

## POOL PARTY

The Eager Beavers and Adventurers Clubs invite all children ages 4 through 4th grade to a pool party on Sunday Feb 28 from 11-1. The party will be at Arne Hanna Aquatic Center in Bellingham at 1114 Potter Street (from I-5 Northbound, exit Lakewood and continue straight ahead).

Parents are requested to stay with their children if possible. Questions, please call Becky Graves 360-733-9048.

## GOLF ANYONE?

SAVE THE DATE! July 11, 2010 for the 1st annual

Dennis Carman

### Memorial Golf Tournament for SAS

We need golfers, hole sponsors, and volunteers.

Any questions please call 360-391-3914 or email to

[skidrick@comcast.net](mailto:skidrick@comcast.net).

## DINNER AND A KISS

Come and join us at Johnny Carino's Italian Restaurant, this Monday, February 8 @ 6:30 p.m. for dinner. If you order the Family Style meal you get a 50% discount on your dinner—Mondays only. The Family style dinner feeds 2-4 people easily. So if you're close to 50 or older come and eat, visit and have a good time.

RSVP Dean or Lois Dietrich so that reservations can be made.



**WARNING:** There is no discount for kissing and it is mandatory that you deliver any kisses in private and with spouses only.

## BLOOD DRIVE

Once again NCSDA Church will be the location for a Blood Drive. Please note the date, Sabbath, April 24. Our parking lot will be the site for a community Blood Drive. Please call Vicki Jacobs now to set your appointment to give blood on that day. Her number is 421-2433. She also needs 2 volunteers to help her that day.

## PRAYER GARDEN

### Remember in Prayer

**Jedidiah Gates**  
Healing for his leg

**Kaarsten Lang**  
Recovery from Surgery

**Jim Perry**  
Recovery from surgery. Jim needs volunteers that would be willing to stop in and check on him from time to time, if you can help with this contact the church office.

**Darlene Rhine**  
*For continued recovery*

**Those in the Military**  
**Our Youth**

# North Cascade Seventh-day Adventist

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# The Trumpeter



Because of Lillian Jordan's decision to retire at the end of this school year, we are looking for a teacher for the 2010-2011. If you are interested or know anyone who may be interested please contact Doug White:

[dwhite.sas@gmail.com](mailto:dwhite.sas@gmail.com) or Raymond van Rooyen:  
[Raymond@integragroup.com](mailto:Raymond@integragroup.com)

## SPECIAL CHOIR

The Mount Vernon Presbyterian Church Chancel Choir would like to invite all singers to join them in the performance of Faure's Requiem, under the direction of Denice Grant.

The performance will take place on April 2, at 7:00 pm. Rehearsals are Wednesdays from 7-8 pm. Please contact Denice Grant at 360-7075909 or 206-3591209.

## WOMEN'S MINISTRIES EVENTS

**Pajama Party!** Saturday evening, February 20, 2010 at the Youth Center from 6pm to 10 pm. There will be a light dinner, games, munchies, and a movie. There will be a drawing for free admission for one lucky lady to attend the NCSDA Women's Spring Retreat! See Flyer for more details.

## 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.

## Financial Peace University Class With Dave Ramsey

During this life-changing course, you will learn:

To put together a monthly spending plan that really works.

The step-by-step process for getting out of debt for good.

How to set financial goals and communicate about money.

How to have more money to give to God's work.

And Much More!

Feel free to invite your friends and neighbors to come too!

Class Starts: Tuesday, Feb. 23, 6:30-8:30 p.m. (free childcare) At the North Cascade Seventh-day Adventist Church

**Preview & Registration:**  
**Tuesday, Feb. 9 – 6:30 p.m. or**  
**Tuesday, Feb. 16 – 6:30 p.m.**  
Questions call: Carrie & Neil Myers 421-1622

## SUNSHINE BAND

This month's outing will be February 13, 2:30 p.m. at Country Meadows Village.

## FABULOUS VEGETARIAN COOKING—2010 Edition

Mary Margaret Eighme, R.D., Nannette Crowell, M.D., Joy Thorne and Sally Turner, R.N. are back with a sprightly selection of all new recipes, handouts galore and the freshest nutritional information.

The format is based on informal and entertaining lectures, generous samples, and fast paced cooking demonstrations. We've listened to your requests, and this year look for more fast and easy recipes your family will be sure to enjoy, and new this year, ideas for your Easter brunch or dinner.

All classes begin with a buffet dinner, serving at 5:45 P.M. This is a full dinner so don't eat before you come! The lecture and cooking demonstrations are from 6:30 to 8:30 P.M. Classes meet in the Fellowship Hall. Dates for the classes are March 8, April 12, and May 10.

Class size is limited and always fills quickly, so preregistration is essential and will be filled in the order received. Register by sending check for \$30.00, which covers the tuition, food, and handouts for all three classes as a series to: Nannette Crowell, 1625 E. Fairhaven Ave, Burlington, WA 98233.

These classes are based on a lacto-ovo diet designed to be an introduction to vegetarianism and a discus-

sion of current nutritional research—we do not want to make too big a jump for the novice. If you are already vegan, be aware we will be using eggs and low-fat dairy products in many of our recipes.

## SNOWSHOEING

**(Update Feb 6)-** The *North Cascades Men's Ministry* is coordinating a family play day in the snow! Invite a friend or come on your own. Join us on Sunday Feb 7 for a day of snow fun (**Back before Superbowl!**). Put it on your Calendar now!

Join us at 8:30 AM in the fellowship hall for a Pancake Breakfast and worship - come to breakfast even if you don't plan to come to the snow! But please let us know (RSVP) so we can plan appropriately. Or meet us at Mt. Baker but let us know you are coming.

We'll leave the Church at 9:45 AM - and easily back before 3 PM - See you there! We'll be going to Mt. Baker and **rentals** (REI \$10, Glacier Ski Shop \$12, White Salmon Day Lodge \$15) are available. Questions? Call Andrew Rice - 360-708-3286

## MEN'S MINISTRIES BREAKFAST

**Mens Breakfast** - 8:30 AM Feb 7th in the Church Fellowship Hall *North Cascades Men's Ministry*. Come join us and be inspired! This month we are also sponsoring the Snowshoe day for

our church family and their friends. But do come to breakfast even if you don't plan to attend the after breakfast event. See you Sunday! (Please let us know you'll attend).

## 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, Nikki, Daniel, and Pastor Jesse Sacdalan (Ferndale SDA members), Karyelle Nielsen, Laura Paise, Pastor Tim Williams, Doug and Sandy White

## TO DONATE FOR HAITI RELIEF

**Donations to ADRA** are specifically to help the Adventist Development & Relief Agency respond to community needs in Haiti. This

international organization is very active in Haiti earthquake response and is partnering with the World Food Program.

For a "By the Numbers" list of ADRA's response, visit this link: <http://www.adra.org/site/News2?page=NewsArticle&id=10777>

There are three ways to donate through ADRA:

ONLINE: <http://www.adra.org/haiti>

MOBILE: 85944, Text the word "ADRA", reply "YES"

PHONE: 1.800.424.ADRA (2372)

**Donations through the North American Division (NAD)** are specifically to help Seventh-day Adventist Churches and Schools in Haiti to rebuild. This is separate from ADRA's work. This offering will be collected in churches on February 6.

There are two ways to donate through the NAD:

ONLINE: <https://appeal.nadadventist.org/Haiti>

ENVELOPE: Mark your Tithe and Offering envelope for Haiti Disaster Relief (SDA)

## RIDE NEEDED

Transportation to church from Mount Vernon for a single female is needed. If you can help contact Pastor Ira.