

Getting to Know You ~

Don & Deb Grant

Deb is a Polk County girl and Don spent time in Florida and Georgia. He attended a year at both Forest Lake and Fletcher. They met on a blind date arranged by her future brother-in-law, cruising the streets of Hendersonville. Deb recalls Don was unlike anyone else she ever dated. He treated her differently than other men had, extending courtesy and respect. They married in April of 1981 (36 years ago) at the Silver Creek Baptist Church in Mill Spring, near Lake Adger. Don was persistent that they go to church together so they attended our Tryon SDA church, but Deb sat out in the car waiting for him – a routine that kept up for months. Deb remembers Dr. Blomeley as her neighbor growing up and her impression was he went to church on Saturday, did not eat meat, and had various kinds of animals – lots of them. They were sending the *Signs* to Deb's family as they did their other neighbors.

One has to wonder how Deb eventually found her way as a Seventh-day Adventist and when asked, one word surfaced – love, first by Don and then by everyone else in the church who loved her unconditionally. Deb studied under Herv & Betty Cross and got active in the church. The Grants met Ed & Brigita Powell and others. In August of '81 Deb got baptized with a group of seven people.

They've had an interesting array of jobs in the workforce. For two years early on in their marriage Don worked

out of town Monday – Thursday doing construction. The two only spent holidays and vacation days together to experience any quality time. Deb was sewing for people. Don found himself laid off work and Dr. Wittschiebe commented that they needed to be married all the time, not just part-time. Now they found themselves spending 24/7 together. After that, Don started working with Robert Carney building Section 8 housing apartments and stayed working with him for about four years until Robert started his own business. Eventually Don went with another contractor and then started driving over-the-road trucking for a few years, driving for Jim and Ron Herman. He had to give that up, however, as it proved a strain on their marriage. Then Don started his own business and subcontracted himself out to Home Depot installing doors and windows. This he did for many years. Now Don works for Polk County Transportation. A lot of training goes into being a driver; i.e., safety, dealing with Alzheimer's, CPR, basic first aid, having one's CDL, working with children's car seats, wheelchairs, and various other certificates.

Early on Deb started working at a cotton mill in Tryon and stayed there for five years. Not being cut out for mill work, she started taking night classes in business administration, getting her certificate. One night at choir practice, Odila Oliver asked if anyone wanted to learn about dental assisting for a new dentist in their office and Deb responded, "Yes, me." Thus in 1988 Dr. Oliver hired Deb to work with Dr.

Getting to Know You ~

Don & Deb Grant (Continued)

Wagner, but she wound up being Dr. Oliver's assistant once Odila retired. It now has been 29 years and Deb is still going strong and loves what she does.

They are hard workers in the church and have held many offices; i.e., Deb working with the yard sales for six years besides working with kindergarten/cradle roll for nine years. They've both worked in Pathfinders as counselors; Deb is Sabbath School secretary and social committee chairperson, has been church secretary and did the newsletter, is on both the school & church boards, as well as past treasurer for Celestial Praise. Don has been an elder, head deacon, been school board chairman and on church

board, Mr. Fix-it, Men's Ministry and both have worked with fellowship dinners. They still clean the school.

Today they have their routine and although Don has to go to bed early and Deb comes home late, they find it a blessing to spend a little time with each other during the week. They text each other frequently and are protective of their Friday nights, Sabbaths and some Sundays to spend together. Deb prays a lot and Don studies his Sabbath School lesson. Deb's favorite Bible text is Matthew 11:28, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." Don's favorite passage is the Lord's prayer.





Church
Campout



Church
Campout



For more
pictures
go to
tryonsdachurch.org
(In color too!)

The Food for Life:

Kickstart Your Health

5-Week Class Series
Starts Tuesday, June 6 ~ 5:30 pm
Morgan Center

Food for Life: Kickstart Your Health classes are about losing weight, maintaining a healthy weight, or simply embracing an overall healthful diet. For some people, it's the first time the idea of not restricting amounts of food, but rather choosing the right food, has been the guiding principle for losing weight and staying healthy. Lower cholesterol, better disease control, lower blood pressure, as well as improvements in energy and mood are some of the many benefits people experience on this diet.

