



# news nuggets

## RMC Health Summit Inspires Change Along with

**Hope »** Diabetes and ongoing personal support were the focus of the recent, "Give Them Hope Health Summit" in Breckenridge, Colorado. Featuring actual blood sugar testing of participants, it emphasized the fact that many are already in danger of serious disease, but don't know it.

As one participant stated, "I had no clue I was pre-diabetic, but how wonderful to find out now and begin changes that will have a big impact on my future health and ability to serve."



Dr. Wes Youngberg and Brenda Davis RD, inspired guests with fascinating facts about diseases preventable through easy lifestyle changes, emphasizing hope and underlining the reality that we are not destined to follow the wrong path because of genes.

The other focus on ongoing personal support has been the missing ingredient in our health ministry, as many are discovering. We have focused on providing information in our health programs, but are often not there when the program is over and the people are struggling to make changes on their own. Presenters dealt with this need, along with how to make this needed addition to our health ministry.

Summit organizer, Rick Mautz, stated several times during the summit that even though we talk about the health work

*Friday, October 28, 2016*



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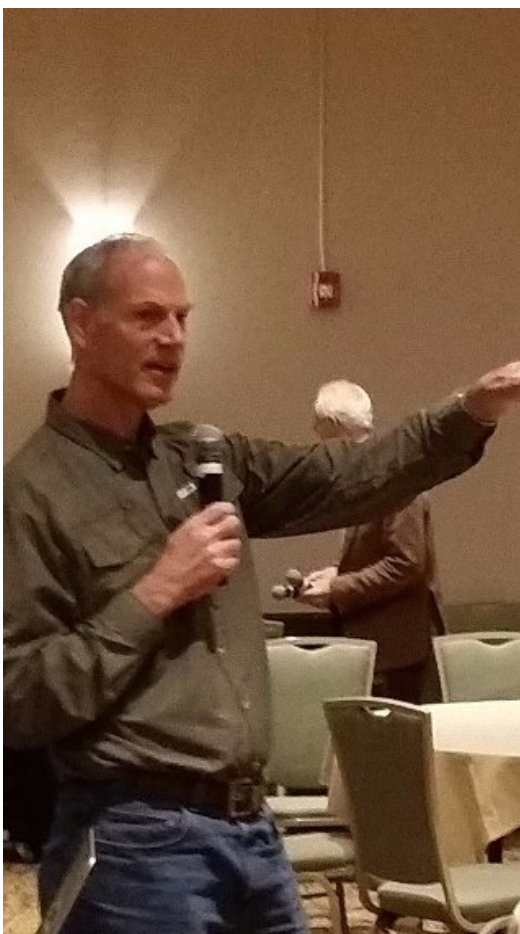
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## Upcoming Events

### **Staff Meeting**

*November 8, 8 a.m. - Noon*



being the right arm of the gospel and the last work to be done in ministerial lines, we are not functioning at that level. Since we believe it will happen before Christ comes, why not now and why not us?

"I believe," Rick Mautz states, "that this health summit may be the beginning of a new face to health ministry in the Rocky Mountain Conference where we not only put on health programs and give valuable health

information, but we are also available when people need us, reflecting the character of Christ that will begin to fill the earth with the glory of God."

[Rick Mautz; photo by Dave Nicodemus]

If you were not able to attend the health summit who have an interest in the material, can visit [www.rmcsda.org/hope](http://www.rmcsda.org/hope) for links to presentations and other supporting material.

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### **Daystar School and ACS Help Victims of Pueblo Fires »**

Two local fires have created much havoc and loss for many people in Pueblo County. The Beulah and Junkins fires have destroyed homes but not the mission spirit of Adventist Community Services (ACS), who were called in to help the victims of these two fires. Daystar Christian School was asked if they would come and help the center organize their donations.

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### **MAUC Year-End & Executive Committee**

*November 12 - 16*

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### **Day Before Thanksgiving**

*November 23, Noon - 5 p.m.  
(office closed)*

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### **Thanksgiving Day -- Office Closed**

*November 24, 7 a.m. - 5:30 p.m.*

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### **Staff Meeting**

*December 5, 8 a.m. - Noon*

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### **Staff Christmas Party**

*December 5, 6 - 8 p.m.*

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### **Finance Committee**

*December 6, 8 - 9:30 a.m.*

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### **Executive Committee**

*December 6, 8 a.m. - Noon*

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### **GVR Board**

*December 20, 9:30 a.m. - 12:30 p.m.*

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### **RMC Property & Trust Committee**

*December 21, 9:30 a.m. - 12:30 p.m.*

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### **New Year Day Holiday -- Office Closed**

*January 2, 2017*

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### **Find out more...**

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

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“It was a privilege and honor to be asked to help our community,” stated principal Michelle Velbis. “I can’t think of a better way to teach our students how to be an integral part of their community.”

