

Dakota Conference of Seventh-day Adventists

Dakota Dispatch
Sharing the unchanging love of Jesus in a changing world.



Dakota Conference Statement Following the 2018 Annual Council

On Sunday, October 14, 2018, the General Conference Annual Council voted a major departure from the Adventist foundation of church governance, one that appears to deny the very intent of the Protestant Reformation. Under this new governance, a church entity or individual may be punished for a non-biblical infraction of policy.

The current direction by the General Conference is to centralize authority and control over all levels of the world church. The October vote has placed the future of the church in the hands of a few. Committees have been established and tasked with finding non-compliance issues and administering discipline.

How the Dakota Conference proceeds is a matter of much prayer as well as collaboration with the Mid-America Union and the North American Division. As the Dakota Conference administration, it is our desire to support and protect the will of the good people of our conference.

Despite these current challenges we will continue to trust in God and focus on the mission and ministry of growing His kingdom in the Dakotas.

Please pray for the church.

Dakota Conference Officers

October 17, 2018

Head Strong, 8 Ways to Reduce Your Risk of Alzheimer's Part 4



Take Action Against Alzheimer's

5. Cherish relationships.

A study of 800 men and women aged 75 and older showed that those who were physically active, mentally active, or more socially engaged had a lower risk of developing dementia. People who combined all of these activities were found to have the best protection. So stay connected with others: volunteer, make new friends, and participate in community activities.

6. Sleep on it.

Seven to eight hours of good sleep each night is extremely valuable. A study on mice published in the journal *Neurobiology of Aging* found that sleep-deprived mice developed dementia-related problems sooner than others. And researchers believe that poor sleep can trigger pathological processes that accelerate the disease. Sleep is also the time that the glymphatic system flushes cerebral spinal fluid through your brain's tissues, removing waste through the circulatory system where it is eliminated by the liver. Research by Jeffery Liff, Ph.D., and associates at the University of Rochester found that this removal of toxic waste during sleep lends protection against an unhealthy build up of beta amyloid protein in the brain.

7. Give your stomach - and your brain - a break every night.

Empower your brain to "eat up" problematic beta amyloid proteins by avoiding food for 12 hours between dinner and breakfast. That means skipping late-night snacks and meals - which is good for weight-loss and general health anyway. That time of fasting triggers autophagy, giving the brain a chance to self-clean. Failing to fast can turn off this brain-protective activity.

8. Reconsider your vices.

Smoking negatively affects the blood vessels of the brain, and smokers are twice as likely to develop Alzheimer's as non-smokers.

Drinking too much can also lead to problems, including Korsakoff's syndrome, an alcohol-related dementia with Alzheimer-like symptoms.

And if you're addicted to the salt shaker? Salt can increase blood pressure, which in turn increases your risk of Alzheimer's.

Article by Michele Deppe. March/April 2017 issue of Vibrant Life magazine; Photo by iStock

A reminder to those attending the Central Regional to be held in Aberdeen, SD, Sabbath, October 20, 2018 -
The new host for the regional is the First Baptist Church, 1500 E Melgaard Road, Aberdeen, South Dakota.

Alumni Weekend Brings Joy



There is nothing that warms a school more than an Alumni Weekend. Opening the doors to all the past students and staff of Dakota Adventist Academy, Sheyenne River Academy, and Plainview Academy adds joy to our school.

High school is a formative time in anyone's life. That is one reason the friendships formed, especially at a boarding school, stand the test of time. Whether you graduated in 1934 or 2018, Alumni Weekend is a special time to reconnect with the friends who became your family. The stories that are shared often have a familiar ring to them, one of comradery and sometimes even mischief.

This year we celebrated the honor year classes of '14, '09, '04, '99, '94, '89, '79, '69, '64, '59, '54, '49, and '44 from Sheyenne River Academy, Plainview Academy and Dakota Adventist Academy. The oldest alumnus was from the Sheyenne River Academy class of '34, Lillian Vietz Krueger, at 102 years young.

The worrisome weather forecast may have deterred a few people, but the warmth of long time friendships still prevailed. We can't wait to see you all back for Alumni Weekend 2019.

Article & photo by Tracy Peterson

Invitation Hill School Stays Active



Enrollment increased by two this year at the Invitation Hill School in Dickinson, ND. They praise God for each new student who enters their doors, and continue to pray and to spread the word to the community about the school on the hill.

Aside from the usual school events this fall, IHAS has enjoyed special events they hope will become annual events.

For "Let's Move!" Day, they took their bikes to a 1.16 mile loop trail. They rode like mad from about 1pm until 4pm. Breaks at 1:30, 2:30 and 3:30 offered time for bike rodeo-style activities: slowest bicycle race; mail delivery boy; and stop-on-a-dime. The students were fatigued by the end of the day, but finished the afternoon at Yum's Froyo, which helped get minds off of tired muscles.