These classes offer a chance to discover which foods are optimal for weight management, learn about various health topics including blood pressure and digestion, and get empowered with the practical cooking skills needed to help you on your journey to better health. In the classes, attendees do all of this while enjoying a cooking demonstration of healthful dishes in a supportive setting.

Wedding Bells

Royce & Judy Bailey

Jillionna Bailey and Travis Plemmons will be united in marriage Sunday, June 25, 2017 at 2:00 p.m. RSVP: 687-8971 or harpists4u@aol.com by June 15 if you plan to attend.

Featured Class Topics:

- * Power of Your Plate
- * Let's Go!
- * Getting in Gear
- * Breaking the Food Seduction
- * Keys for Natural Appetite Control
- * Digestive Health
- * Healthy Blood Pressure

Terri Edwards, our instructor, earned her Plant-Based Nutrition Certification through Cornell's, T. Colin Campbell Center for Nutrition Studies and is licensed through Physicians Committee for Responsible Medicine as a Food for Life instructor. She lives in Polk County, NC with her husband of 30 years. Currently, she teaches nutrition education and cooking classes at medical facilities and other venues, as well as doing public speaking events.

These classes are offered in 5-week series, meeting once a week. Each class includes a short nutrition video lecture by Dr. Neal Barnard, discussion, educational handouts, all within a supportive setting. Classes are followed by an optional 30-minute cooking demo with a three-course meal. Classes individually cost \$25. For those in need, our church will honor a \$5 scholarship toward each of the five classes. If you have questions, please contact Bev Cook at 704-692-6667.

Save the Date

Roger & Carol Peden

Come join the 55th Wedding Anniversary Celebration of Roger and Carol Peden on June 25 at 6:00 p.m. at the Chariot Restaurant located on the corner of Church Street and 7th Avenue in Hendersonville, NC. Everyone welcome, but you must RSVP to email: capeden2@yahoo.com or (828) 242-8225 before June 12.

No gifts please, just come and celebrate with us.

If you never set
a larger item
on top of a
smaller item,
you'll spend less time
looking for things.

New E-mail

Trey & Vicky Brown

Hello Friends,

Due to security reasons we have decided to use a new E-mail address from Protonmail, TJVstrong@protonmail.com.

We will be keeping this account (tv3turkey@gmail.com) and want you to feel free to write us personal e-mails to this address or the new one. Although for anything pertaining to the efforts here we will be using the new account.

As always thank you so much for your prayers, love, and support.

We pray you all have a blessed sabbath.



School Handbells

Are In
Need of Your
Financial Support
Make Donations To
"HANDBELLS"

Help Needed!

Wanangwa Hartwell

Hello again! Speaking in behalf of the handbells now! As I mentioned before, our set of bells is badly in need of refurbishing. That is, they need to go back to the factory to have them completely cared for and made like new again. This is a process that usually happens every decade or so -- our bells have made it around 17 years without it. Kudos to the teachers and students who have taken such good care of the bells over the years!

We currently have over \$400 in the bell fund, but are in need of over \$1500 to refurbish the set. The biggest trick is that now, while the kids are on summer break, is the best time to send them back to the factory. Please help us raise the money we need to do this important project and keep the bells in good condition for many years (and students) to come! Thank you for your help and support of our kids, our school, and our music program.

MATTHEW 25 FARMER'S MARKET GUIDELINES

Notify Lorna by Monday evening:

- 1) If you plan to help with the Market.
- 2) If you plan to help and sell at the Market.
- 3) If you plan to provide things to be sold.
- 4) List of items you plan to sell. Please see the *Tryon Farmer's Market Guidelines and Rules* for specifications.

