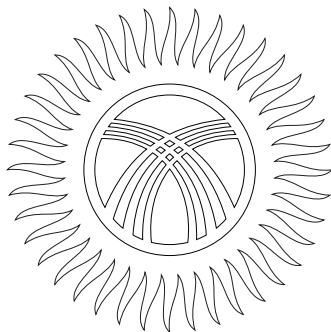


# Future Thirteenth Sabbath Projects

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.



# Color The Flag



## RUSSIA

### DIRECTIONS:

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



## UKRAINE

### 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.

ENGLISH	RUSSIAN	PRONUCIATION
Let’s Play	давай играть	davay igrat
Run!	беги!	begi
Let’s run	Побежали!	pobezhali
Your turn	твоя очередь	tvoya ochered
Close your eyes	закрой глаза	zakroy glaza
Catch!	лови!	lavi
Ball	мячик	myachik

# Sing a Song

## The Song of the Volga Boatmen

(RUSSIAN)

RUSSIAN	PRONUCIATION	ENGLISH
Эх ты, Волга, мать-река, Широка и глубока, Ай-да, да ай-да, Ай-да, да ай-да, Волга, Волга, мать-река	Ekh, ty, Volga, mat'-reka, Shiroka i gluboka, Ai-da, da ai-da, Ai-da, da ai-da, Volga, Volga, mat'-reka	Oh, you, Volga, mother river, Mighty stream so deep and wide. Ay-da, da, ay-da! Ay-da, da, ay-da! Volga, Volga, mother river.
Эй, ухнем! Эй, ухнем! Ещё разик, ещё да раз! Эй, ухнем! Эй, ухнем!	Ey, ukhnyem! Ey, ukhnyem! Yeshcho razik, yeshcho da raz! Ey, ukhnyem! Ey, ukhnyem!	Yo, heave ho! Yo, heave ho! Once more, once again, still once more Yo, heave ho! Yo, heave ho!

Tune: [bit.ly/Volga-Boatmen](http://bit.ly/Volga-Boatmen). Source: [bit.ly/Wiki-Boatmen](http://bit.ly/Wiki-Boatmen)

# Let's Cook!

## KYRGYZ GINGERBREAD (KYRGYZSTAN)

### INGREDIENTS

1/3 cup (70 g) shortening	1 tsp (5ml) ground cloves
1/2 cup (66g) sugar	1 tsp (5ml) ground ginger
1 egg	1/2 tsp (2.5ml) cinnamon
2 1/2 cups (300g) flour	1 cup (240ml) molasses
2 tsp (10ml) baking soda	1 cup (240ml) hot water
1 tsp (5ml) salt	

### 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](http://bit.ly/KyrgyzGB)



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