

However, NCSDA members are still invited and most welcome.

The Technician level class will be taught on Wednesday evenings, 7:00 to 9:00 PM at the Anacortes Yacht Club, 504 7<sup>th</sup> St. Anacortes. [www.anacortesyachtclub.org](http://www.anacortesyachtclub.org). There will be six class sessions. There is no tuition charge for the class; the only cost will be for a textbook. No pre-registration required—just come to the first class.

If you wish more class information, call (360) 293-5457. Also, you may wish to come early on the first night as the County Command Post emergency unit will be demonstrating ham radio communications on site. They will be using a mobile radio van to demonstrate radio usage in emergency situations.

Learn more about the class and today's ham radio at: [www.hamradio4u.com](http://www.hamradio4u.com) and [www.wedothat-radio.org/hello/](http://www.wedothat-radio.org/hello/); [www.arrl.org](http://www.arrl.org).

#### McGHEE SISTERS CONCERT

The McGhee Sisters will be have a Vespers Service/Concert, *Winds of Faith*, at the Everett Forest Park Adventist Church, January 23, 2010 at 4:00 p.m.

#### HELP FOR HAITI

Adventist Development & Relief Agency (ADRA) is responding to needs after a powerful 7.0-magnitude earthquake this last week in Port-au-Prince, Haiti. This is the strongest earthquake to hit Haiti in more than 200 years, with

the earthquake causing severe damage. Join ADRA in raising \$1 million to help the residents of Haiti recover from this devastating earthquake. Give at [www.ADRA.org/haiti](http://www.ADRA.org/haiti) or call 1-800-424-ADRA (2372).

#### CHRISTMAS FOOD BASKET

##### THANK YOU

Christmas food baskets were a huge success again this year. We would like to thank everyone for all of their gift and food donations and for giving of themselves and time. It was especially appreciated this year as we have all encountered so many needs and fewer resources. Without your support, this would not have happened and we pray that everyone was as blessed as the families who received the food boxes and gifts. It is truly a blessing to have such a caring and generous church family.

#### PRAYER GARDEN

##### Remember in Prayer

##### Ruth Lochbrunner

*Mother of Eileen who used to attend Mt Vernon SDA church years ago, but now lives in Vermont. Ruth has suffered a broken pelvis, surgery for same and now she is having difficulties with her right knee.*

##### Darlene Rhine

*For continued recovery*

##### Baby Landon Haberly

##### Those in the Military

##### Our Youth

## North Cascade Seventh-day Adventist

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# The Trumpeter



#### BOARD PLANNING SESSION

All church board members are asked to be present and participate in a two day planning and visioning session to plan the direction of our church. January 30 after potluck we will be meeting in the youth house until 5 p.m. On Sunday morning we will have brunch ready for the group in the youth house at 9 a.m. and meet until 1 p.m.

#### ANNUAL SWIM-IZZA PARTY

**January 30!!** Mark your calendars now for our annual swim-izza party to be held on Jan 30, 2010. Wash away the winter blues by a good dunk or swim at Fidalgo Pool in Anacortes from 6-7p.m. After you've worked up an appetite, join the group for pizza and trimmings at Village Pizza, also in Anacortes. Look for an insert in your bulletin soon for prices and more info!! Contact Jane Fish at 848-7711 if you have any questions.

#### WANTED

Participants for upcoming Talent Show. **Date—March 6.** Skits, silly songs, jokes and just ideas would be great.

Contact Loni Carambot (360) 757-7190 or [lonicarambot@msn.com](mailto:lonicarambot@msn.com) Deadline Feb. 19.

#### NEW SS CLASS

Pastor Mark and Pastor Ira are beginning a new Sabbath School group for anyone interested in deepening their knowledge of and study of Scripture. They have dubbed it "The Young and the Rest of Us" but don't have any age restrictions to the group. It will meet in the apartment each Sabbath from 10:10 to 11:00.

#### MISSING FELTS

Joan's Beginner's Class I is missing their set of Creation Felts. These have been missing for over a year now and Joan was wondering if anyone might know where this set might be found? Call Joan Smith if you know anything about these felts. Thank you.

#### NURTURING COMMITTEE

The next meeting of the Nurturing Committee will be Monday, January 18, 7:00 p.m. at the NCSDA Church.

#### PART-TIME JOB

The Christian Bookstore located in the Outlet Mall in Burlington is looking for a Seventh-day Adventist that would be willing to work on Sundays for them. Contact the store if you are interested.