If you plan to help:

- 1) You must provide your own lawnchair.
- 2) You may be requested to bring a table.

If you have items to sell:

- 1) Must be a seller for Tryon Seventh-day Adventist Church, not as your family or individual. Please see *Tryon Farmer's Market Guidelines and Rules* # 11 on back page.
- 2) If you provide items to be sold,
 - A) You may donate them and 100% remains with Matthew 25.
 - B) You may specify you wish to receive money back to help cover your expenses and 20% of your sells go to Matthew 25.
 - C) You may help with setup, selling, and taking down and 10% of your sells go to Matthew 25.
- 3) Money transactions must go through the Matthew 25 Cash Box. Prior to selling please give a list and quantity of items you are selling so we can tabulate how many of your items sold at the end of the day; i.e., Beginning of day: 10 dozen eggs. End of day: 5 dozen eggs. You will be given either the 80% or 90% owed from the Matthew 25 Cash Box.

From Tryon Farmer's Market Guidelines and Rules

4. Products that can be sold:

Farm/Garden Products (of good quality)

- o Vegetables, herbs, fruit, berries, nuts, grain, ornamental corn, seedlings, cut or dried flowers, sprouts, etc.
- o Plants grown by the seller from seed, seedlings, cuttings, or division bulbs
- o Eggs and honey

Other Products Made by the Seller:

- Fresh home baked goods made by the seller. All baked goods must be wrapped and labeled with ingredients including the name and address of the baker. Food allergens are a serious health concern for some families. Most allergic reactions caused by food are from foods containing the following: PEANUTS, SOYBEANS, MILK, EGGS, FISH, CRUSTACEA, TREE NUTS and WHEAT. Please use the Growing Small Farms website from Chatham County as a resource in determining what you should do. The market will not be held liable for food-borne illness caused by improper vendor practices.

Patriotic Picnic ~ July 4

Deb Grant

Patriotic party, 5:00 p.m., July 4, at the Morgan Center.

We'll have an easy potluck of sandwiches, fruit, chips and cookies. Lemonade provided.

There will be interactive activities for all to enjoy as spectators or participants. Show your patriotic pride with your red, white and blue attire. Prizes awarded for the most patriotic/creative hat, outfit, and footwear.

Plan to participate in a "Patriotic Parade" in our very own parking lot with your decorated bicycles, tricycles, walkers, canes, wheelchairs, etc. Sorry, no pets or motorized entries.

See bulletin board for more information in the weeks to come.

Update Info for Your Directory

Please add to your new directories in the back entitled New Families & Updates this following update:

Diane Rose
12 W. Clark Rd., Apt. 4-D
Inman, SC 29349
864-472-9162

Also please change as follows:

New cell phone numbers for Jeffrey and Jeannette Rogers:
Jeffrey - 828-817-8755
Jeannette - 828-817-8762

Matthew 25 Gardens

Lorna Dever

"What is happening with the Gardens?" A familiar question!

As of the writing, Duke Energy has approved all the paperwork they required for putting in a meter on a single pole! They have stated that the meter should be installed within the next two weeks. The electrician should be available about as soon as the meter gets installed. He says that he will come back and make certain everything runs according to planned.

As soon as I know the pump is running and irrigating the Growboxes I will be planning a workbee aligned with Jonathan Rowe and Bob Shepard's schedule to get the rest of the irrigation in and be prepared to plant our fruit plants, bushes, and trees.

To provide a financial base for continuing the Matthew 25 project we are set up at Tryon Farmer's Market. We need your help raising money each Wednesday, 9 a.m. to 12 p.m. We began May 3 and will continue to selling through November 15. You can come out between these hours and help sell whatever we have for the week. You can provide items for us to sell. Please see the information listed on page ???.

If you would like to make a donation to Matthew 25, feel free to do so by marking the Offering Envelope, "Matthew 25."

If you are able to help with the Growboxes, contact me, 828-817-1544 or news@tryonsdachurch.org; or contact Ed, 864-345-4259; & Carla Powell, 864-542-4077.