“Thanks to Daystar for coming and helping,” said Kathy Hayden, local ACS representative. “The students were such a great help to the center. What a super group of young Christians.”

“It felt important to be playing a part in helping people reconstruct their lives. It was very exciting to help people in such a hands-on experience. I look forward to doing this again,” exclaimed Collin Velbis, 7th grader at Daystar.

[Text and photo by Michelle Velbis]

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### **Soccer Jamboree Hosted by Vista Ridge Academy »**

Soccer Jamboree was hosted October 14 at Vista Ridge Academy in Erie for 63 students in grades 3-8. Players came from Adventist Christian School in Greeley, Brighton Adventist Academy in Brighton, HMS Richards Adventist School in Loveland, and Vista Ridge Academy.

According to Sandy Hodgson, VRA principal, this was the second year that the school has hosted the event. “We love organizing it. [Our school is] centrally located, and we just love being able to open up our facility for all the schools to come and enjoy the event together,” said Hodgson.



### **Story Guidelines: We want to share your news! »**

News Nuggets is your publication. We strive to provide news and information expressing 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](mailto:nuggets@rmcsda.org) so we can share how God is working through His people in your territory. When submitting your 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





Six junior and senior students from Champion Academy presented a devotional program to begin the day and then offered a 45-minute soccer clinic for all the student soccer players. Players were divided into six groups and were taught fundamental soccer skills.

Maria Bass, a 7th grader from HMS Richards Adventist School, learned new skills in the clinic, and said she “learned how to throw in the ball, how to stop the ball with your foot and passing.”

Randy Ottsochowski (also known as “Mr. O”), the athletic director for Champion Academy, said it’s no use to coach sports unless you’re teaching leadership. “This experience will give our students the chance to use their leadership skills. It also gives our students a chance to start mentorships with some of the younger kids,” he said.

Following the clinic, the school teams were divided and mixed into four new teams for a tournament. All teams played each other for a total of three 30-minute games. Each team was coached by a Champion Academy student.

Marit Guild, physical education teacher at Vista Ridge Academy and an event organizer said, “Our goal for Soccer Jamboree is to give the students fun and practical game-play experience while fostering a greater sense of camaraderie with other Adventist schools. The students really enjoy that we mix up the various school teams, giving them a chance to play with students they normally play against.”

After his team won their first game, Karson, a 7th grader at VRA said he liked being divided into new teams. “It’s fun, and you get to meet new people,” he said.

“Seeing our kids interact and play with students from the other teams is awesome because I’m sure they wouldn’t get the experience any other way,” said Abner Campos, Brighton Adventist Academy’s soccer coach and senior at Union

College. He is serving as an associate pastor intern at the Brighton Adventist Church.

Vista Ridge Academy will begin volleyball season with its first practice on Tuesday, October 18, followed by their first game in November.

[Marsha Bartulec, photo by Marit Guild]

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## **Worland and Cody Students Go Wild »**

Worland Adventist Christian School students, along with homeschoolers from the Cody Adventist Church, took a field trip for their outdoor education experience on October 11 to learn about the wild horses at the McCullough Peaks Wild Horse Herd Management Area, east of Cody.



Though the weather was frightful, with blustery wind and cold temperatures after a snowfall, the students were excited to meet a group of 30 wild horses. Tricia Hatle from the Bureau of Land Management joined the group and provided information about the wild horses and their origins in the area, habitat, needs and behaviors. The students asked questions and gained a greater understanding of and respect for the wild creatures living near them.

Due to the cold temperatures, after leaving the wild horses, the group were provided hot chocolate and after lunch headed to the Meeteetse Museum. There they learned about the black-footed ferret that was recently reintroduced into the area where it was first rediscovered 35 years ago.

Apart from learning about the wildlife in the area, the students also learned more about what life was like in the Old West as they toured historic buildings and replicas.

The field trip was a mixture of fun and learning, the perfect companions for the school's theme for outdoor education.

