

- [Home](#)
- [About](#)
 - [About the Rocky Mountain Conference](#)
 - [A Message From the President](#)
 - [RMC Staff Directory](#)
 - [Find a Church](#)
 - [Find a School](#)
 - [Subscribe to our eNewsletter](#)
 - [What Seventh-day Adventists Believe](#)
- [Departments](#)
 - [Administration](#)
 - [Adventist Book Center](#)
 - [Camp Ministry](#)

[View this email in your browser](#)



Friday, December 18, 2015



... and a **Happy New Year** from
The Rocky Mountain Conference Family and
Editors of NewsNuggets!

Your next issue of NewsNuggets will show up in your
inbox on January 8, 2016.

Low-income Families Supported by Dacono Church »
On the first Sunday of each month, the Carbon Valley Seventh-day Adventist Church in Dacono, Colorado, opens it doors to the community to meet the needs of low-income families. According to Susie Cox, Community Service leader, the church "provides much-needed baby supplies such as

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Upcoming Events

GVR Board
December 15, 9:30 a.m. - 12:30 pm.

RMC Property & Trust Committee
December 16, 9:30 a.m. - 12:30 p.m.

diapers, car seats cribs, wipes and baby wash. The diaper program, which started more than two years ago, began by providing supplies to five families and has, to date, assisted 51 families. Carbon Valley receives some donations of car seats and diapers from the county. However, the county donations fluctuate, so the church's Community Service budget helps fund the program as needed."



The program theme is based on a challenge given by Jesus Himself -- "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven." Last April, the church teamed up with Michael and Lenili Charles of The Healing Place Outreach and Education to provide a variety of free clothing for children and adults.

Carbon Valley Church has been providing Christmas food baskets to low-income families for the past three years. The city government provides a list of families in need of assistance and an ad is run in the local newspaper to notify the community of this resource. The program has primarily grown through word of mouth says Brenda Parris, communication director. "Each family fills out a form in order to receive assistance, and supplies generally limit the assistance given to one package of diapers per child," she explains. Their goal this year is to provide food baskets for 12



families. A biblical tract is included with each box of diapers and free religious and parenting literature is available to take home. Families are especially in need during the holiday season and the church saw an increase in visitors

during the December community service day. "For the holiday, each family was given a gift-wrapped DVD of songs about Jesus. We are honored to play a part in meeting needs in the community in accordance with God's command to 'open wide your hand to your brother, to the needy and to the poor, in your land,' (Deuteronomy 15:11)," Brenda comments. [Text by Brenda Parris; Top photo by Susie Cox; Church member Bob Plemons assists with distributions; Bottom photo by Rajmund Dabrowski: Aid recipient, Clarissa with Jude]

Three Daystar School Students Among Creative Writing Contest Winners » "Life in 2075" was the theme for the 10th annual Youth Creative Writing Contest sponsored by Friends of the Pueblo Library. It was open to all students in Pueblo County from Grades 3-12.

Office Closed

December 23

Office Closed

December 30

Pastors Meetings

January 9, 2015

Sunday Registration: 4-6 p.m.

GVR Board

February 16, 9:30 a.m. - 12:30 p.m.

RMC Property & Trust Committee

February 17, 9:30 a.m. - 12:30 p.m.

Finance Committee

March 1, 8:30 a.m. - 9:30 a.m.

Executive Committee

March 1, 9:30 a.m. - 1:30 p.m.

Find out more...

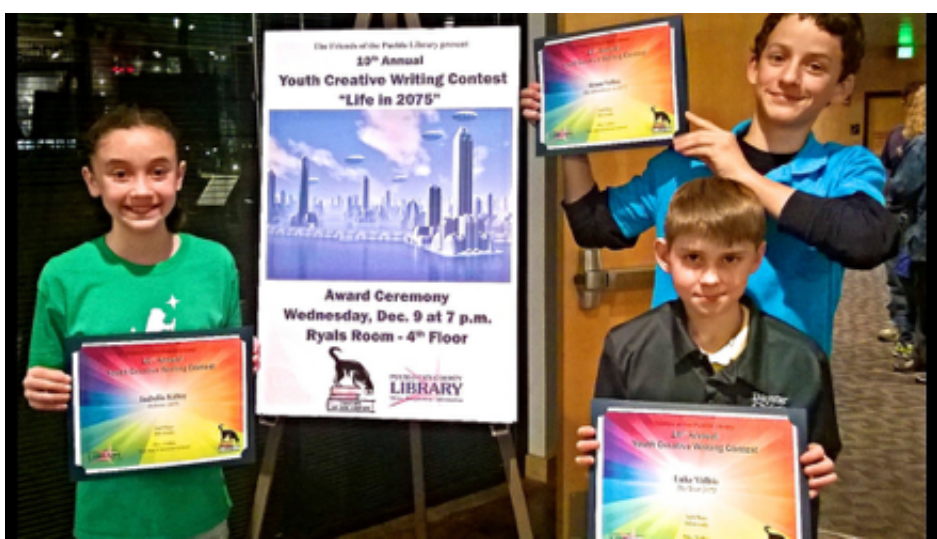
[Click here](#) for info on any of these events.