Library Corner

Wanangwa Hartwell

Greetings, everyone! Thank you for your many donations over the past several weeks. I sorted through and set aside some boxes to take and trade in at camp meeting...and kept many more terrific items to add to our collection. (Thank you to all who use the church library, and most especially the Sabbath School class that meets there, for your patience in working around the overflow of materials!)

I hope to finish reorganizing the library soon and encourage you to take the time to familiarize yourself with the new categories. We should all take advantage of our library more (myself included!) and I want it to be useful both for our own enrichment and as we minister to others. Please let me know if you have any suggestions for materials or better ways to use them.

Also, in the new church year, I will be working on the literature cart with the evangelism team. Please contact me if there are materials you need for outreach or if you wish to help in any way with either the library or the literature cart. Email or text is best, as I work odd hours. Thank you all!

Wanangwa Hartwell
wrbraves@gmail.com
828-817-0251

“Live as if you were to die tomorrow.
Learn as if you were to live forever.”
~ Gandhi

Church Calendar

Karen Syfert

Need to put something on the church calendar? Please contact me at 864-457-7481 or email me at kjsyfert@gmail.com.

Be sure to give me the following information:

- * Name of the event
- * Date
- * Time (beginning and ending)
- * Location of event (church, Morgan Center, school or if off church campus the location)
- * Any pertinent details you want listed and the person to call if someone has questions about the event

Remember, when you look at an event on the Calendar, be sure to click on More Details to learn more about the event, if there is anything more that has been submitted.

Thank you, Karen Syfert

Social Committee

Deb Grant

The Social Committee for the Tryon Seventh-day Adventist Church plans to provide social gathering opportunities for all ages of our church family to interact in a relaxed, fun atmosphere. We are the committee that not only has fun – we plan on it!

- <http://www.ces.ncsu.edu/chatham/ag/SustAg/Farmer'sMarktguidelines2007.pdf>
- Preserves, fresh pickles, fresh relish, jams, jellies, etc. made by the seller and labeled with ingredients. No low-acid canned foods may be sold (products in vinegar or citric acid such as green beans, corn, peas, carrots, etc. or canned tomato products) unless they are produced in a FDA certified kitchen and licensed facility. A sign off sheet will be required for these items.
- Plant and animal products grown and crafted by the seller (wreaths, garlic braids, herbal salves, dried fruits.....etc.)
- Compost, worms or worm castings produced and bagged by the seller.
- Booths for taking orders for animals or animal products
- Firewood cut and split by the seller.
- Hay and straw grown and baled by the seller
- Wool from seller's animal.
- Indigenous wildcraftings made by the seller (bark baskets, kudzu products, bittersweet....)
- Traditional farm crafts (quilts, needlepoint, soaps, walking sticks, etc.....)
- Other crafts to be sold must be handmade. (No products from kits or partially constructed crafts, i.e. paint-by-the-number. The Market Board retains the right to disapprove a product if it does not fit into the rural/handmade crafts theme of the Tailgate Market.)

5. Small livestock: poultry, rabbits may be sold from a truck bed in the designated area or acceptable confinement. Food should not be sold together with livestock.
6. PRICES MUST BE POSTED FOR ALL ITEMS.
7. No person or group of persons shall in any way attempt to fix or influence prices or to announce that they have a lower price than some other vendor. No hawking of items will be allowed.
8. Anyone using scales must have them approved by NCDA. (NTEP approved- legal for trade)
9. The seller is responsible for cleaning up around his/her selling space and maintaining safety in their selling area. Failure to clean up may result in a temporary or permanent suspension from the market.
10. No person shall be allowed to disturb others by playing loud music or having radio or television volume too high.
11. Partner groups (church, school groups or service organizations) may work together to sell an approved product or combine their products for sale at one selling space. One or more persons may represent the partner group as the seller. Individuals may not team up in booths and must pay separately.
12. Since the primary purpose of the market is to support and promote farm/garden production, the Farmers' Market Board will be made up of those selling farm/garden products. A Board member has full voting rights and is able to participate in market rule changes and other decisions which will be made by majority rule.
13. A market manager will be chosen by the Board members. The manager will be responsible for giving a financial report at the winter meeting.
14. Any complaints, disputes or violations of the rules should be taken to the Farmers' Market Manager. This should be handled before or after the market so as to not interrupt market sales. The Manager will attempt to resolve the situation or if need be consult with the Market Board to make a resolution. Repeated violations of the rules may result in loss of selling privilege for the season. See Resolution of Grievances.