[Text and photo by Samantha Nelson]

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## **The Adventure Church Provides Diaper Ministry in**

**Greeley »** The Adventure Seventh-day Adventist Church in Greeley is preparing for its third month of Diaper Ministry, with referrals from several agencies throughout Weld County, including United Way of Weld County, the Greeley Police Department, A Woman's Place, Transitional House. Parents in need of diapers, wipes and other related items are referred to the church by these agencies for assistance.



Church volunteers prepare a diaper distribution once per month during which the parents receive 75-100 diapers along with one box of wipes.

Each recipient is assigned a prayer mentor with whom they meet each month, helping to build a trusting relationship.

Upon arrival, recipients are greeted at the check-in table, given refreshments and children are escorted to childcare.

Forms are filled-out, a process allowing the church to better assist the families. This also presents the opportunity to give physician referrals and/or invite them to church, along with any other needs.

Volunteer Norma Salazar said, "The first month we only had eight recipients. We learned that we need to pray for and reach out to those we assist."

In preparation for the diaper distribution, volunteers such as Linda Henry, Jennifer McFaden, Vanessa Trujillo, Sheri Trodel, call every referral during the week leading up to the diaper distribution to ensure attendance, Norma explained.

"We had plenty of referrals for the second distribution," Norma continued, "but not enough volunteers at the last moment for all the additional referrals. I prayed again and literally the evening before the diaper distribution Robin and Scott Anthony helped me with six volunteers. Four new volunteers came through for us at the very last minute, she



added.

Twenty-two families attended The Adventure's diaper distribution on October 1. The event also allowed some families to join worship services.

[Text and photo by Norma Salazar]

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### **Vista Ridge Academy Students/Staff Host Pastor Appreciation Program and Brunch »**



Students shared their appreciation of their pastors in word and song for a pastor appreciation program and brunch held Friday, October 21. Prayer was offered over the pastors as students and staff gathered around them. Brunch in the atrium followed the program where they enjoyed visiting together.

[Text and photo by Sandy Hodgson]

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### **MHA Third Graders Help Preserve Stories of "Grandparents" »**

Mile High Academy's third grade class is working to preserve the stories of older generations at Wind Crest Retirement Community in Highlands Ranch.



A collaboration among Danielle Cress, third grade teacher at Mile High Academy, Angelika Feldbush, ASSIST program

administrator, and Jacqueline Pomeroy-Miller, Director of Activities at Wind Crest, the partnership pairs each third grader with a "grandparent".

The students then visit their "grandparents" the first and third Friday of every month and listen as they talk about their lives. Not only do the third graders listen, but the "grandparents" listen as well. Both benefit from sharing their stories.

Responses from the third graders have been quite positive. Third grader Luke, paired with Phyllis, remarked, "Phyllis was the best." Another third grader Wheatley, said he loved talking with his 'grandpa' and hearing his story.

[Text and photo by Agape Hammond]



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## OFFICE CHANGES

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**Vivien Vasquez** is now our Shield the Vulnerable administrator for child protection training and background screening purposes for both employees and volunteers. For questions or help with this program, you can reach Vivien directly at [303-282-3653](tel:303-282-3653) or [vivienv@rmcsda.org](mailto:vivienv@rmcsda.org).

Workers' compensation--claims for work-related injuries and illnesses--will be processed by **Danielle Toddy**. You can reach her directly at 303-282-3610 or 800-254-9687 x 610.

These changes are being made as **Linda Reece** is taking on new responsibilities in the treasury department. Thank you for being patient with us as we make these transitions.

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## FROM THE EDITOR

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We encountered some technical issues with the October 21 *NewsNuggets*.

The following passage was inadvertently omitted from the Society of Adventist Communicators story: "The weekend theme "Keep Climbing" was especially apropos. Becky de Oliveira from Boulder Church spoke on the theme and expressed a conviction that reaching the top of a mountain [a goal, perhaps] is actually a beginning of a continuous climb."

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## ANNOUNCEMENTS

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### **Copper Mountain Lift Tickets Available at Highly Discounted**

**Rate »** RMC's Youth Department is once again bringing SDA constituents the opportunity to ski or snowboard at Copper Mountain at unheard-of rates!

Lift tickets are now available at the following prices:

Adult (ages 13+) \$65 each

\$2 off per ticket for purchases of 5-24 tickets

\$5 off per ticket for purchases of 25+ tickets

Child (ages 6-12) \$58 each flat rate

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There is a flat mailing fee of \$3 per order or you can pick them up at the RMC Conference office free!