Also, they wanted to add additional purpose to "Let's Move" Day, so called it "Let's Move With a Mission" and garnered pledges from church members in support of paying on the principle of the church loan. Some people pledged a one-time, flat rate pledge, others pledged a certain amount per mile pedaled by the participants. All in all, 13 cyclists rode 157.76 miles and raised \$720.48 toward the project.



This month, IHAS participated in an effort to gather cans to re-stock the shelves of the local food pantry. On a Tuesday, they went into neighborhoods in Dickinson armed with 300 grocery bags (courtesy of Cash Wise) with notes attached explaining their mission. On Thursday, they retraced their steps and picked up the bags people had left on their front steps containing food items. On a side note, they experienced *summer* on Tuesday with a sunny, 70-degree afternoon, but by Thursday, *winter* had arrived and they were picking up bags under cloudy skies with sleet pelting against their faces at 34 degrees! All in all, they had 281 pounds of food (about 350 items) to take to the Amen Food Pantry the following Tuesday when they volunteered to help.

Assisting at the food pantry was enjoyable, too, unpacking bags of groceries, putting items on shelves in the storeroom, reorganizing shelves, restocking items in the "store" area of the pantry and doing anything else they could to be of help. They look forward to future visits, which are planned for once a month throughout the school year.

Top photo by Katie Roddy
Top right photo by Janna Wright
Above left photo by Ron Wright
Right photo by Janna Wright



Article by Janna Wright

Following is a link to an interview with Jeremy Rittenbach of Jamestown, ND about how he raises food-grade soybeans. Jeremy Rittenbach's interview with the television show *Food Quest* will be aired October 11, 13, 18, 20, 25, and 27 on FYI and A&E channels. Check local listings for details. *Food Quest* previously aired on the Food Channel.

<http://www.jamestownsun.com/business/agriculture/4479425-promoting-soyfoods#.W8aV-mqFut0.email>

Elder Bob Forbes Provides Federation Report

Conference Community Services Director and Federation President, Pastor Bob Forbes, attended the annual regional meetings of the Dakota Conference Adventist Community Services Federation. These meetings are held in different locations in their respective regions in September.

The first meeting was in **Tolstoy, South Dakota** on September 16. The Southeast Region President, Marie Adams, welcomed 22 attendees to the beautiful church building in Tolstoy. There was special music by Danielle Hughes and Hillary Heinrich, an inspiring devotional by Pastor George Shaver and then the reports, called for by Pastor Peter Simpson the Conference vice-president for the Federations. "What a delight to hear of all the things the various churches are doing to reach out to their communities with service and compassion," says Forbes. After some elections, offering, and a few thoughts by Forbes, members of regional churches prepared lunch. A disaster exercise presented by Forbes closed the meeting. His hope is to encourage advance thinking in disaster preparation as well as in outreach ideas. "Plan, plan, plan, makes for success," says Forbes.

The next meeting was in **Watford City, North Dakota** on September 17. Regional President, Linda Mae Johnson, led out in welcoming 22 attendees to the meeting. Cody and Janell Tachenko provided special music. Pastor David Werner gave a timely and uplifting devotional message. Then came the reports and roll call by Simpson. Once again, story after story of outreach efforts were shared as everyone gained insight and inspiration from the reports. There are different situations in oil-patch country, which means outreach must adapted effectively. After a little business, Forbes shared some thoughts before a delicious lunch was served. Afterward, Forbes led out in a disaster exercise.

On September 18 a meeting was held in **Jamestown, North Dakota** for the Northeast Region. Vice President Deb Merkel welcomed everyone, as President Janice Wolf was unable to attend. Char Merkel and Kaylene Venegas provided special music after which Pastor James Venegas gave a meaningful devotional pertinent to the work of Community Services. Simpson called for the roll and the reports. "If our service, of any scope, is done with the love of God in our hearts, it is blessed by Him," says Forbes. "Someday we may know the extent of what we thought was a small and almost insignificant act of benevolence." Federation business followed, then thoughts from Forbes and a tasty lunch of soup, sandwiches and bars. Forbes shared the disaster exercise in the afternoon and the meeting was ended by 2 pm.

The final meeting was September 30 in **Rapid City, South Dakota**. This was a meeting to reorganize the Southwest Federation in the Black Hills area. There were 14 in attendance. Elections were held and officers were elected – Robert and Ann Hanel of Rapid City are co-presidents with Steve Wilkins of Custer as vice-president. Pastor Sam Thomas of the Custer/Hot Springs churches was elected to Secretary/Treasurer of the Federation. Simpson had a thought-provoking devotional as well as overseeing the reports. Forbes presented a few thoughts followed by a soup and sandwich lunch with cake and ice cream dessert. After an afternoon disaster exercise led by Forbes, all left for home inspired for next year.

"Make plans now to attend next year and be inspired to serve in your communities," says Forbes. The Southeast Federation will meet September 15, 2019 in **Mitchell, South Dakota**. "We would love to hear from Sioux Falls and other places at that meeting," says Forbes.

