2 part-time staff people: Elaine, the church custodian, and Katie, our office administrator.

Together, these ministries and dedicated individuals form the heart of our church community, embodying a spirit of service, compassion, and unity. Whether you are seeking fellowship, looking to grow in faith, or hoping to make a difference, there is a place for you to contribute and connect. Let us continue to support one another and shine God's light in all we do, trusting that every act of kindness—no matter how small—helps build a stronger, more loving church family.

If you would like to get involved in one or some of these ministries, please contact Pastor Norm and he will connect you with the right people.





Community Garden Review - by Gloria Swain



On Saturday, October 18 the Community Garden Group held their year end wrap up meeting. It was good to have a few satisfied gardeners come and share their gardening experience with the rest of us. In a very relaxed atmosphere with coffee, juice and snacks everyone was willing to share.

In spite of some vandalism, most gardeners had a positive harvest. The vegetables that did well this year were: potatoes, zucchini, radishes, onions and beans. One lady even grew some artichokes and was able to harvest 4 small ones. Another gardener harvested a small watermelon. We did plant one plot of potatoes for the Food Bank. We harvested a box of potatoes which were quickly picked up by the Food Bank clients.

The elephant in the room was the pilfered vegetables and how to protect against that. We came up with no real solution. Hopefully a new sign with bigger lettering may be of some deterrent.

Our plans for the spring include obtaining some compost from the ECO centre to improve the soil. Our water source was more than adequate with the two huge water tanks. They provided enough water that we did not have to use tap water. Thanks to Howard and Larry for all their care and attention to the water collection system and adopting some of the delinquent garden plots. We closed the meeting with prayer, thanking God for a good harvest.

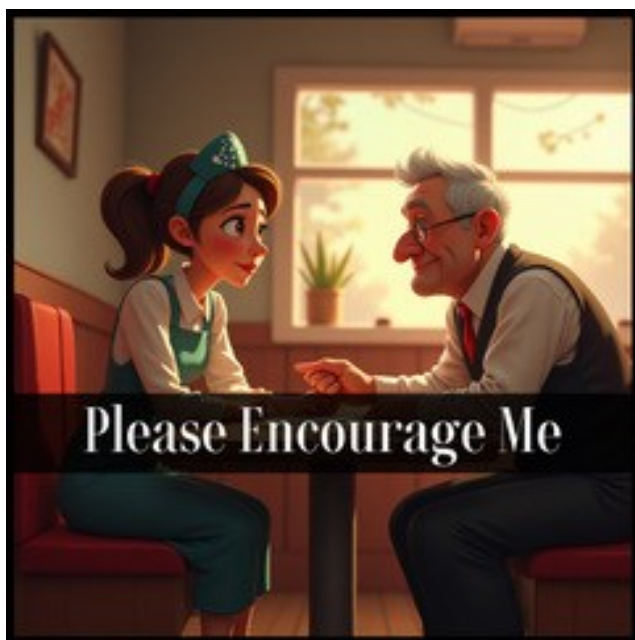


Closed for the Season!





Something to Think About! - by Kurt Redschlag



Therefore encourage one another and build each other up. (1 Thessalonians 5:11)

Artwork by Brian Worobec.

Kindness is Important !

Some time ago I was standing in line at a fast food outlet, waiting to order a coffee, when a rather belligerent customer just ahead of me made a "scene" that was totally uncalled for. From what I could observe, the young employee had served him in a courteous manner, but because she had inadvertently gotten one item of his order wrong, he literally flew into a rage, scolding her for her mistake. I couldn't believe my ears. Even though she apologized and corrected the order, "Mr. Rude" felt it necessary to continue berating her and, of course, making sure everyone in the restaurant could hear him. Needless to say, this poor girl was humiliated and embarrassed and I could see she was fighting to keep from crying. Here was someone who desperately needed to hear a word of encouragement.