You are buying certified Copper Mountain Lift Tickets for the 2016-17 ski season. These are day passes. You will receive the actual lift tickets that you purchase (not a voucher for pickup at a later date). These tickets are transferable and are not subject to any blackout dates. Use them on any day of the ski season!

### **Ticket supply is limited, so order today!**

To purchase tickets, visit [www.rmcyouth.org/snowfun](http://www.rmcyouth.org/snowfun)

No internet? No problem! You may also place your order by calling the Youth Department office at 303-282-3664. Please leave a message if no one answers. We will hold tickets for 7 business days. If payment is not received within 7 business days, the tickets will become available to other buyers.

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**Glacier View Ranch »** Check out GVR's updated website to see what's happening at the camp --  
[www.glacierviewranch.com](http://www.glacierviewranch.com)

**NewsNuggets Archive Now Online »** The NewsNuggets archive is now online, and can be found at <https://www-rmcscda-org.netadvent.org/newsnuggets-archive>.

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**Worland Church »** Dave Ramsey's Financial Peace University will be held weekly at 6:30 p.m., beginning September 21 and continuing **through November 16**. If you are looking to improve your financial situation, eliminate debt, plan for retirement or your children's college, buy a house or make any type of financial transaction, this class is for you. The church is at 660 South 17th Street, Worland WY 82401. For more details or to register, visit [https://www.daveramsey.com/fpu/classes/1026568/atid/\\_In](https://www.daveramsey.com/fpu/classes/1026568/atid/_In) or contact Kathy Weigand at 816-872-5619 or [mkweigand5155@gmail.com](mailto:mkweigand5155@gmail.com). It's not too late to sign up or attend!

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**Cheyenne Church »** A five-session Connections seminar will be held from 2:30 - 4 p.m. **October 1, 8, 15, 22, and 29**. The seminar will help individuals determine their spiritual gifts and how to use those gifts for your local church and community. A fellowship dinner will be provided at 1:30 p.m. For more information, contact Lee Steele at 307-220-0532.

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**Loveland Church »** *Revelation Speaks Peace* is coming to the Loveland Church beginning at 6:30 p.m., Friday, October 14 and **continuing through November 19**. For a schedule and topics presented each night, go [here](#). The church is located at 950 Cleveland Avenue, Loveland, CO 80537.

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**HELP US SPREAD THE WORD! »** We would like to break yet another record for attendance at a One project gathering. Our San Diego gathering (February 24-27, 2017) includes a two-day focus on the book of Revelation on Saturday and Sunday, as well as an evening of creative worship preceding the gathering and the one-day Create conference afterward.

There are special programs for teens and children.

Contact us to order postcards by **Monday, October 31, 2016**.

Include your name and address and the number of cards you need. These are ideal for distribution at churches, conferences, academies, etc.

And if you haven't registered yet, do so now! Remember to book your accommodation early while rooms are still available.

For information on the One project, contact Boulder Adventist Church pastor Japhet De Oliveira: t. 303-601-6349 e. [japhet@boulder.church](mailto:japhet@boulder.church)

**Financial Peace University »** If you are a young adult interested in gaining relevant financial guidance and connecting with other young adults in the Denver area, Rocky Mountain Conference's Youth Department is holding a nine-week class at the conference office for you. The class will meet each Tuesday from 6:30 to 8 p.m. beginning October 18 and **continuing through December 13**.

The cost is \$93 for materials and membership and the first 15 people to register will receive a 50 percent discount. For more information and to register, email



shannonw@rmcsda.org or for an overview of the class, go to [www.daveramsey.com/fpu/preview](http://www.daveramsey.com/fpu/preview). The office is located at 2520 S. Downing Street, Denver CO 80210.

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[www.denverwestsda.org](http://www.denverwestsda.org)

or

call 970 485 3613

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**Campion Church »** The Larimer Chorale of Fort Collins, a 110-voice group with four Adventists, presents their first concert, Sergei Rachmanifoff's All-Night Vigil, an a capella masterpiece, at 7:30 p.m. Sabbath, October 29, at the Campion Church, 300 42nd St SW, Loveland CO 80537. For discount tickets and group rates, contact Roxanne Goodrich at 970-222-8930 or [srgoodrich@hotmail.com](mailto:srgoodrich@hotmail.com) before October 1.

