



Depression, Can it be Helped or Prevented? Part 3



Rest

Rest restores and helps heal the body and brain. Establish a regular "sleep routine." A rested brain makes better choices.

Exercise

Exercise is a major factor in relieving and preventing depression. It causes structural changes in the brain that improve brain function even in cases of serious clinical depression. Exercise relieves anxiety; improves focused attention, creativity, and problem-solving; and lowers stress. A 10-minute brisk walk can elevate mood for an hour. Daily exercise has been dubbed the most potent anti-depressant agent known to humans. New evidence has shown that exercise actually stimulates the production of new nerve cells in the brain.

Social and Environmental

Attitude, social networks, and a healthy life-style weave together for physical and mental health. Establish relationships that support healthy choices.

Habits of Thinking and Outlook

To a large extent we have the ability to choose how we will think about a situation. Focus on gratitude and thankfulness. Check negative thoughts. Focus on solutions rather than problems. Look at difficulties as opportunities for gaining strength to meet challenges. Two of the most important tasks in overcoming depression are focusing on thinking in a positive way and trusting God and His Word regardless of feelings.

Kitchen Project at NLC Started

Dismantling of the Northern Lights Camp kitchen began Labor Day weekend as Dakota Adventist Academy staff and students, Dakota Conference staff, and a few from the Mandan and Minot churches helped to shed the building of two layers of shingles. Shingles and tar paper are not allowed to be mixed with scrap lumber at a refuse site. Prior to that the contents of the building were removed and what was useful was stored.



Article and photos by Jacquie Biloff

Commemorative Bricks

Bricks from the old dance hall, also known as the Northern Lights Camp kitchen, were salvaged and will be reused in some manner.



The Youth Rally Scheduled for September 30th has been postponed to Spring 2018. The speaker will be Jason Woll and the theme will be "It Is Time." We will be working with the Fargo church on dates and details.

DAA Students Make Community Service Fun

Laughter and hard work don't always go hand in hand. However, with our students it does. It doesn't matter what the task is, they will always find a way to enjoy what they do as they give back to our community, our school, and our camps.

Monday, September 4, was Labor Day and that is exactly what our students and staff did at Northern Lights Camp. Plans had been underway for several months to replace the old cafeteria. Before the new cafeteria could be started the old one needed to be demolished. The old boathouse by the beach also needed to be torn down.

After breakfast, the students, staff, and several of the conference employees went to work. Shingles needed to be removed from the roof of the cafeteria in preparation for the demolition crew to come in and tear down the building. Other tasks in the cafeteria included packing up supplies and dishes, and moving the freezer, washer





and dryer to another location. Brick edging the area above the serving deck was also removed.

Meanwhile down at the beach the old boathouse was being torn down and over in the new chalet the cabinets were being installed. By three o'clock the work was finished. Students had accumulated 160 hours of community service credit while the staff had worked

an additional 70 hours.

Students and staff felt a sense of satisfaction in a job well done. Thank you to everyone who participated in this project. We all look forward to seeing the new cafeteria when it is completed.



Article by Sharon Heinrich; Photos by Sharon Heinrich and Tracy Peterson.

Payayba Mission Director Retires



Bill and Marilyn Glassford arrived as director of Payabya Mission on the Pine Ridge Indian Reservation May 31, 2012. They have worked very hard to rebuild the campus after years of neglect due to it having been leased to another mission entity. Glassford says, "We were not prepared for the task of tearing down the old school and rebuilding a compound." However, they have worked tirelessly and have done a tremendous job. "Thank you to everyone who has been willing to get out of their comfort zones to help with the work at Payabya Mission," he continues.

The Glassfords will be moving to Michigan to be near their daughter. "We plan to continue working with mission projects through the church where we will be attending," says Glassford.

The Dakota Conference would like to thank the Glassfords for the five years they have dedicated to Payabya Mission and wishes them God Speed.

If you have questions regarding the mission, call the Dakota Conference at 701.751.6177.

Article by Jacquie Biloff, Photo provided.

Alumni Weekend



Learning about God's *Treemendous* Creation

Northern Lights Camp was the place where 96 students, teachers, and support staff descended for Outdoor School. The theme was "God's *Treemendous* Creation." Students in grades K-8, from seven schools, arrived excited to see old friends and make new ones. After everyone was settled into their cabins, teachers led the students in group games on the field.



