



UMAPINE BULLETIN

March & April 2018

Sunny Swanson Sharing

by Keith Carlin

Her business card reveals only a portion of her interests and skills. “Artist and Crafter” is very true, but merely begins a story that includes very fancy embroidery, used to enhance the delightful dresses with which she clothes dolls of great beauty. An 18” Barbie doll would tower over the heads of her more common traditional sized sisters. Sunny actually forms the bodies of some of her dolls in her own molds.



Two pictures Sunny painted, which she sees from her pillow.



18” Barbie Doll



Ceramic Lamp

This expertise finds expression in ceramic lamps, which she also fires and glazes before inserting the electrical components that glow with light that illuminates her paintings. Her hubby Glen is another gifted craftsman who creates distinctive frames that draw additional attention to her pictures. He is recovering from a quadruple bypass, but is anxious to get clearance from his doctor so he can go back to work driving truck for a local operation.



Sunny in her workshop

Sunny has an affinity for plants in her home. This includes two fig trees in her bathtub. I spotted new figs starting to fill out, so she will have some to taste later this year. Her outdoor flowers will provide pleasure for others just as they did for the members of the local church. One morning they arrived for services and found a glorious bouquet in front of the doors to the sanctuary. What a delightful surprise! And much appreciated. The spirit of sharing seems to flow through her veins like a life-giving current of happiness. This creative couple is pushing 80, but Sunny seems full of energy and is intent on bringing joy into the lives of those around her. Get acquainted with your Umapine neighbor at 509-380-6647.

COMMUNITY BREAKFAST FOR ALL



*Join Us For A
Pancake Breakfast!*



Umapine Friendship Center
(4-Way Stop, Center of Town)

**The Umapine S.D.A. Church
Men's Group Invites Your Family
To Breakfast**

Pancakes
Eggs
Hash Browns
Meat Options
Vegetarian Options

March 31 & April 28 8:15 AM – 10:15 AM



Umapine SDA Church Sponsored

For more information:

509-529-8251 | drdavis@pocketinet.com

<http://www.umapineadventist.org>

Positively Healthier & Happier

by Pam Baumgartner

Very early in my nursing career I was assigned to care for a patient with pneumonia. Up until then, most of my experience had been with surgical patients, now this woman had a contagious illness and I was suddenly afraid I might catch her infection. Reason quickly asserted itself and I realized nurses care for infectious folks everyday without succumbing to their illnesses. I decided that day to simply stay well and I did.

I have never changed my mind about that decision. Naturally, I practice good hygiene and the preventive health guidelines I have recommended in this column over the years, but I am convinced my choice to expect health is very influential in keeping me healthy. I rarely even catch the flu or a cold.

Attitude is huge for health. When you feel happy, your saliva chemistry changes to better protect you from infections. People who have hope and a positive attitude, have more active antibodies. They heal faster from surgery and trauma. They sleep better and have less stress. Both of these, in turn have positive effects of their own on short and long-term health.

You can choose in any circumstance to be grateful for something, to be glad about something, to give others the benefit of the doubt when they cross you. You can choose positivity, laughter, hope, patience, and kindness, at least for this present moment. When this moment passes, you can choose them again for the next one.

Choose to be happy and to stay healthy, then watch how well it works.

No Fooling

by Pastor Roger Johnson

Dalene teaches English at WWU and the April 1 student newspaper keeps the campus aware of the April Fools tradition. Writing creativity goes to seed in this issue. April Fools reaches back to 1564 during the reign of Charles IX in France due to a change in the calendar.

Have you noticed that you can be fooled any date of the year on the internet? A fixed date to exaggerate or tell an untruth is not confined to April 1. We call it fake news passed as genuine, and consequently there are more fools than ever before.

Resurrection Day (Easter) is on April Fools' Day this year. Some have viewed the resurrection of Jesus as the greatest hoax in human history. The soldiers who were witnesses of the glorious resurrection were paid a "large amount of money" (Matt.28:12) to tell a lie that the empty tomb was a result of Christ's body being stolen. "You are to say, 'His disciples came by night and stole him away while we were asleep.'" For a soldier to admit sleeping would be foolish, requiring a large sum of money. Those with the money say in verse 14, "And if this should come to the governor's ears, we will win him over and keep you out of trouble."

No one enjoys being fooled. One of Jesus' disciples, Thomas, was determined not to be fooled. He wanted evidence and Jesus provided him with a personal appearance and a 'show

and tell' experience. Others were like Thomas. Mark 16:13,14 mentions others who didn't want to be fooled.

In the world of belief, there is always room for doubt. However, the good news is that Jesus offers us a gift. It is a blessing that takes away the embarrassment of being fooled about the resurrection. The blessing is pronounced in John 20:29. "Blessed are they who did not see, and yet believed."

Community Breakfast

The Men's Group of the Umapine SDA Church is cooking breakfast at the Friendship Center the last Saturday of each month for the Umapine community. The menu varies, so come and discover what each time offers. Visit with old friends and meet new ones. See page 2 for the March menu. No charge, just bring a smile to share with others.

Community Input

Your input to this community newsletter is really desired by the team that publishes it. If you have news to share, or would like to see an article about someone or something in the neighborhood, please contact our leader Brigitte Davis at 509-730-9090 or email brigittemd12@gmail.com.

Spanish Translation

The Spanish translation of this newsletter has been missing recently. We want to know how valuable this feature is to our readers. If you benefit from having it available in Spanish, please contact us to let us know. Call either Brigitte Davis at 509-730-9090 (email: brigittemd12@gmail.com) or Keith Carlin at 509-540-0544 (email: keithrcarlin@gmail.com) to let us know.

If you or someone you know is qualified to translate the content of the newsletter into Spanish and are willing to provide this service to your community, call or email either of the two named above with your name and contact information.

School Schedule

Mar 27-30 – Spring Break
Apr 6, 9 – End of Quarter, No School
Apr 9 – School Board meeting
Apr 11 – Mac-Hi FFA Banquet
Apr 14 – Mac-Hi Prom, Armory
Apr 19 – Mac-Hi ASB Blood Drive
Apr 21 – MFEA Earth Day Fun Run 5K
Apr 23 – School Board meeting
Apr 26 – Oregon Coast Aquarium Assembly
May 7-11 – Teacher Appreciation Week
May 10 – Pastries with Parents
May 11 – No School
May 14 – School Board meeting
May 22 – Free Sports Physicals at WaHi
May 28 – Memorial Day Holiday – No School
Jun 3 – Mac-Hi Graduation Day