

and huge boulder patches to Slide Lake, elevation 3100 feet. The was formed when a portion of the surrounding mountainside slid across the Otter Creek drainage forming a dam. This dam held back the water in Otter Creek, creating the lake.

Daniel Thomas will be leading out on this hike after second service. If you have any questions about the hike, please call 360.333.9604

July 31, 2010

Pyramid Lake Trail

If anyone would like to lead out on this hike, please call Daniel Thomas at 360.333.9604

Pyramid Lake is a short day hike with moderate elevation gain. There is a broad diversity of plant and animal habitat along the way. The trail ends at a pretty little mountain lake, with floating log "gardens" and a tranquil atmosphere. Climbers use this trail to gain access to the grand peaks above—Colonial, Pyramid and Snowfield.

Access: Drive State Rte 20 to just east of Gorge Lake (mile post 126.8). Park on the north side of the road, and then find the signed trailhead across the highway by the cascading waters of Pyramid Creek.

LOMA LINDA, WORTHINTON & MORE AT THRIFT STORE!

Remember you can conveniently buy or order Vegi-Meat products from our Thrift Store. To make it even easier, you can order online at veggiefoods.ncsda@gmail.com. You will be notified when your order is ready for pick-up, saving you an extra trip.

SIGNS OF THE TIMES

Bring the blessing of God's word to the home of your loved ones, friends and neighbors

For only \$10 per year, you can sponsor a subscription of the *Signs of the Times* for nurturing new members, shut-ins, regular visitors and people requesting Bible studies; or as a Personal Ministries project to neighbors, friends, coworkers and relatives. Use the *Signs* for special projects such as prison ministries, sending to our troops overseas and various mission projects.

Save over \$5 a subscription by ordering in bulk. To place your order see the Ivory colored insert in today's bulletin. Fill out the form on it and follow its instructions on turning it in. Orders must be placed on Monday, August 4, 2010.

North Cascade Seventh-day Adventist

Volume 10 Issue 28

Editor: Sherry Price

July 24, 2010



The Trumpeter



NEXT PICNIC POTLUCK

Sabbath, August 7, our General Potluck will be at the Hillcrest Park in Mount Vernon following second service.

NURTURING COMMITTEE

The next Nurturing Committee meeting will be Wednesday, August 4, 7:00 p.m. at the NCSDA Church.

BRING A FRIEND and please bring lots of FOOD, paper plates, silverware, cups, folding chairs and blankets.

OUT TO LUNCH BUNCH

The Out to Lunch Bunch will meet at The Lunch Box on August 17th at 12:00 noon. The address is 311 Pine Street (Pine Square) in downtown Mount Vernon.

GOLFERS

All are welcome to join us, Thursday, July 29 at the Eaglemont Golf course in Mount Vernon at 4:00 p.m. to play some golf. Contact Dick Tolf for details.

SENIOR DIVISION QUARTERLY

Someone has ordered a special Lesson Quarterly-Senior Division for this quarter. It is in the church office waiting to be claimed by whoever requested it.

BABY SHOWER

Come and join the fun! There will be a Baby shower for Nicki Turner (Sally Turner's daughter) and her new baby boy, Cole. The shower will be at Lois Dietrich's home, Monday August 2, 6:30 p.m.

CHURCH BUSINESS MEETING

The North Cascade Church will be holding a Business meeting, Wednesday, August 18 at 6:30 p.m. We will be discussing and voting on the 2010-2011 church budget.

M.O.P.S.

*Moms of Preschoolers
Walk and Playgroup*

Join the MOPS walk and/or playgroup Tuesdays. Walk starts from the youth house at 9:30 a.m. and the playgroup meets in the youth house at 10:30am. If interested, contact Daisie Bartolome at 856.2417 so we know to look for you.

ADVENTURER CLUB

The Adventurer Club is starting again. This club is for Eager Beavers ages 3-5 and Adventurers grades 1-4.

The club will meet on the second Sabbath afternoon each month

starting September 11 from 2-4:30 PM at Skagit Adventist School. Special activities that include the parents for the first half hour will be planned and parents are encouraged to stay.

