



## Grand Forks Cooks up Outreach

A four-day plant-based cooking school was held at the Grand Forks, ND Adventist Church. Running Tuesdays and Thursdays July 26 through August 4, this event was held in the newly renovated fellowship hall. Meetings began with Roberta Temple sharing a couple of health principles from the NEW START guidelines. Following the lectures Pastor Mike Temple facilitated drawings of door prizes that ranged from foods donated from local businesses to reading materials purchased by the church. Two stations were set up for cooking demonstrations in the fellowship hall where church members led out showing how to cook healthy recipes. During the demonstration, they shared health facts about the ingredients they were using. Participants followed



along in binders given to them at registration that contained recipes and other reading material. Meanwhile, several church members worked in the kitchen to pre-measure, chop and portion out samples of the foods cooked each night. After the cooking demonstration, samples were passed out so the dishes could be tasted. Over the course of the four days, a total of 17 people signed up. They ranged from young adults to people of retirement age, and while a few were church members, the majority was from the Grand Forks community. Now that the cooking school has been completed, a CHIP program is soon to be starting, and hopefully some of the cooking school participants will use that as an opportunity to continue their journey to better health.

Marnie Easley (right) demonstrates how to make vegan patties with the help of a cooking school participant.

**Author and photo credits: Jen Erickson**

## Outdoor School

by Loren Nelson III

Vans filled with students from five Dakota Conference elementary schools pulled into Northern Lights Camp, in northern North Dakota, for the first annual "Outdoor School" September 6 - 9, 2011. There was excitement in the air as the children came bubbling out of the vehicles. This event was a joint venture between the education department and Dakota Adventist camps, organized by Leonard Quaile and Sue Nelson.



Local rangers taught grades 5 - 8 how to survive in the forest by making a shelter, know what is edible in the forest and how to attract rescuers. A two and a half mile overnight canoe trip to a camping spot across the lake in Han's Bay was filled with adventure and excitement.



Pastors from different school districts led out in worships, songs and spiritual formation. Puppet plays on safety and Bible stories also were a benefit to the young people.

Teachers and volunteer staff prepared lesson plans, activities and trips across the lake in canoes. Students enjoyed learning about propulsion, gravity, art, birds and flight, migration, canoeing and survival. Special thanks go to all the volunteers and the teachers who contributed their time and expertise.

The goal of Outdoor School is to educate young people about God's beautiful natural world. In the fast-paced, urban-centered life that many live, it is important to slow down and enjoy what God calls His second book, nature.

Next year's conference elementary Outdoor School will be held at Flag Mountain Camp in, southwestern South Dakota.

**Photos by Loren Nelson III**



# DAA-Science Lab Day

by Jill Donald & Sharon Heinrich

Anatomy and Physiology students experienced personal participation during their lab on October 12 (NAD National Science Lab Day). The subject was blood, specifically blood types and the students focused on determining their own blood type.

After watching a demonstration movie of the process of blood typing, the students moved to their individual lab decks to begin the typing. There they found all the necessary supplies: Eldon card, chemicals, blood lancet, alcohol swab, blood sticks for each chemical and an instruction pamphlet.

As the experiment began, some of the students had to calm their nerves. Taking their own blood sample was harder than having someone else do it. Two students proceeded with the experiment and later determined that one was 'A positive' and one 'O negative'. Two other students were experiencing a little



more stress with the lab. Both eventually worked up their courage and obtained their blood samples needed to continue the experiment. Their results were not accurate as timing is very important between getting the blood sample and mixing it with the chemicals needed to produce the results. Overall the class decided they enjoyed the lab, even with the stress of pricking their fingers and learning how to determine blood type.

# New Teacher at Prairie Voyager

by Jen Erickson

The Grand Forks Prairie Voyager Seventh-day Adventist elementary school welcomed a new teacher. MiKaela Miller started teaching this fall to six students in the one-room school. Prairie Voyager has been in operation now for 10 years, with classrooms located in the church building. Mrs. Miller is looking forward to a new school year and getting to know her students and creating a close bond with them. She is looking forward to their involvement in the church and community outreach. They are planning on continuing the gymnastics program, learning some sign language, and playing their new hand bells. The school was already involved in the new Outdoor School program along with other schools in the conference. It was held for a few days at the beginning of the school year at the church's camp at Lake Metigoshe and was a favorite activity of many students.

Having an enrollment of six students is a great start. Mrs. Miller states as her goal that she'd like to "see our school grow." She states that she has many favorite parts of teaching, "it's hard to pick just one! I love getting to know my students really well; what will excite them and motivate them to learn. I love planning creative lessons and projects that will engage my students and pique their curiosity to learn more. I also absolutely love the freedom of being able to share Jesus with my students and having discussions about their questions."

MiKaela and husband Anthony Miller are both originally from ND, and were in the same class at DAA. After academy, they went to Union College in Lincoln, NE and were married. MiKaela substitute taught in the Lincoln public schools district for the '09-'10 school year and then K-3 at Des Moines Adventist Jr. Academy for the '10-'11 school year. The Millers both wanted to move closer to their families. They are glad that they made the decision to come to Grand Forks.



Photo by Jen Erickson

## Central South Dakota Regional Meeting

November 5, 2011 9:30 am—2:30 pm

Calvary Baptist Church

515 8th Avenue NW Aberdeen, SD 57401



### "Fields of Faith"

A fellowship dinner will follow the worship service prior to the afternoon program. Please remember to bring extra dishes!

Call 605.224.8868 for more information.

## FALL FESTIVAL

DAKOTA ADVENTIST ACADEMY

Some things to look forward to:

- Fun
- Homemade food
- Fellowship
- Maze



OCTOBER 29, 2011

7:30 PM IN THE GYM

Questions? Contact  
Julie Vieau 701.258.9000

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](mailto:jbiloff@yahoo.com). Visit the conference website at [www.dakotaadventist.org](http://www.dakotaadventist.org) and befriend us on FB.