Story Guidelines: We want to share your news! »

News Nuggets is your publication. We strive to provide news and information that expresses our church life. Every church, every family, every individual has a story to tell. We are inviting pastors and secretaries of churches and institutions within the Rocky Mountain Conference to share with us relevant information – about developments, issues, notable events, as well as experiences of church members.

Please email your story to nuggets@rmcsda.org so we can share how God is working through His people in your territory. When submitting your



The students had a list of words to use and the last phrase of the story had to be, "The future holds unlimited possibilities!" The 3-5 grade entries had a 400-word minimum and the 6th grade and above entries had a 1,000-word minimum.

Among the 22 winners, three came from Daystar Christian School, which has a total enrollment of seven students. Fourth grade student, Isabella Kilfoy won 2nd place; 5th grade, Luke Velbis won 3rd place; and 8th grade, Grant Velbis won 2nd place.

"I could not be more proud of my students," said teacher and principal, Michelle Velbis. "They revised their stories many times to get them just right and they were very creative and thoughtful about the topic."

"It was exciting to be part of the contest because it allowed us to test our skills against other students around the city," said Grant Velbis. [Text and photo by Michelle Velbis]

Castle Rock Adventist Hospital Expands Labor and Delivery Unit »



Denver Broncos punter, Britton Colquitt and his wife Nikki, whose son was born at Castle Rock Adventist, hosted on December 8, the Grand Opening of the hospital's new \$1.5 million expansion of its labor and delivery unit. The 2,000 square foot addition was officially unveiled with the Colquitts cutting the ribbon. Nikki Colquitt, who is pregnant, will also deliver her third child at Castle Rock Adventist Hospital.

The new birthplace expansion includes five new LDRP suites (labor, delivery, recovery and post-partum), bringing the total number of birthing suites to 13. Each new room will also be equipped with its own soaking tub. In addition, there will be a new nursing station.

The new state-of-the-art birthing facility will allow for more patients and babies together with the highest quality care at Castle Rock Adventist Hospital. Last year, the hospital delivered nearly 700 babies. In 2016, they're projecting more than 950 deliveries. The need for more birthing suites has

story, please include the following: the Ws (who, what, where, when, why..also how), a personal quote, a photo and the name of the photographer. Please consider time constraints and always send in fresh new stories instead of outdated ones. Submission deadlines are Wednesdays by noon.

grown significantly since the hospital's opening in 2011 with expectant mothers coming from Castle Rock and many of its surrounding areas, such as Lone Tree, Highlands Ranch, Parker, Franktown, Elizabeth, Kiowa, Larkspur and Monument.

The Castle Rock hospital strives to become the labor and delivery leader in the south Denver area. As reported in *Castle Rock News-Press* (December 14, 2015), Todd Folkenberg, hospital's chief executive officer, said that the opening event "was less about celebrating an expansion and more about how the five new rooms enable the hospital to hire more nurses and partner with more obstetricians and midwives to provide a great experience for patients."

"This is a huge celebration for Castle Rock Adventist and our community because we can help that many more members of our community in what I believe is an incredible, special and sacred moment," Folkenberg said.

Mrs. Colquitt and Castle Rock Hospital are also planning to sponsor a December Diaper Drive to benefit Young Lives, an organization that uses mentoring, Bible study, and a variety of other discipleship methods to instill confidence in teen moms. The Diaper Drive will accept diapers and new or gently-used baby items. [Christine Alexander; photo by Ellen Jackol: L to R -- Nikki Colquitt, Britton Colquitt (Denver Broncos punter), Chaplain David Martinez, CEO Todd Folkenberg]

To learn more about Castle Rock Adventist Hospital's Birthplace, visit: <http://www.castlerockhospital.org/the-birthplace/>

Engaged Forever: RMC Pathfinders and Adventurers

»



Rocky Mountain Conference is unique in its structure of volunteer Pathfinder and Adventurer leaders. With a 30-member council, Chris Hill, co-executive director of the RMC Pathfinders and Adventurers feels "blessed to have every one of the 30-member group. "Most have been with us for ten or more years," she shares. "The team is just like family and works together to minister to more than 30 Pathfinder ministries and more than 25 Adventurer ministries in our demographically-large conference.

