



Association of Adventist Women

Charlotte Patterson Hamlin

— Woman of the Year —

President's Award

1998

After earning her R.N. at Loma Linda University and B.S. degree in nursing education from Walla Walla College in 1945, Charlotte Hamlin worked in several hospitals while her husband, Eugene, began pastoral ministry. From 1952 to 1960, the couple served as missionaries in Guam and Japan. Charlotte tackled many projects, from starting an English Bible school in Kobe, Japan, to teaching nutrition seminars. After returning to Loma Linda, Charlotte earned an MPH degree in 1972, with majors in public health nutrition and health education. She was assistant professor of nursing at Andrews University from 1973 until her retirement in 1986.

The following year Charlotte and her son,

Gene, founded Global Trek International, a non-profit organization that promotes the health principles found in Ellen White's classic book, **The Ministry of Healing**. Charlotte is ever ready to teach classes in smoking cessation, stress management, weight control, health and spirituality.



Full of life and a zest for youth since childhood, Charlotte also began (at the age of 68) what would become a 12,000 mile bicycling trip. She bicycled and walked across the United States, parts of Europe, the Middle East, Asia, Japan, Guam, Hawaii, and Canada. She finished her journey on her 70th birthday in 1988. Four years later she bicycled from Brisbane to Sydney, Australia.

At age 75, to promote a healthful vegetarian lifestyle, Charlotte bicycled from Vancouver, B.C. to Newfoundland, granting 150 radio and television interviews along the way. Her newly released book, *Ride With the Wind*, documents her travels. This past summer, for her 80th birthday, Charlotte biked north to the Arctic Circle.

In recognition of her extraordinary accomplishments, Charlotte has been nominated to receive an award for outstanding achievement in the category of sports, from the Adventist Alumni Achievement Awards organization.

“Charlotte doesn't achieve her amazing feats of physical endurance simply to gain notoriety,” says Skip MacCarty, associate pastor of the Pioneer Memorial Church in Berrien Springs, Michigan. “She is driven by a passion to demonstrate that God's laws are both reasonable and powerful, resulting in optimum health and happiness. She wants the world to know that her God is a great God, a loving God who has prescribed the best for His children.”

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