Advertising

news@tryonsdachurch.org

FOR SALE: Raw honey for sale. Have early spring, Late May, (for allergy) and summer, taken July 10. \$12.00, same as last year. Call Wally 828-863-4154.

FOR SALE: Free range chicken, duck, guinea, and turkey eggs. \$3/ dozen. Call Lorna, 828-817-1544.

SERVICES: Want to stay living at home? Or need a live-in helper? CNA care to assist you in your daily routines and for companionship. Call Ronda Dever @ 828 817 8141.

INTERESTED IN RELOCATING and running a beautiful lifestyle center in Kentucky? Turn-key lifestyle center awaits right candidate. Call Bev Cook for details. 704-692-6667.

NEEDED: Bookcases needed for the August yard sale. Do you have one to donate? Contact Pam Green at 864-640-0990.

SERVICES: Welding & Cutting Services, Plasma Cutting up to 1/2" steel. MIG – TIG Stick Welding. Aluminum, Steel, Stainless Steel, and Cast Iron Welding. Repair and Fabrication. In shop or On-site Service. Call Robert Amitrano, 828-817-1021.



- 2 Richard Goodman
- 3 Charmain Herman
Daine Magnant
- 5 Kristin Bobbitt
- 6 Easton Carney
Robert Carney
- 7 Mike Stone
- 8 Curtis Rowe
Wesley Shepard
- 9 Julie Edwards
- 11 Chase Warner
- 13 George Kim
Bethany Painter
- 15 Heather Blomeley
Grace Kellogg
Wally McDaniel
- 16 Ryan Sasso
- 19 Mary Lee Lindsey
- 23 Alex West
- 24 Esperanza Hale
- 25 Ted Coles
Jon Massengill
- 27 Victoria Moses
- 28 Amy Ford
Bonnie Hornbeck
Terri Beth Melashenko
Pixie Paradis
- 29 Carl Edney



Sale Dates
August 18, 20, 21, 22

August
Yard Sale

Set up begins
Sunday
August 6
9 a.m.

Tryon Seventh-day Adventist Church

Inreach

Outreach

Infogram

June, 2017



The Day's Demand
Josiah Gilbert Holbet

God give us men! A time like this demands
Strong minds, great hearts, true faith and ready hands;
Men whom the lust of office does not kill;
Men whom the spoils of office cannot buy;
Men who possess opinions and a will;
Men who have honor--men who will not lie;
Men who stand before a demagogue
And damn his treacherous flatteries without winking,
Tall men, sun-crowned, who live above the fog
In public duty and in private thinking;
For while the rabble, with their thumb-worn creeds,
Their large professions and their little deeds,
Mingle in selfish strife, lo! Freedom weeps,
Wrong rules the land, and waiting Justice sleeps.