Steve Hamilton, RMC youth director, believes that other conferences are a bit envious of this ministry "because of our dedicated team." His words are supported by an array of activities, projects and programs run by the department and its members, which include Induction ceremonies, Pathfinder Bible Experience, Investitures, Adventurer Fun Day, Adventurer family campouts, Pathfinder camporees, Pathfinder fairs, Adventurer Family Blessings, Adventurer family networking, Pathfinder/Adventurer Sabbaths, and teen events such as Lock-In, Survivor, Teen Summit, and

Leadership Convention.

RMC area coordinators and other members of the team travel from one end of the conference to the other assisting directors with these ever-so-important ministries," explains Chris. "Our goal is to *"Make it easy for kids to know God."*

Chris cannot hide her gratitude and belief that "we have the best there is and we just wanted you to meet them. Thanks for your support!" [Chris Hill; photo by Paula Nelson]

Campion's Own Makerspace Allows Hands-on Creative Work » As makerspaces become more popular in communities trying to support entrepreneurs, Campion Academy boasts its own space where students can use software and machinery to create their own designs -- the wood shop.

Dan Philpott began teaching Campion's woodworking classes nine years ago and his students are turning out more impressive work than ever. The 23 students enrolled in this semester's class completed lathe work, glued projects and computer-aided engraving.



In a consumer-oriented society, enabling students to work with their hands and their imaginations is more important than ever. Woodworking class does exactly that, and Philpott works alongside students to help them create their designs.

A recent visit to Campion's shop revealed nearly every student busy with some task, whether sanding a wooden bowl on a lathe, cutting wood on a band saw, using a computer to set the parameters for a CNC project, or spraying varnish on a finished piece.

Most students complete at least five or six projects and incorporate any number of woodworking techniques such as finger-jointed corners, which sophomore Tommy Eickmann used to create a small chest.

Sophomores Emanuel Espino and David Marroquin both completed about a dozen projects each, varying from wooden pens to checker boards. Their enthusiasm hinged on their creative license. The freedom to choose his own projects is what Cesar Lowrance likes the best. "We can be as creative as we want and can make whatever we want," he said.



When Philpott began teaching the class in 2006, the shop contained a band saw and a drill press. With his continued management, the shop now boasts more than \$20,000 worth of machines, including various lathes, sanders,

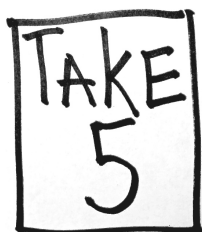
saws, and finishing materials.

The latest addition to the wood shop's array of machines is a computerized numeric control (CNC) engraving machine, which allows the students to manipulate an image or text

using the machine's software, and then set parameters that guide a drill bit to cut or engrave the image in wood.

Sophomore Hannah Phelps said, "Using your imagination, you can really make about anything in this class." Her classmate Devaney Bright agreed. As they both watched the CNC machine cut shapes of the continents out of a piece of cherry wood, Bright described projects she has made for her mom and her current inlaid map project. "I like learning how to use tools that I wouldn't have gotten a chance to otherwise," she added. Both she and Phelps are planning to take welding class from Mr. Philpott next semester.

"I want the students to feel comfortable in a shop setting, use different machines, and work with their hands." Campion -- and Dan Philpott -- value hands-on education that provides students with skills they can use now and in the future. Philpott hopes students will walk away with the skills and confidence to tackle future projects and household fixes themselves. [Text and photos by Jenny Sigler]



Cut Out Heart Disease » Check out this story on how to prevent the leading cause of death in America -- heart disease.

The study looked at the antioxidant content of 3000 different foods. One of the first things they did in the study was to split them up into animal foods and plant foods. In the study, they discovered that the average animal foods (meat, fish, dairy, eggs) had **64 times** fewer antioxidants than plant foods. That fact alone is good enough reason to begin a transition toward a plant-based diet.

Oxidation of cholesterol is the major player in causing not only the plaque that plugs our arteries, but also the inflammation that is responsible for many other diseases as well. So, antioxidants are the best solution to this all-too-prevalent problem.

For more on this study, watch this five minute youtube: <https://youtu.be/w4HsxChRgVA>. For more on antioxidants and health, watch this youtube: <https://youtu.be/S4ummy46Mro>.

Rocky Mountain Conference Personnel Changes » It is always difficult to say goodbye to people with whom we've worked side-by-side for years, but the time has come to do just that.

Daryl Davison came to us from Mount Vernon, Ohio, a little more than a year ago to work as associate director of Planned Giving and Trust Services. He recently accepted a position at the Voice of Prophecy as associate director of Gift Planning and Trust Services.

Will Henry, treasurer for Planned Giving and Trust Services, has been with the Rocky Mountain Conference since 2005. He will be moving to California to be nearer his family, including his new granddaughter, Luna.