## STROKE PREVENTION

- 80% of stroke victims had no apparent warning signs.
- Ultrasound screenings can help you avoid a stroke.
- Stroke is a leading cause of death and permanent disability.
- Screenings are fast, painless, affordable and convenient.

### A stroke screening is coming to your neighborhood:

Life Line Screening will be at the Mt Vernon SDA Church on Tuesday, Feb 2. Pre-registration is required. Call 1-800-690-6313.

See the 2 page flyer on the church bulletin board for more details including cost of screenings.

## SOCIAL COMMITTEE

The Social Committee is look for more members. The committee's job is to come up with and coordinate events that will bring church members together outside of Sabbath.

If you have some ideas and want to be a part of this fun and exciting group, contact Marie Burger. See Bright Orange Flyer for more details.

## TRAVEL TO ALASKA

SAGE Seniors are taking their annual retreat to sea! Join SAGE for a seven night Alaska Inside Passage Cruise on the "Rhapsody of the Seas." The cruise, scheduled

for May 14-21, departs from Seattle with ports of call in Juneau, Skagway, Tracy Arm Fjord, and Victoria, British Columbia. Guest speaker: Joe Wheeler. >Reservations end February 1, 2010. Call Joan Libby at (253) 681-6018 to join the SAGE Alaska Cruise Retreat.

## SNOWSHOEING

The North Cascades Men's Ministry is coordinating a family play day in the snow!

Have you ever wanted to try snowshoeing, or have them and need an excuse to get out? Well here it is!

Join us on Sunday Feb 7 for a day of snow fun. Put it on your Calendar now! Watch for upcoming details.

We'll be going to Mt. Baker and rentals are available.

Questions? Call Andrew Rice - 360-708-3286

## SAA MISSION TRIP

Some of you have probably received letters from students at SAA requesting financial support to go on a mission trip to Nicaragua over Spring Break in March. They will be working at an International Children's Care orphanage - pouring cement for a foundation of a warehouse and sidewalk. Each person going is required to contribute \$1300. If you would like to support your SAA students, staff, and family members who are planning to go, please send your donation to SAA before February 25. The following people are raising funds to go on this trip:

Jimmy Jordan, Mollie Goodman, Sarah Milchenko, JoyAndra Dunlap, David Claridge (Arlington SDA member), Connor and Don Brassington, Nathan and Dave Habenicht, Kimberly and Dr. Dan Bynum (undecided), Nikki, Daniel, and Pastor Jesse Sacdalan (Ferndale SDA members), Karyelle Nielsen, Laura Paise, Pastor Tim Williams, Doug and Sandy White

## BASKETBALL TOURNAMENT

A 3 on 3 basketball tournament is planned for Saturday night, January 16 at Skagit Adventist Academy.

This is a friendly competition, with lots of play time for all. Each team must consist of at least one female, one student high school or below, and one adult (college or above). Family teams are encouraged - last year the Beuse family was almost unbeatable. If you can't play, come out and cheer for your favorite team.

Haystacks and drinks will be available for purchase. Sign up your team at the school by Friday, January 15.

## SAS/SAA ANNUAL SKI AND SNOWBOARDING PROGRAM

We would like to invite you to join us on the slopes at Mt. Baker for our annual ski and snowboard program. The dates are January 18 and 25, and February 8 and 15. All are welcome, but if you let us know in advance, we may be able to get discounted lift tickets for you.

This is a great opportunity to have fun in the snow while getting to know some of our students and parents. We will be leaving early (6:45am) since the lifts at Baker close at 3:30. Pray for colder weather! Contact the school or Lucille Nelson at 360-391-4828 or Matthew Lee at 360-421-9594.

## OUT-TO-LUNCH BUNCH

The next gathering of the Out-To-Lunch Bunch will be Wednesday, Jan 20, NOON at the El Gitano's in Mt Vernon. Address is 1810 Riverside Drive.

## FDV NEEDS

The Family Development Center (Family Shelter) is in need of small TVs and VCRs so the children can watch videos in their apartments. They have also asked for our help in donating cleaning supplies such as mops, brooms, cleaning agents and dish soap. If you are able to help, you can bring your donations to Cindy Hartley at church or take them directly to the FDC at 704 N 4th in Mt Vernon (the big yellow house).

Thank you for your ongoing help with this project. If you have questions, call Cindy at 360-303-8536.

## HAM RADIO CLASS

The Ham Radio Classes will be offered again starting January 20, 2010. There is one significant change from previous years; the class will not be held at NCSDA but will be in Anacortes. This is because of requests from the Red Cross and the Samish Nation.