Carolina Camp Meeting ~ 2017

Sharing Him

May 28 - June 3, Lake Junaluska

Sabbath, June 3

Downlink from Camp Meeting for Our Church
Beginning at 9 a.m. with Sabbath School

Church Service		Carolina Evangelism Offering	
Call to Worship: Theme Song		Offertory	Camp Meeting Choir
Opening Prayer	Don Davis	Special Music	Tag Garmon
Welcome/Announcements	Don Davis	Introduction of Speaker	Leslie Louis
Scripture	Kim Kegler	<i>Only a Boy Named David</i>	
Opening Hymn	<i>O Worship the Lord</i>		Mike Tucker
Congregational Prayer	Gary Moyer	Closing Prayer	Gary Moyer
Prayer Response: Camp Meeting Choir			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 10am - Thrift Store	29 Memorial Day	30 9am - Thrift Store	31 Co-Op Delivery @ Morgan Center 9am - Thrift Store 6pm - Bulletin deadline 6:30pm - Prayer	1 9am - Thrift Store	2 9am - Thrift Store 8:39pm - Sunset	3 No Fellowship Meal Pathfinder/Adventurer 9:15am - Sabbath 10:45am - Worship 8:39pm - Sunset
4 10am - Thrift Store	5 9am - Thrift Store	6 9am - Thrift Store 5:30pm - Kickstaart 6:30pm - SCHOOL	7 9am - Thrift Store 6pm - Bulletin deadline 6:30pm - Prayer	8 9am - Thrift Store	9 9am - Thrift Store 7pm - Teach Us to Pray 8:42pm - Sunset	10 Youth Sabbath @ Tryon 9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWSHIP 1:30pm - Compassion 2pm - Teach Us to Pray 8:43pm - Sunset
11	12	13	14	15	16	17
Pathfinder Mission trip to Santa Barbara						
10am - Matthew 25 10am - Thrift Store	9am - Thrift Store 5:30pm - Kickstart	9am - Thrift Store 6pm - Finance 7pm - Church Board	9am - Thrift Store 6pm - Bulletin deadline 6:30pm - Prayer	9am - Thrift Store	9am - Thrift Store 8:45pm - Sunset	MORGAN CENTER NO FELLOWSHIP 9:15am - Sabbath 10:45am - Worship 8:45pm - Sunset
18 Father's Day	19 Co-Op Order Due 9am - Thrift Store	20 9am - Thrift Store 5:30pm - Kickstart Your	21 9am - Thrift Store 6pm - Bulletin deadline 6:30pm - Prayer	22 9am - Thrift Store	23 9am - Thrift Store 8:47pm - Sunset	24 9:15am - Sabbath 10:45am - Worship 12:30pm - FELLOWSHIP 8:47pm - Sunset
25 Newsletter deadline 10am - Thrift Store	26 9am - Thrift Store	27 9am - Thrift Store 5:30pm - Kickstart Your	28 Co-Op Delivery @ Morgan Center 9am - Thrift Store 6pm - Bulletin deadline 6:30pm - Prayer	29 9am - Thrift Store	30 9am - Thrift Store 8:47pm - Sunset	1 No Fellowship Meal 9:15am - Sabbath 10:45am - Worship 8:47pm - Sunset

Kids' Bible Riddle

1. The sluggard is told to go to me. What insect am I?
2. Pharaoh saw us emerging from the Nile. What animals are we?
3. Jesus said, Give not that which is holy to us. What animals are we?
4. I am the leaf that the dove brought back to Noah in the ark. What leaf am I?

Look for me in next month's Newsletter

Last month's answers:

1. I was eaten by dogs at Jezreel. Who am I? Jezebel
2. You are told not to cast me before swine. What am I? Pearls
3. Jesus rode me into Jerusalem. What animal am I? Colt
4. The lame man shall leap Like me. What animal am I? Hart

Look for me in next month's Newsletter

Nature Nugget

Somerset Wildlife Trust

Woolly Hedgehogs Flourishing



The only UK hedgehogs which are thriving are these woolly specimens from Somerset. Other populations of hedgehogs have declined by over a third in the last ten years, particularly in rural areas. Emerging from hibernation in April, hedgehogs have large territories, can cover 2km per night and seem to seek out villages. Leave holes for them to get into the garden, don't be too tidy and check your bonfires.

Tryon Seventh-day Adventist Church
2820 Lynn Road
Tryon, NC 28782

Visitor