So as I stepped up to the counter, I gave her the warmest, friendliest smile I could muster and apologized to her for the shameful actions of the previous customer. Then I complimented her for being a friendly and courteous employee, and for showing so much self control in such a trying situation. As I offered her a few more kindly words, a little self conscious smile emerged on her face and a couple of insuppressible tears rolled down her cheeks. But these were expressions of appreciation for hearing some words of understanding and encouragement.

People everywhere are facing pressures, tensions, strained relationships, financial struggles, health issues, etc., on an almost daily basis. And what they are craving for more than anything else, is to hear a word of comfort, to hear a word of encouragement. Deep down in their hearts I suspect they are probably longing to feel a gentle arm of understanding around their shoulder, assuring them that someone understands them, that someone is sensing their pain and sorrow, that someone is willing to stand at their side - even as they are going through a dark and lonely valley. Yes, our world is filled with people who need encouragement as they face the various challenges and difficulties and disappointments of life. And the people in our churches are no exception. If we could look beneath those Sunday morning smiles, we'd see people who are silently carrying burdens that no one else is even aware of, who

are dealing with life-threatening health issues, who are wrestling with a sense of guilt or shame, who are struggling with a deteriorating relationship, who are growing weary in constantly serving, who are grieving the loss of a loved one, who are feeling lonely and unappreciated. And they need a place where they can experience understanding, empathy, and encouragement. And if they can't find this in the church, if they can't find this among God's people, then where in the world are they going to find it?

I sometimes wonder how many people who are walking the

"One of the highest of human duties is the duty of encouragement. It is easy to laugh at men's ideals; it is easy to pour cold water on their enthusiasm; it is easy to discourage others. The world is full of discouragers. We have a Christian duty to encourage one another. Many a time a word of praise or thanks or appreciation or cheer has kept a person on their feet. Blessed is the man and the woman who speak such words of encouragement".

- Dr. William Barclay

streets of our communities or sitting next to us in a pew are drying up on the vine - that is, are giving up on the family, the church, and even life itself - simply because of lack of encouragement. It is so easy to put people down, to emphasize their weaknesses, to point out their faults and failures. Yes, it is so much easier to criticize, than to

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From France -A Canadian Recipe - by Sherri Hufnagel

A few weeks ago I met Sherri at Hillview. She is Marcy and Dale's daughter. We discussed hiking the 42 km Skyline Trail in Jasper National Park. She had just completed it. I did it with Meredith and Mark years ago before becoming decrepit and severely less motivated. Since she was managing a café in France, I asked her to share one of her best recipe, with us. Her response and recipe follows: Ed

Hi Bill, Here's one of the favourite recipes that I actually brought to the café. The recipe was adapted for both personal use and for at the Atelier Alfred Café. It was originally taken from A Betty Crocker Cookbook which I used in my childhood. (Imagine that, Canada exporting a pastry recipe to France. "j'y crois pas" and sacrebleu! Ed)

Buttermilk biscuits

a.k.a. "lembas" or elven wayfarer's bread (see J.R.R. Tolkien's Fellowship of the Ring)

325 ml	milk	1 ¾ cup
30 ml	vinegar	2 Tbsp
600 g	flour	4 cups
20 g	sugar	2 Tbsp
18 g	baking powder	4 tsp.
3 g	baking soda	½ tsp.
12 g	salt	2 tsp.
200 g	grated cheese	
½ bunch	chopped green onions or fresh rosemary or dill or...	
250 ml	huile / oil	

Yield : 19 biscuits

Recipe reviewed by
Mo's test kitchen!
See Page 10



Put the milk and vinegar in a measuring cup and set it aside to work.

In a large bowl, mix together the flour, sugar, baking powder, baking soda & salt.

Add the grated cheese and chopped green onions or herbs to the flour mix.

Add the milk & vinegar mixture and the oil and stir just until combined.

Preheat the oven to 200°C.