Parents are asked to please email or call Becky Graves for the registration form or pick one up in the church office and return to her box at church or by mail with the registration fee so that money is not collected on Sabbath. Please make checks out to the NCSDA church. You may pay half now and half in January if you like and as always, there will be a \$10 refund for a returned uniform at the end of the year.

Scholarships are available; please contact Becky. Also, please invite your neighbors and other kids you may know as we'd like to open the club up more to the community this year. We still have opportunities available to help if anyone is interested, please contact Becky Graves.

Phone: 360-733-9048

Email: gbgraves1@comcast.net

Address: 18 Pinto Creek Lane, Bellingham, WA 98229

FLOWER & BIRDS

Attention: Freshmen and Sophomores at S.A.A., you can get started on your flower and bird projects now, during the Summer, while you are bored and the flora and fauna are abundant! Just call Mr. Brassington for the details on how to get started. Mr. B. @ 360-610-0916.

PRAYER REQUESTS

Gary & Sheryle Haberly's 3-yr-old grandson is improving. The infection has responded well to IV antibiotics, and doesn't appear to have affected the brain. He is expected to be released from the hospital by this weekend. Thank you for your prayers.

Please keep Fred Lienhard and his family in your prayers as he struggles with health issues.

Please continue to lift up Ed Stanton in your prayers. Important decisions regarding Ed's healthcare must still be made. Also pray for Ed's family as they deal with the loss of his brother Chuck.

SAA EARLY REGISTRATION

We would like to encourage you to submit your school registration paperwork anytime Mon—Thursday, 9am – 2pm in the SAA school office.

BABY SITTING SERVICE

Jo Jo Dunlap is available for baby-sitting service throughout the summer or evenings during the school year. Contact (360) 303-3493 for service.

COLLEGE STUDENT LOOKING FOR SUMMER WORK

A friend of Kelli Jacobs is visiting for the Summer and needs work until they return to school in August. He is a hard worker willing to do yard work, house work, automotive, pet care, and just about

anything else you need done. If interested please call Jonathan Hamlin or Kelli Jacobs for more info. Thank you and God bless.

SUMMER WORK BEE SCHEDULE

1. Sunday August 8: 9AM-3PM - SAA: Re-stain/seal deck, ramp & stairs, Moss-Out roof, painting, misc. maintenance & repairs.

2. Sunday August 22: 9AM-3PM - SAA: Final maintenance, repairs & painting.

If you have any questions please call Carl Crawford @ 360-202-2807.

SPECIAL EVENT!!!

If you haven't experienced *The Women of Faith* annual weekend event in Seattle before you've been missing out! Contact Dorene Tolf at 424-1944 for all the details and sign up. Dorene also has some accommodations reserved near the Key arena if you need a place to stay.

The Conference this year will be at the Key Arena in Seattle on October 29 and 30. The price of the ticket is \$89.00 which includes two wonderful days of spiritual inspiration and 2 sack lunches.

Guest Speakers are:

Michelle Aguilar - Season 6 winner of the Biggest Loser, Lisa Harper connects the dots between the Bible and modern life, Karen James is an award winning journalist and widow of Mount Hood climber Kelly James, Luci Swindoll will

show us all how to "live the life out of everyday", Sheila Walsh - author, speaker, television talk show host and Bible teacher and of course all your familiar favorites.

Dorene will need to order tickets by the end of July so think about who else you might like to have come along and let her know soon. Those who have attended in the past have never been disappointed.



SABBATH HIKE

July 24, 2010

Slide Lake Trail

Total Miles = 2.5

Elevation Gain = 300 ft

Skill Level = Easy

You can bring your pets

On a Leash

Trailhead Access:

From Sedro-Woolley, follow Ste Rte 20 east for 31.0 miles to the community of Rockport. Turn right (south) at the east end of town on Hwy 530 heading toward Darrington. Continue on Hwy 530 for 2.0 miles to the junction of the Illabot Creek road #16. Turn left on Road #16 and proceed for 22.0 miles to the trailhead. The trail is located on the right (north) side of the road.

The Slide Lake Trail is slightly more than one mile long maintaining a gentle grade for its entire length. This makes it a pleasant, easy family hike. The trail winds through dense old growth forest