The Northeast Federation meeting on September 16 will be held in **Lehr, ND**. Rapid City is hosting the Southwest Federation with their meeting on September 17, 2019. The Northwest Federation meeting will be in **Williston, North Dakota** on September 18, 2019.

All meetings begin at 10 am Central time, the exception being in **Rapid City, South Dakota** which is at 10 am Mountain time. "Come and be inspired for greater service to God and your fellow man," says Forbes.

Article by Elder Bob Forbes II

Merlin Knowles Elected Ministerial Director

Elder Merlin Knowles has been voted ministerial director for the Dakota Conference. He resides in Montana and is retired from serving as conference president of the Montana Conference. Knowles, and his wife Cheryl, have two married sons and five grandchildren. He pastored in the Idaho and Northern New England conferences before moving to Montana.

Knowles recently participated in the New In Ministry training held at Dakota Adventist Academy October 14 - 16. This training is especially for pastors who have not been ordained but all pastors and their wives are welcome to attend. A guest speaker is invited to present on spiritual topics.



Article by Jacquie Biloff; Photo provided

Bismarck Church Has Barn Party

Being a part of a new church as an interning pastor is an interesting experience. Since I am here for only a short amount of time, it would be easy for a church to not include an associate intern pastor. But my experience in Bismarck has been the opposite of that. I have been included and a part of almost everything the church has happening.

One of those was the church's Barn Party hosted at the home of Kimber and Tami Flemmer. The Barn Party was a time for the Bismarck church to eat great food, partake in a hayride and to fellowship with one another. A macaroni and cheese bar were the food for the evening with an abundant selection of toppings and other foods, including desserts, which church members had brought. The hayride was great fun especially for the kids, as well the adults. This was a great time for our church and community to get together, to spend time and fellowship, and for me, a time to get to know other members.



Article by Pastor Jason Woll; Photo by Coreen Schumacher



| | | | Retail | Retail | Special | Special |
|---------------------|----|-------|---------|--------|---------|---------|
| | Ct | Wt | Case | Single | Case | Single |
| CANNED: | | | | | | |
| LL Prime Stakes | 12 | 13 oz | \$61.49 | \$5.64 | \$54.14 | \$5.22 |
| LL Saucettes | 12 | 19 oz | 71.73 | 6.58 | 66.38 | 6.16 |
| LL Super Links | 12 | 19 oz | 71.73 | 6.58 | 65.58 | 6.26 |
| LL Swiss Stakes | 12 | 13 oz | 61.49 | 5.64 | 56.14 | 5.22 |
| LL Skallops | 12 | 20 oz | 71.73 | 6.58 | 66.38 | 6.16 |
| H Dinner Cutlets | 6 | 19 oz | 31.69 | 5.84 | 26.94 | 5.27 |
| H Breakfast Links | 6 | 19 oz | 31.69 | 5.84 | 26.94 | 5.27 |
| FOOD SERVICE | | | | | | |
| LL Chili | 12 | 50 oz | 122.94 | 11.28 | 114.94 | 10.73 |
| LL Fri Chik | 12 | 42 oz | 153.69 | 14.10 | 144.49 | 13.45 |
| LL Prime Stakes | 12 | 47 oz | 153.69 | 14.10 | 144.49 | 13.45 |
| FROZEN | | | | | | |
| Deli Slices | | | | | | |
| Chicken | 8 | 8 oz | 33.78 | 4.67 | 30.28 | 4.25 |
| Corned Beef | 8 | 8 oz | 33.78 | 4.67 | 30.28 | 4.25 |
| Ham | 8 | 8 oz | 33.78 | 4.67 | 30.28 | 4.25 |
| Turkey | 8 | 8 oz | 33.78 | 4.67 | 30.28 | 4.25 |
| Salami | 8 | 8 oz | 33.78 | 4.67 | 30.28 | 4.25 |

Sale Dates: October 1-31, 2019 in store only
Quantities may be limited

ABC hours in Bismarck, ND:

- Tuesday, 3:00pm - 5:30pm
- Wednesday, 3:00pm - 5:30pm
- Thursday, 3:00pm - 5:30pm
- Closed on Sundays

South Dakota Regionals

Central Regional - Aberdeen, SD - October 20, 2018
Southwest Regional - Rapid City, SD - November 10, 2018
Southeast Regional - Sioux Falls, SD - November 17, 2018

October 18 Dispatch Photo



Photo taken north of Pettibone, ND by Andrew Eszler using an iPhone.

Dispatch Mission: To build a climate of encouragement and blessing through the sharing of witnessing and evangelism activities. If you have news to share or would like to be added to the **Dakota Dispatch** mailing list, please email Jacquie Biloff at jbiloff@icloud.com. Bloom Copyright



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Dirt Kicker Charity Run



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