Drop by spoonful onto a pan lined with parchment paper, making your biscuits as large or small or as numerous as you like. We use a cookie scoop to make two balls which we roll together for each biscuit.

Bake 12 minutes at 200°C until the biscuits are golden. Cool on a wire rack before placing on a plate or in a basket lined with a tea towel to serve. Delicious as an afternoon snack or at mealtime with a hearty autumn soup.

You can also shape your biscuits, then place the tray in the freezer rather than the oven. When the biscuits are frozen through, pop them in a plastic bag and keep them in the freezer until you want some fresh biscuits, then pop them back onto a baking tray and bake as normal. No need to defrost ahead of time as they will defrost as they bake.

As a church we are financially supporting Sherri's missionary efforts. In France, Roman Catholicism remains the largest single religion, but the majority of the people consider themselves as non-religious. Her support is part of our missions budget. For more information on Sherri - see page 7 Ed.





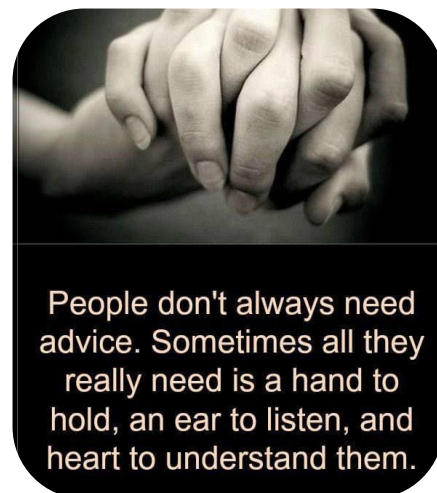
Something to Think About!

(Continued from page 4)

compliment, to tear people down, than to build them up, to discourage, rather than encourage. Our world needs more encouragers. Our communities need more encouragers. Our churches need more encouragers. May God grant us sensitive hearts that can discern the often unspoken but very real needs of others. As Charles Swindoll wrote, "If we are sensitive, I think we'll be able to see the words "Please encourage me" written in the frowning faces, drooping shoulders, and pleading eyes of many people all around us." But may God not only sensi-

tize our eyes, but also burden our hearts so that we would be willing to put into practice the Bible's clear admonition: "Therefore encourage one another and build each other up" (1 Thessalonians. 5:11).

P.S. For next month's issue, I will write a follow-up article on the subject of encouragement. It will outline some practical ways we can encourage one another.



The 11th Month, 11th Day

Have you ever noticed the announcements concerning "Our Daily Bread". I assumed the booklet was simply a list of Bible Verses - one per day, but that is incorrect. There is also short inspirational stories. Here is the story for November 11, Remembrance Day. The booklet is available for free on the Information Table in the foyer. Ed.

Flashbulb Memories

Early winter 1941. The Sunday service had just concluded. As their father lingered at the little north-country church, my dad and his siblings walked the short distance home. When their father came up the snowy hill to the farmhouse, he was crying. He'd just learned Pearl Harbor had been bombed. His sons--my dad included -- would be going to war. Dad always recalled the moment in vivid detail.

Researchers call such events "flashbulb memories" -- moments seared into our minds. Think of 9/11, or the day you lost someone close. Think too of your most joyous experience.

Imagine the flashbulb memories of Jesus' disciples. They witnessed miracle after miracle. Suddenly catastrophe struck. The Son of God was arrested and crucified. But then, resurrection! Mary Magdalene hurried to tell the disciples, "I have seen the Lord!" (John 20:18). Still, the disciples hid in fear. They didn't believe the news (Luke 24:11), not until "Jesus came and stood among them" (John 20:19). Then, "The disciples were overjoyed" (v. 20). John recorded some of those moments, saying, "These are written that you may believe that Jesus is the Messiah, the Son of God, and

that by believing you may have life in his name" (V.31). "Flashbulb memories" with eternal significance.

