

CHIP Program

by Linda Oswald & George Javor

The CHIP (Coronary Health Improvement Project) program will be available this fall to the residents of the Bismarck/Mandan metropolitan area. The Health Ministries Department of the Bismarck Adventist Church, with assistance from the Mandan Adventist Church, are pleased to bring this world-leading 30-day lifestyle-enhancement journey.

This is an exceptional educational experience for anyone interested in avoiding heart disease, high blood pressure, adult onset diabetes, high cholesterol, and/or obesity. Moreover, this program enables its participants to counteract and defeat any of these debilitating conditions.

CHIP participants will learn how to eat more and weigh less, reduce coronary factors with just the fork and knife, develop long-term strategies for optimal health, and work with one's personal physician to reduce reliance on medication. CHIP participants may reverse



CHIP Training—Lavone Steffenson, Linda Oswald, JoAnn Arnold, Connie Well and Julie Walter

and normalize disease - especially Type II Diabetes, hypertension, and heart disease.

Informational sessions will be held **Tuesday, September 20, 2011 at 10:00 am and 7:00 pm at the Bismarck Adventist Church at 1109 N 26th Street**. There is no charge for the informational sessions. For more information, please call JoAnn Arnold at 701.258.7661.

Minot Warehouse Opens

by Jacquie Biloff

Phyllis Alexander, ACS/DR Director, called the Conference Office August 17, 2011 to report that when she arrived in Minot she was told the warehouse had been rented until August 2012. Her first thought was, "Do you think I am going to stay in Minot all winter?"

Alexander was a little disheartened upon arrival until the electricity and telephone service finally became available. She has been provided with a golf cart to traverse the length of the large facility. She is requesting however, "Let's pray a lot. I don't want to spend Christmas in an Incident Command Center trailer." Her expectations are that she will be there for a month or so; "When things get cold..." Alexander says, "I want to be home by October or November." Alexander is familiar with Minot having lived there for nine years in the 1960s while stationed at the Air Force Base.

There are 1700 homes that need to be rebuilt or repaired. The hope is to have the homes restored on the outside so the inside work can be accomplished during the winter months. Alexander provided an update August 22nd, "I requested all the supplies, such as 10,000 sheets of sheetrock in two different sizes, plus

a million sheetrock screws, two wheelbarrows, shovels, gloves, rubber boots, and 14 other different supplies. In a month or so when the homes are ready I will be ordering furnaces, water heaters, sinks, and kitchen and bathroom equipment. We have already been able to witness in several areas."

In the beginning, volunteers Jim and Ellen Kreiter were on site helping Alexander. They were replaced later by Jim and Bonnie Fandrich. "If anyone is able to help for a week or so, please call me at 701-725-4995," Alexander requests. The ICC is furnished with four beds and mattresses but volunteers would need to bring sleeping bags and pillows as there are no rooms available in town. "There is no shower, bathroom, or water in this Command Center, but bathrooms are available in the warehouse itself. I can make showers available at another place. The first priority is to pray for this challenge that we have. I know the God is leading us in many ways."

Alexander has a special cell phone to which the land line is forwarded when she is out. Alexander laughs, "Now I am a 24/7 person, just like the pastors."

Sept 2—5 Spiritual Retreat BHHEC, Call 605.255.4101

Sept 16—18 Women's Retreat, Call 605-224-8868

Sept 30—Oct 2 Alumni Weekend, Call 701.258.9000, ext 236

DAA Camp Week

by Brienne Engelhart

To kick off a great school year, the students and staff of Dakota Adventist Academy go to Northern Lights Camp on Lake Metigoshe for an annual camp week. Students participate in various camp activities, including water time, field sports and praise and harmony. Class competitions start off with the annual cardboard boat race, a student favorite. This year the junior class proved their worth by achieving first place in the competition.

Students also participate in service projects for the camp which range from cutting down trees to thoroughly cleaning the camp buildings. To help revive the students from long days of fun activities and hard work, worships are held every morning and evening.



Pastor Robert Carlson, from the Minot District, led this year's music and worship talks. His theme for the week was "The Jesus that John Knew". The student's spirituality was deepened as Pastor Rob explained how to know God. Students headed back to DAA bonded closer to God and each other. Camp week proved to be a reflection of the school's motto: Building Friendships for Eternity.



Photos by Julie Vieau

Brienne Engelhart is Student Association President

Digging Ditches is God's Work

by Jacquie Biloff



Work began early August 21st at Northern Lights Camp on the North Dakota/Canadian border. The goal was to tie the recently erected boys' and girls' cabins' septic lines into the main system. One of the major obstacles was that the men who had installed the original system were no longer available to question, and they had left no plat. It was up to the volunteers to find the mysterious tentacles, tie into the lines, seal the connections and cover the seven foot deep ditches in the few hours available to them.



sod, using line of sight and industrial education, the original system was located on the first exploratory dig and the work began in earnest. With camp custodian Scott Timothy, Pastor Terry Pflugrad, electrician Larry Nordman, Elder Neil Biloff and several others who gave a few hours, the plan came to fruition. The crew worked non-stop for over 12 hours to accomplish the melding task. With the help of Nordman, essential electrical lines were also laid with many additional needs added to a list of future projects.

As with any endeavor by godly men, the task was bathed in prayer and much thoughtful preparation. Perceiving a slight dip in the



The next day Biloff covered the lines with his mini excavator, and also had time to accomplish a few additional items Timothy had on his *To-Do List* for the camp.



Photos by Julie Vieau

Back-in-Time Event

by Jacquie Biloff

The ladies of the Edgeley, Kulm and Lehr District enjoyed a "Pioneer Event" June 28, 2011, at the home of Marlow and Sandy Werth. Forty-three ladies, dressed in period attire, enjoyed two monologs by Rachel Oaks Preston (Angelica Miller) and Ellen White (Tabitha Schumacher) followed by a luncheon. Gerry Forbes' (wife of Pastor Bob Forbes) gift to each of the ladies was a homemade bonnet. Forbes used a cow bell to get the ladies attention. Another experience they enjoyed was a skit presented by 10 young people regarding Joseph Bates. Also planned was a quiz to identify historical photos of Adventist pioneers.



Photos by Sandy Werth



If you have any news to share or would like to be added to the Dakota Dispatch mailing list, please email Jacquie Biloff at jbiloff@yahoo.com. Visit the conference website at www.dakotaadventist.org and befriend us on FB.