Dakota teachers taught classes. Students rotated through a variety of classes. Some students walked the trails identifying trees, leaves and animal tracks. Another group was seen counting the rings of trees and measuring their height. At the beach, students found animal tracks and made casts out of plaster. Down the road another group learned about beavers and even dressed up like them.



At the evening worships students learned about trees through inspiring worships given by pastors from around the conference. Puppets, named Boomer and Flash, reviewed what the students had learned in a funny and creative presentation. Brenda Jarski-Weber, a parent from the Hillcrest School, presented interesting Nature Nuggets portraying God's amazing creation. Each school had a chance to participate by leading out in singing songs about God in creation. Janna Wright and her students from Invitation Hill school in Dickinson, taught the memory verse, Psalm 1:1-3, through song. It was thrilling to hear 60 students singing and committing scripture to memory.

This year Dakota Adventist Academy sent their leadership group to assist. This group of young people helped in the cabins and cafeteria. Their help was greatly appreciated!

Afternoons found everyone at the beach enjoying the beautiful weather. Students had fun tubing, kayaking, canoeing and swimming. It was a fun time out in God's nature.

Next year Outdoor School will be at Flag Mountain Camp in South Dakota.

Article by Sue Nelson; Photos by Sue Nelson and Brenda Jarski-Weber.



More Regarding Pathfinder Camporee in Custer, SD

On Wednesday, July 26, buses, cars and vans pulled into Custer, South Dakota. They were headed to the Mid-America Camporee, which was held at the Custer Jr./Sr. High School. This event, held every five years, is a time for Pathfinders from six conferences to gather with over 1600 Pathfinders not including leaders and guests.



There were three Pathfinder clubs from the Dakota Conference that made the long journey with excited campers: Bismarck; Grassy Butte True North; and Grand Forks Bison. Five Pathfinders from Dakota Conference lowered the flag on Wednesday night to open the camporee. What an honor!

The Pathfinders eagerly set up their tents and campsites for the five days they were going to spend soaking in the Camporee excitement.

After the tents were setup, it was off to find old friends or make new ones. Each morning and evening there was group worship filled with uplifting songs and speakers that encouraged the Pathfinders in their walk with Jesus. The theme was “Kindred Spirits.” Every day there were activities planned where the Pathfinders could earn patches/honors. The venues available were: Wind Cave National Park; Bear Country USA; Custer State Park; Reptile Gardens; Sylvan Lake; Big Thunder Gold Mine; South Dakota School of Mines & Technology; and Hot Springs Mammoth Dig Site.



On Saturday, thirty buses took the Pathfinders to Mount Rushmore. The Pathfinders, in uniform, marched into the arena where there was a special service. Our own Dakota Pathfinders led the way. It was amazing to hear such a large group sing the Pathfinder Song, and in unison recite the Pathfinder Law and Pledge. At the end of the service, the Club Directors were asked to come up on stage, with the Conference Pathfinder Directors and Conference Presidents. The Club Directors were dedicated to God through prayer. It was an awesome sight!



Despite some rain and mud, the campers had a great time and are looking forward to the next Union Camporee in 2022.

If you are interested in starting a Pathfinder or Adventurer Club in your area, please contact Sue Nelson at the Conference Office. In two years the “Chosen” International Pathfinder Camporee will be in Oshkosh,

Wisconsin August 12-17, 2019, 50,000+ Pathfinders will gather to make memories and friends. This is an exciting opportunity for our youth! You can be a part of this experience by starting a club in your area. Stay tuned for upcoming Pathfinder announcements.



Article and photos by Sue Nelson.

South Dakota Regionals

Central (Aberdeen) Regional	Oct 14, 2017
Southeast (Sioux Falls) Regional	Nov 4, 2017
Southwest (Black Hills) Regional	Dec 2, 2017



Sept 21 Dispatch Photo

The above photo was taken by Martha Ban north of Bismarck, ND on Highway 1804 using her iPhone.

In 2017, I would like to feature a Dakota photo in each issue of Dispatch taken by readers like you. Please state the location where the picture was taken, what equipment was used and your name. Submit to jbiloff@icloud.com. Thank you.

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. Bison Copyright



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