John 20:18-20, 30-31

The disciples were overjoyed when they saw the Lord (John 20:20)





All About Sherri - by Marcy Hufnagel

Dear Bill,
You asked me to write a little bio on Sherri to go along with her biscuit recipe. Sherri's first interest in baking occurred when she was three years old. She wanted to help me make cookies or something, so I had her observe from the other side of the kitchen peninsula. As she grew older, she became tasked with making coffee cakes for breakfast and that grew to so many more baked goodies.

During her studies to be a teacher at the U of A, Sherri worked part time at Micheal's Arts and Crafts. There she discovered they offered discounts to employees for the cake decorating classes, so she took all that were available. She had also learned a little from my feeble efforts on birthday cakes through the years. Sherri has decorated many cakes through the years—birthday and wedding cakes. **Her mother will be more than happy to show you pictures of some of them!**

As a young girl, Sherri aspired to be a teacher so had no troubles completing two years at Taylor College before transferring to the U of A to earn her teaching degree.

While at the U of A Sherri studied French as a minor which rounded out the French she had learned growing up in Cameroon. After graduating, she spent a year in



Cameroon, Africa running the schooling program for the missionary children while Elsie Lewandowski was on a home assignment. From there she spent three years on the OM ship Logos Hope teaching missionary children, including during the fi-

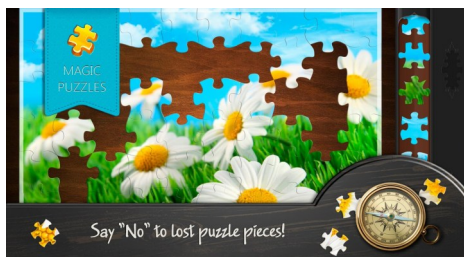
nal year, being the head teacher on the ship. Next Sherri settled in Edson, Alberta teaching elementary students in the Christian school for a number of years. Since then, she has had experience in a variety of occupations including being a home-school facilitator, and even doing construction.

From a young age, Sherri has loved nature so when she had the opportunity during her university years to work in the national parks, she took it. The past few summers Sherri was a seasonal employee for Parks Canada, living, working, and hiking in Jasper National Park.

It is evident God called her to her present ministry in the heart of Nice, France so she still gets away when she can to hike the surrounding mountains and beaches of that area.

Well, there you have a brief history. It was hard to choose—there are many stories of a gal that has travelled, worked, and visited friends around the world.

Life is a Jigsaw Puzzle - by Phil Callaway



I shouldn't brag, but I just finished a jigsaw puzzle in a week, and it said two to four years on the box... You can learn life lessons in strange places, even when you're getting older. At this age, I've seen it all, done

it all, and I don't remember a bit of it. I still do dumb things, but I do them more slowly now. My involvement in contact sports has subsided and given way to new hobbies that don't involve as much rapid movement. Hobbies like walking, power-napping, and jigsaw puzzles. In my younger years, I would rather watch Gouda cheese mold, than do a puzzle. But lately, I find them exciting, and I can break a sweat, just pushing a corner piece across the coffee table. I relish the excitement of the hunt for

that elusive final piece, and I savour the triumphant moment when I find it on the floor, and wedge it into its rightful spot. My heart is racing just telling you about it.

As my wife and I were assembling a 500-piece puzzle of a farm, profound thoughts began to hit me. Go to the fridge, Callaway, eat some cake. No, those weren't my thoughts, but this new jigsaw hobby has been teaching me a little bit about

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Life is a Jigsaw Puzzle

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life. You start out with optimism and big plans, then you unbox that puzzle and reality sets in. Assembling the tangled mess is daunting. You can do this alone, but why? So you find a partner and ask for help. You learn patience together. You learn that the world's largest puzzle is over 40,000 pieces, and you are thankful that you're smart enough to want no part of it, that compared to others, your problems are small. Your puzzle is only 500 pieces. And, with a little effort, you bite off what you can chew, find the edges and corner pieces, and before long, you are piling up accomplishments. You've got a far away forest, a field of flowers, and a herd of cattle stampeding straight toward you.