Cheri Barber came to us more than seven years ago to work in the president's office as administrative assistant to Ed Barnett, RMC president; Eric Nelson, vice president for administration; and George Crumley, RMC treasurer. Besides keeping our administrators organized, she has been a friend to all. Ed Barnett speaks for the entire staff when he states, "She has been a tremendous asset for our conference and a personal friend. She will be greatly missed."

Brittany Bartler will begin work with us on December 20, filling the spot left vacant by Will's leaving. Brittany has been working with Mid-America Union Conference as an auditor, but her roots are in Colorado and she is happy to come home.

Chanelle Watson (pictured right with Cheri Barber) is coming to fill the spot left vacant by Cheri. She is a graduate of Union College and most recently worked for Children's Hospital of Colorado as a staff assistant.

We welcome both Brittany and Chanelle to the RMC family.
[Carol Bolden; photo by Rajmund Dabrowski]

A Christmas Prayer » The day of joy returns,



Father in Heaven, and crowns
another year with peace
and goodwill.

Help us rightly to remember the
birth of Jesus, that we may share in the song of the angels,
the gladness of the shepherds, and the worship of the wise
men.

Close the doors of hate and open the doors of love all over
the world.

Let kindness come with every gift and good desires with
every greeting.

Deliver us from evil, by the blessing that Christ brings, and
teach us to be merry with clean hearts.

May the Christmas morning make us happy to be Thy
children, and the Christmas evening bring us to our bed with
grateful thoughts, forgiving and forgiven, for Jesus'
sake. Amen. -- Henry Van Dyke (1852-1933)

NOW AVAILABLE ON THE WEB!



RMC EVENTS

2016 RMC Teen Prayer Summit » Experience God's plan for you to be Flawless through prayer, Bible study, music and friendships, January 22-24 at Glacier View Ranch. Cost: \$55/person. Save \$10 if you register BEFORE January 11. Includes food and lodging. Visit RMCyouth.org to register. For questions, call 303-282-3664 or youth@rmcsda.org.



Get Copper Mountain Lift tickets through the RMC Youth Department at an amazing rate!!!
NO BLACKOUT DATES!!!

Prices

- Adult \$62/ticket
- Child \$55/ticket (6-12 years)

Discounts

- 5+ tickets get \$2 off per ticket (\$60/ticket).
- 20+ Get \$4 off (\$58/ticket)

*Discounts are for Adult tickets ONLY

Order online: rmcyouth.org/tickets

Call: 303-282-3664

Email: youth@rmcsda.org

Payment Options: Check, cash, or Credit Card

Information we need from you

- Number of Adult/child tickets
- Pick up or mail (*Extra \$3.00 to mail tickets)

ANNOUNCEMENTS

The advertisement features the Eden Valley Institute of Wellness logo at the top, which includes a green mountain graphic. Below the logo is a photograph of a wrapped gift with a gold ribbon on a wooden surface. Overlaid on the gift is the text 'A Gift For You!!' in a large, dark, cursive font. At the bottom, the text '50% OFF January Session' is displayed in a large, green, sans-serif font. Below this, a green box contains white text: 'Give yourself the gift of health this holiday season! Save 50% off program fees when you attend a 10 or 18 day lifestyle session this January! Register today!'. At the very bottom of the green box, the website 'www.eden-valley.org/lifestyle' and the phone number 'For more information call: (970) 669-7730' are listed.

EMPLOYMENT OPPORTUNITIES



ACS Community LIFT is accepting applications for a part-time (32 hrs/wk, M-Th) Medical Assistant at its Denver location. Applicants must have at least two years experience working in a medical clinic, hospital, doctor's office or other health care setting. For a complete job description and application, visit <http://www.rmcsda.org/hr-medical-assistant>.



The **Rocky Mountain Conference** is currently accepting applications for a part-time (20 hours per week, M-Th) Assistant to help out in its Treasury Department. To learn more about this position and how to apply, please visit: <http://www.rmcsda.org/hr-treasury-assistant>.

The **Rocky Mountain Conference** has an immediate opening for a full-time Field Representative/Stewardship Coordinator in its Planned Giving and Trust Services Department. This position serves the Conference by visiting and fulfilling requests for assistance in estate planning, including information gathering and execution of documents. For more information about this position and how to apply, please visit <http://www.rmcsda.org/hr-field-representativestewardship-coordinator>.

FROM THE EDITOR

Submission deadline for stories, news, and announcements is at noon on every Wednesday. Please send all your submissions to nuggets@rmcsda.org.
--Editor

Share the News Nuggets with your congregation » Add a note to your church bulletin or newsletter with the following URL: www.bit.ly/RMCnews

Members can follow the link to sign up for weekly news and to keep up-to-date on what's happening around the Rocky Mountain Conference.

Rocky Mountain Conference Mission Statement
Tagline:
Knowing Christ and Making Him Fully Known

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