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# MINUS40 REPORT

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Newsletter of Steve and Lois Donley

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Missionaries to the indigenous people of the Arctic

## June 2018

Three days in April changed my life forever.

A medical Doctor with little tact asked me how my diabetes was coming along? The words weren't coming out my mouth but in my mind verbiage was rapid fire and curt. "What do you mean? I don't have diabetes. Did you even look at my medical records?" After some unintelligible noise and grunts I think I denied I was diabetic. With zero tact he argued like a grade five kid and said, "Yes you do!" Before the visit was over I was was the new owner of a type 2 diabetes diagnosis and high blood pressure and high cholesterol and need to have an ECG to see if any of those issues had damaged my heart. Three days later, the nurse operating the ECG machine ripped off the heartbeat printout and announced she'd be right back. After a couple puzzling minutes, the same Doctor from three days ago popped in and blurted out, "So when did you have a heart attack?" My response was wordless head wagging. I finally managed to speak actual words and denied I ever had a heart attack. Doctor Grade Five said, "Yes you did. It was what we call a silent heart attack."

Thus began the lifestyle changes. Lois and I discussed and prayed and decided with confidence to cancel our summer traveling ministry plans. For the first time in around 10 years we were staying home and working in our Arctic ministry right here. No Bible Camp, no Mission Camp, no Mission Candidate School, no visiting our family in the US, but just stay on the mission field and adjust to our new normal. As of this letter I am down over 30 pounds and have gotten control of the diabetes and cholesterol thing with medication and a complete dietary overhaul and exercise. The heart issue is the only thing outstanding, and I am expecting Cardiologist appointment before June ends.

The ITH, (Inuvik - Tuktoyaktuk Highway), was closed for several weeks this spring. The mud was extremely thick and made the road impassible. Since its opening the gravel road has many soft spots and travel is rough and slow. But we navigate the road and drive over two hours one way for weekly church services. Attendance varies but most weeks and there are usually a couple of visitors. Lois is not doing well traveling the road since it had become torn up by the spring thaw. Her neurological issues are triggered by the bouncy, rough road. She still tries to come as often as possible. As always there are maintenance issues to be dealt with on the building and church grounds and I am addressing them every trip.

On June 9th Lois and I hosted a small private fellowship at our house. The celebration was to commemorate a milestone of sorts. On that particular day, Lois and I had officially spent 1/2 our lives in

the Arctic! It was a typical Arctic day as well. It sleeted, snowed, rained, and then got sunny and nice for a while!

In the risk of overloading you with too much personal news, please allow me to announce another milestone that will come along on September first. Lois and I will celebrate our 40th wedding anniversary!

I'm announcing September news, because as usual, this will be my last newsletter until mid to late September. The short summer is upon us and we are extremely busy with ministry and various maintenance opportunities that can only be done in the summer. So I have my nose to the grindstone and going non-stop until the weather slows us down. You can keep up with us by our personal Facebook pages or the Tuktoyaktuk Baptist Church Facebook page. Emails are always welcome as are texts and the ancient form of communication known as a "phone call."



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Pastor Featherstone and Darrel Nasogaluak at our "1/2 our lives in the Arctic fellowship"



Thank you for your faithful support, love and prayer throughout the years.

*Steve and Lois Donley*