You pop that final piece into place, and high five your wife without pulling a muscle. Worthwhile things are built one piece at a time. Together, you tell her. Just take the next right step, and before you know it, there's a big picture, and it's beautiful. She can't help grinning. She didn't know if she'd married a philosopher at all. Suddenly, your

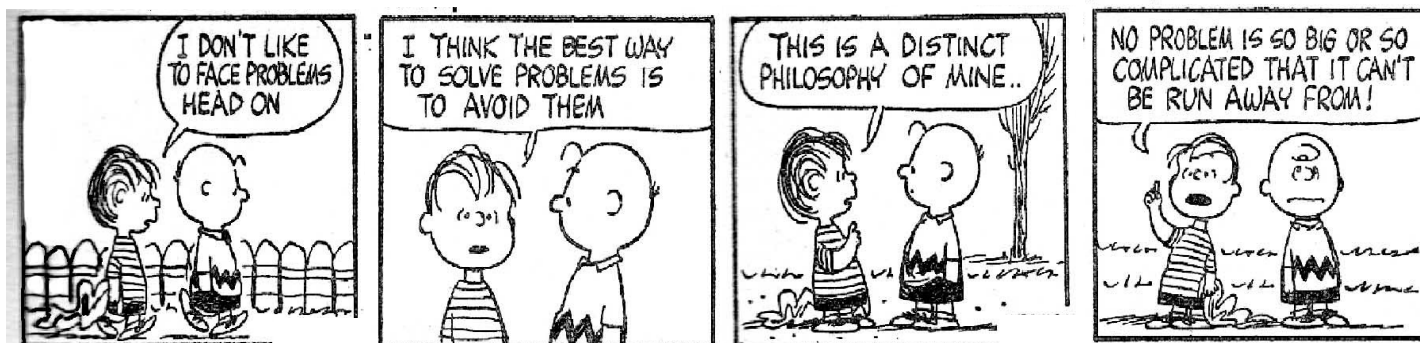
grandson comes in, and slowly pulls that puzzle off the edge of the table, and you laugh. You may have little to show for your labor, but you have spent a quantity of quality time, talking, relaxing, and listening to audiobooks together. And now you get to help your grandson, learn about cleaning up, and how life is, that in the end, it all goes back into the box.

You know, in some ways, my life feels like an unfinished jigsaw puzzle. It's hard to see how all our experiences, trials, and triumphs, can possibly fit together. Is there purpose, or is life just a pile of unanswered questions and unmatched pieces? That's when we remember the puzzler's secret, never give up hope. God promises that one day those pieces will fit, one day those question mark's will be straightened into exclamation marks.



1 Corinthians 13:12 says, "Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity." All I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. While we see the tiny pieces, God sees the big picture, and one day, by grace through faith, we will see with perfect clarity too.