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**La Vida Mission Supply Drive »** A non-profit mission to the Navajo Nation with the goal of reaching the Navajo children for Jesus, La Vida Mission is dependent on the generosity of caring people to supply their needs. A truck heading to La Vida Mission with donations will stop at churches around the conference to pick up your donations. See the [schedule here](#).

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**Vista Ridge Academy »** A Fall Festival and Silent Auction with free admission is planned from 6 - 9 p.m. Saturday, November 12 with food booths galore, a cash cube, games, fun prizes and a bouncy house. Bring your friends and enjoy a great evening. The academy is located at 3100 Ridge View Drive, Erie, CO (off Sheridan behind the new King Soopers). Call 303-828-4944. Avista Adventist Hospital is partnering with Vista Ridge Academy to put on this event.

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**Grand Junction Church »** Melissa Otto will be in concert at the Grand Junction Church at 6:30 p.m. November 15, following a soup dinner at 5:30 p.m. The church is located at 730 Mesa Avenue, Grand Junction. For more information, call 970-242-7747.

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### **Christmas Wish List from Glacier View Ranch »**

Please choose one or more items that speak to your heart or join with someone else:

Naturalizing perennial **flower bulbs** (for around ranch, front entrance sign); **Garden hoses** for watering; **Bushes** for landscaping around buildings; **Grass seed** for lake front; **lamp shades** for lodge guest rooms; **Window treatments** for lodge guest rooms; **furniture** for common area in lodge; **Paint** for multiple uses -- inside lodge, exterior of summer camp cabins, pool meeting room, cafeteria, summer camp office, all building exteriors; **Stain** for exterior wood; **Heaters** for summer camp cabins; **Curtain rods and curtains** for summer camp cabins; **Insulation, sheet rock and installation** in breezeway; **Doors** in breezeway; **PA system** for lodge, auditorium, Long House and Campfire Bowl; **Fencing** to update and unify ranch fencing; **Road treatment** of gravel and/or solution for summertime dust; **Razor** for summer camp activity; **Razor Track** to prevent unnecessary accidents; **Pool repair** of paint and water to refill pool after repair; **Pool ceiling repair** and insulation; **De-Humidifier** in pool area; **Snow blower** to clear ranch roads in winter; **Man-lift** for maintenance in high areas; **Swings** for lake front, prayer garden and cafeteria areas; **Commercial washer** for laundry room; **Commercial dryer** for laundry room; **Benches** for Camp Fire Bowl and Wagon Camp; **Flooring** for cafeteria; New **kitchen equipment** for main kitchen and prep area; **Fridge, freezer, oven/range** for Long House kitchen; **Box truck, van/suburban, pick-up truck; RTV/Gator/Polaris; 60'x80' activity building** for use in bad weather; **New building** for Nature Center.

Check GVR website for updates at

<http://www.glacierviewranch.com/projects-donation-opportunities/>

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## **EMPLOYMENT OPPORTUNITIES**

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**Daystar School** in Pueblo is looking for a part-time aide for K-3 for the 2016-17 school year. If you are interested in finding out more about this position, you can contact Michelle Velbis by email at



**Voice of Prophecy:** The Voice of Prophecy is looking to fill three positions: gift planning departmental assistant with accounting experience, digital content specialist/webmaster, and a donor relations coordinator. For more information, visit <http://vop.com/jobs>.

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[www.rmcsda.org](http://www.rmcsda.org)

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## **FROM THE EDITOR**

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**We want to share your news --** Change is a part of the communication age. With online media experiencing constant evolution, the *NewsNuggets* is also experiencing an increased access from our readers and contributors. We will continue to encourage news sharing from our churches, institutions, and individual church members.

In order to make our eNewsletter accommodate an increased volume of announcements, our editorial work proposes to present information in a more efficient approach,



ensuring that all timely promotions and announcements be included in a weekly, Friday release of *NewsNuggets*. **Submission deadline for stories, news, and announcements is at noon on every Wednesday. Please send all your submissions to [nuggets@rmcsda.org](mailto:nuggets@rmcsda.org).**

Thank you for your contribution, but also comments, as *NewsNuggets* continues to serve the church in an efficient and effective way.

We are inviting all correspondents and contributors to follow a general Adventist News Network *Style Guide*, including glossary. For guidelines, see: <http://news.adventist.org/styleguide/>  
--Editor

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

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## **Rocky Mountain Conference Mission Statement**

### **Tagline:**

*Knowing Christ and Making Him Fully Known*

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