Future Thirteenth Sabbath Projects

The Thirteenth Sabbath Offering this quarter will help the Inter-American Division to open 13 Better Living “centers of influence,” one at each of the following:

- Antillean Adventist University (Puerto Rican Union), Puerto Rico
- Colombia Adventist University (North Colombian Union), Colombia
- Cuba Adventist Theological Seminary (Cuban Union), Cuba
- Dominican Adventist University (Dominican Union), Dominican Republic
- Haitian Adventist University Academy (Haitian Union), Haiti
- Linda Vista University (Southeast Mexican Union), Mexico
- Navojoa University (North Mexican Union), Mexico
- Montemorelos University (North Mexican Union), Mexico
- Northern Caribbean University (Jamaica Union), Jamaica
- Central America Adventist University (South Central American Union), Costa Rica
- University of the Southern Caribbean (Caribbean Union), Trinidad
- Adventist University Institute of Venezuela (West Venezuela Union), Venezuela
- Belize Adventist Junior College (Belize Union), Belize

Color The Flag

KYRGYZSTAN

DIRECTIONS:
Color the flag red. Color the sun yellow with a red circle inside the rays. The diagonal lines inside the sun are colored alternately red and yellow, with four yellow squares in the middle.
DIRECTIONS:
Color the top half blue and the bottom half yellow.

DIRECTIONS:
Leave the top third white; color the middle third blue; color the bottom third red.

DIRECTIONS:
Color the top half blue and the bottom half yellow.
Play the Game

COSSACKS & ROBBERS
(RUSSIA)

The children divide themselves into two teams. One group is Cossacks, and the other group is Robbers. The Cossacks have a “camp,” and one Cossack stays behind to keep watch. The Robbers run away and hide, and the Cossacks try to find them. When a Robber is caught, they are kept prisoner back at the Cossacks’ camp. The game ends when all Robbers are caught.

<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>RUSSIAN</th>
<th>PRONUNCIATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let's Play</td>
<td>давай играть</td>
<td>davay igrat</td>
</tr>
<tr>
<td>Run!</td>
<td>беги!</td>
<td>begi</td>
</tr>
<tr>
<td>Let’s run</td>
<td>Побежали!</td>
<td>pobezhali</td>
</tr>
<tr>
<td>Your turn</td>
<td>твоя очередь</td>
<td>tvoya ochered</td>
</tr>
<tr>
<td>Close your eyes</td>
<td>закрой глаза</td>
<td>zakroy glaza</td>
</tr>
<tr>
<td>Catch!</td>
<td>лови!</td>
<td>lavi</td>
</tr>
<tr>
<td>Ball</td>
<td>мячик</td>
<td>myachik</td>
</tr>
</tbody>
</table>

Sing a Song

The Song of the Volga Boatmen
(RUSSIAN)

<table>
<thead>
<tr>
<th>RUSSIAN</th>
<th>PRONUNCIATION</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Эх ты, Волга, мать-река,</td>
<td>Ekh, ty, Volga, mat’-reka,</td>
<td>Oh, you, Volga, mother river,</td>
</tr>
<tr>
<td>Широка и глубока,</td>
<td>Shiroka i gluboka,</td>
<td>Mighty stream so deep and wide.</td>
</tr>
<tr>
<td>Волга, Волга, мать-река</td>
<td>Volga, Volga, mat’-reka</td>
<td>Volga, Volga, mother river.</td>
</tr>
<tr>
<td>Эй, ухнем!</td>
<td>Ey, ukhnyem!</td>
<td>Yo, heave ho!</td>
</tr>
<tr>
<td>Эй, ухнем!</td>
<td>Ey, ukhnyem!</td>
<td>Yo, heave ho!</td>
</tr>
<tr>
<td>Ещё разик,</td>
<td>Yeshcho razik,</td>
<td>Once more, once again, still once more</td>
</tr>
<tr>
<td>ещё да раз!</td>
<td>yeshcho da raz!</td>
<td>Yo, heave ho!</td>
</tr>
<tr>
<td>Эй, ухнем!</td>
<td>Ey, ukhnyem!</td>
<td>Yo, heave ho!</td>
</tr>
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<td>Эй, ухнем!</td>
<td>Ey, ukhnyem!</td>
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</table>

Let’s Cook!

KYRGYZ GINGEBREAD
(KYRGYZSTAN)

INGREDIENTS

\frac{1}{3} \text{ cup (70 g) shortening} \\
\frac{1}{2} \text{ cup (66g) sugar} \\
1 \text{ egg} \\
2\frac{1}{2} \text{ cups (300g) flour} \\
2 \text{ tsp (10ml) baking soda} \\
1 \text{ tsp (5ml) salt}

1 \text{ tsp (5ml) ground cloves} \\
1 \text{ tsp (5ml) ground ginger} \\
\frac{1}{2} \text{ tsp (2.5ml) cinnamon} \\
1 \text{ cup (240ml) molasses} \\
1 \text{ cup (240ml) hot water}

INSTRUCTIONS

Preheat oven to 375°F (190°C). Butter and flour a 9x9 inch (23x23 cm) cake pan. Mix flour, baking soda and spices together and set aside. Mix molasses and hot water and set aside. Cream shortening and sugar. Add egg and mix well. Alternately add dry ingredients and molasses mixture to creamed mixture. The batter will be thin. Pour into cake pan and bake for 45 minutes or more until a toothpick comes out clean. Cool in pan for 5 minutes before turning out.

Serve with whipped cream flavored with pure vanilla and sweetened with sugar.

Adapted from recipe at bit.ly/KyrgyzGB