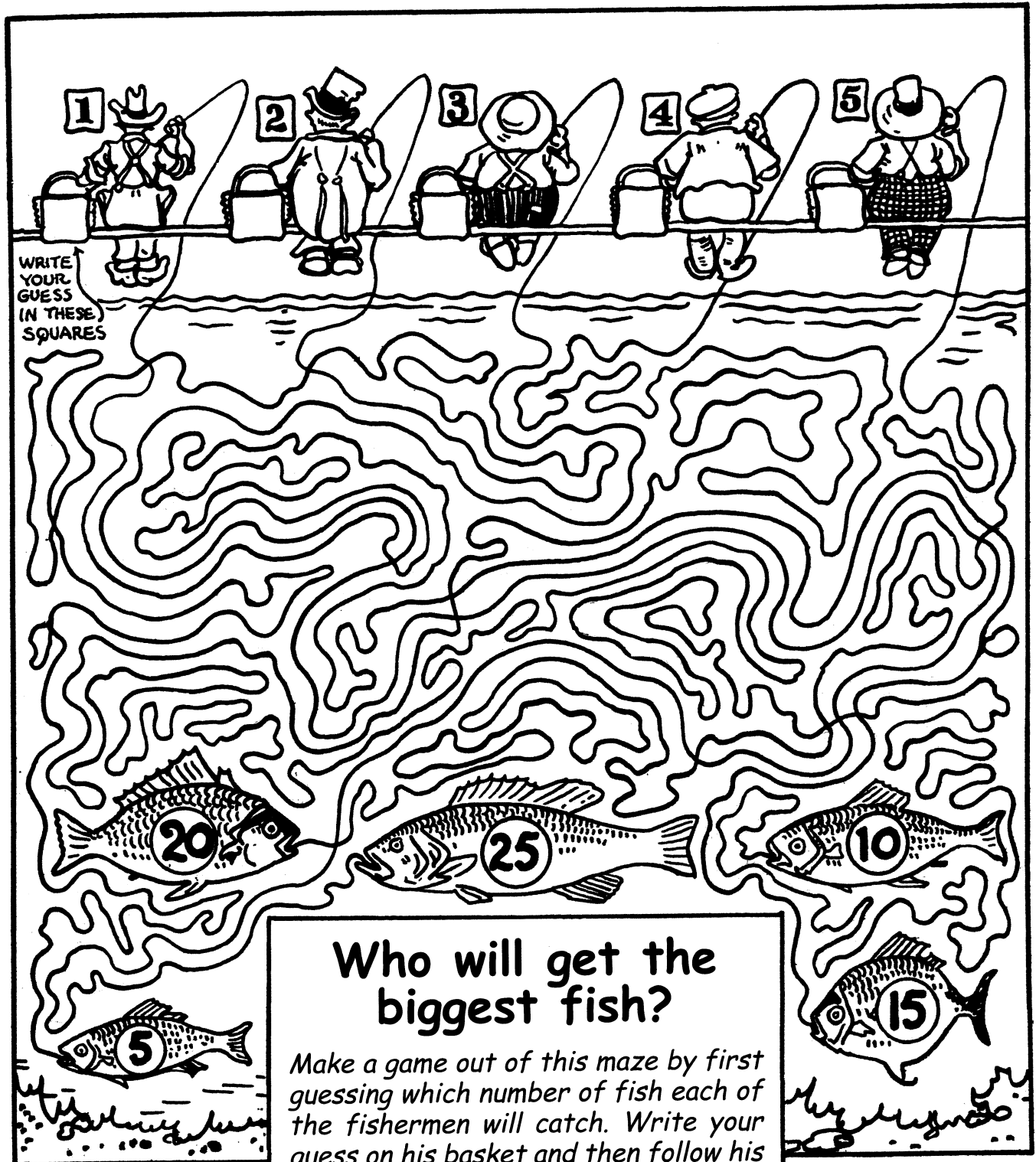
Oh, remember that 40,000-piece puzzle? Do you wonder what it's of? I don't know. It's likely a big sign that says, you have too much time.





The Fishing Party

A guessing game.





A Review of Sherri Hufnagel's Buttermilk Biscuit Recipe - by Mavourneen (Mo) Worobec

On Thursday, October 23, I made a batch of these biscuits at the request of Bill Holmes. This took me waaay back 65 years to my Grade 9 Home Economics class at NPHS Jr/Sr High-school in Fort St John, BC. Our very first baking lesson was Baking Powder Biscuits.

When our mothers used to make these, you knew supper was going to be chili or stew, so you could dip these bland tasting biscuits in the gravy or sauce. So let me tell you, it was a real treat to make these flavourful, cheesy, Buttermilk biscuits. I followed the recipe as written, and used Old Cheddar cheese, and chopped green onions. I did

make the buttermilk according to this recipe's direction, although I do prefer dairy buttermilk. They baked up big and doubled in size from the ice cream scoop I used to put them on the baking pan. The next time I make these flavourful biscuits, I'm going to use a package of Red Lobster's garlic and herb butter to brush on the top of these Buttermilk biscuits.

Thank you, Merci Beaucoup, and Dyakuyu, Sheri for sharing this recipe with us. Ladies (and gents) give this recipe a try, you'll enjoy it... and the grated cheese called for can be the cheese of your choice... Blessings to All... Mo



An actual photograph of Mavourneen efforts!



Is the Bible Reliable and Accurate? - by Wayne Baker

A few years ago, Pastor Norm led the men's group in a study video series called "Cold Case Christianity". The leader, James Warner if I remember correctly, said one looks at the facts, looks at the bias one has, and attempts to determine what the facts says independent of our bias. He was a police officer, his last few years was focused on solving cold cases, and he was an atheist. His view as he examined the evidence for the Resurrection was based on his bias, dead men do not rise from the dead. Although his bias led him to doubt the resurrection, the evidence convinced him that Jesus had risen from the dead, prompting him to become a Christian evangelist.

Lacking time machines, we cannot verify the past. True some biblical events have no evidence to either confirm or deny the

event. The Cuban Missile Crisis can illustrate the point I make here. John F Kennedy was physically present in the White House for a significant part of the crisis, but there are some days when he may or may not have been in the White House, tangible proof is lacking, may yet be found. However, there may be no evidence to prove he was elsewhere either. Even documented proof has been questioned about known historical events. Moon landings and the Holocaust come to my mind of well documented events in recent events being disputed. With recent historical events being disputed, the historical questioning of the Biblical Historical events does not surprise one, but there is not one event that has been challenged with any evidence that proves it is in error.

Walking on Water - Doubtful?



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Is the Bible Reliable and Accurate?

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There are discrepancies between what man's understanding of history is and the Biblical account. Numerous examples exist where no evidence exists either proving or disproving the reliability of the Bible. However, more recently archeological evidence has been found proving the accuracy of the Bible. One example is King David. His existence was frequently disputed by many scholars. However, in 1993 an artifact was found in the "Tel Dan Stele" with an Aramaic inscription referring to the "House of David".

Another interesting Biblical reference that seems doubtful is

"dragon". The term dragon is from a Hebrew word which has been used for several different animals, but in Job 41, the verses seem to describe a dinosaur. A dinosaur that may be able to breath fire (Job 41: 18-21). In the study of dinosaur fossils they have discovered at least one type of dinosaur with two hollowed tubes near their sinuses. This arrangement may allow for different chemicals to mix and create the fire-breathing dragon described in fantasy literature. This strikes at the heart of the issue. What is the easiest and simplest way to explain the evidence we see?

Our understanding of mythology may be challenged by this. If we take the Word of God to be true, there are many events which have no scientific and/or archeological evidence. Nevertheless, we must accept the teaching of the Bible as accurate. This requires us to understand the nature of the literature and the impact the form of the literature uses. Sarcasm, euphemisms, hyperbole, idioms, and poetry must be understood in the meaning of the form used. This does introduce problems since we may miss some of the impact when such content is unfamiliar to us in the context of the Biblical period the passage originates.

Another Bible Study Option - by Noreen Wourms

The Wednesday morning Bible study for women started 15 years ago. We meet at 10 AM in the Fireside Room. I have been so blessed to be facilitating this wonderful group of ladies/sisters in Christ.

Through the years we have undertaken a variety of studies that have been both challenging and important to our Christian growth. To name a few studies, we have spent time with:

- Daniel's Prayer, by Anne Graham Lotz,
- 8 Ways to Live a life of Unstoppable Strength, Unmovable Faith and Unbelievable Power,
- Spiritual Warfare, The Full Armour of God,
- Esther,

- teachings from the book of Acts, and
- as of late we have been accessing teachings/sermons on current events that coincide with the life of Paul.

Upcoming we will be discussing Heaven and after Christmas, God willing, we will have a study on the book of Revelation.

We begin our study with reading scripture out loud, prayer, teaching, then we end with prayer and in unison pray "The Lords Prayer".

For years now one particular scripture keeps coming up, (2 Chronicles 7:14) "If my people, who are called by my name will



humble themselves, and pray and seek my face turn from their wicked ways; then I will hear from Heaven and will forgive their sin, and heal their land".

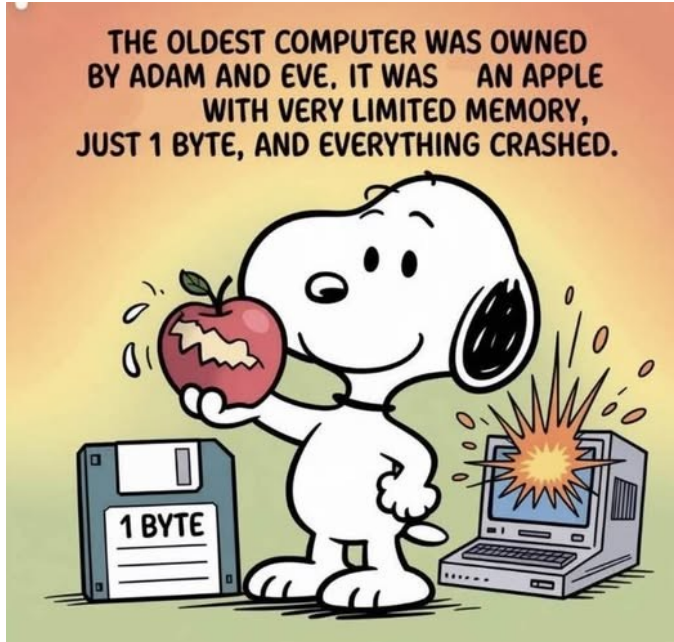
Another prayer that is on the women's hearts is to pray for the prodigals to return to the Father.

Be Blessed!

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A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

An autumn Relationship and Compatibility Test



Fall Movie



Football



Carve Pumpkin



Paint Pumpkin



Cocoa



Tea



Sweater



Flannel



Pumpkin Patch



Corn Maze



Candy Corn



Caramel Apple



Pumpkin Pie



Apple Pie



Pumpkin Spice



Salted Caramel

Our Answers:

For Joy: Fall Movie, Carve Pumpkin, Cocoa, Sweater, Corn Maze, Candy Corn, Pumpkin Pie, Salted Caramel

For Bill: Fall Movie, Carve Pumpkin, Cocoa, Sweater, Corn Maze, Caramel Apple, Pumpkin Pie, Pumpkin Spice

Score: 6 out of 8 matches , not bad, our marriage is rated as tolerable!



Rick's Trivia - by Rick deLeeuw

The Incredible Shrinking Man or Woman

Why do old people shrink? Shrink sounds like a strong term, but it is true. Old people lose height and muscle and fat, so they get smaller. Their spines begin to degenerate and compress, making them shorter. That's partially gravity taking hold. We all get shorter in the

course of a day because water gets squeezed out of the discs of the spine. However, it is permanent in older people because there is less water in the discs. Younger people have more water to begin with, and spring back to height at night. Add to this the fact that the vertebrae can crush as you get older because of a condition called osteoporosis. People with osteoporosis have bones that aren't dense enough to hold their weight. Some older people also can't stand up straight-they stoop because of

the crushed vertebrae. Almost everything to do with shrinkage relates to diet and exercise. So there is hope. So get lots of exercise, fresh air and good food with plenty of calcium. That way you will have done your part to stay as big and strong as possible. The total amount you will shrink depends on how much you stay in shape. Generally, a man might lose 3cm, and a woman 5cm, between ages thirty to seventy. What happens after seventy? Still working on that while I do my work out on the bike.

