

# St. Pauli News in Detail



## November Milestones

### Birthdays

Nov. 7	Blaine Torstveit
Nov. 15	Marc Haugen
Nov. 16	Barb Nelson
Nov. 16	Jonathan (JD) Torstveit
Nov. 17	Larry Hurst
Nov. 25	Wade Benson
Nov. 28	Wahna Smith

### Anniversaries

Nov. 26 Dennis and Sharon McCollough

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## Normal? No.

Normally, we decide at our November WELCA meeting which charities should receive the proceeds from our Fall Event. It is also our annual Thankoffering Program.

This year, very few things are normal. We are not having a WELCA November meeting nor are we having a Fall Event.

Community Thanksgiving Services have been a Thief River Falls tradition for the past several years. This year, we will not be gathering in a church. Instead, the services will be aired on cable.

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## Thanksgiving Services

Wednesday, November 25, 2020

7:00 pm

Sjoberg's Cable TV

## Stewardship

No Lutheran World Relief shipments were made from Thief River Falls this fall. We learned that we could bring our donation boxes to Midwest Motor Express in Grand Forks, but this notice was too late for the WELCA ladies to make school kits (sales on these items are usually in August).

But we did ship the following through Midwest Motor Express:

- 23 quilts
- 15 Personal Care Kits
- 12 Baby Care Kits

Two beautiful pieces of cotton fabric have been donated by Virginia Anderson's daughter Tracy, which will be cut into three-year pieces for sewing kits next year. Virginia believes there is probably enough for six kits or more.

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## WELCA

Saturday, December 5<sup>th</sup>  
9:30 am

WELCA will meet on Saturday, December 5<sup>th</sup> at 9:30 am in the church basement.

All COVID-19 rules will be followed. Masks must be worn at all times except while eating and we will follow physical distancing rules.

Our program will be Thankoffering, and we will decide how to disburse the funds donated in lieu of our Fall Event.

WELCA officers will meet in early December (date to be determined) to plan the 2021 calendar for the church handbook.

# History of Our Fall Event

*This year, as with so many gatherings, our Fall Event was cancelled due to precautions with the Covid-19 Pandemic of 2020. Let's take a look back at these events.*

The history of the St. Pauli "fall event" dates back to the very early days in our congregation's life when the Ladies Aid held a fall auction. According to Melvin Torkelson's "Life on the Fraction," they "knit sweaters, scarves, mitts, socks, etc. from wool they carded and spun in their homes. Also aprons and children's dresses."

Later, with help from the men, they hosted a Fall Supper. (We think these were started after the church got electricity in 1948.) In those days, there was no running water or plumbing in the church kitchen, which was located in the north end of the basement. Imagine the work involved! You not only needed to carry in all of the water (in ten-gallon cream cans) using the back steps, but you needed to carry it out again after you had finished washing the dishes.

Then, sometime after the modern kitchen was built in the south end, the WELCA (Ladies Aid) began having a turkey supper for the community, with the profits going to various charities. We all remember those famous suppers of over 30 years!!

They involved many days of planning, cleaning, reorganizing the basement to accommodate 9 full tables, setting up dividers, waitress and cleaning stations, shopping, cooking, and then serving 300-400 people, who enjoyed our suppers very much. Our last Fall Supper was in 2014.

Beginning in 2015, we made our event much simpler—a Sunday afternoon with entertainment, coffee and homemade pie.

Each year at the November WELCA meeting, our women would make their decisions about which charities to support with the money donated at the Fall Supper or Fall Event. In 2019, our list of donations included: ELCA Scholarships, Pathways Bible Camp, ELCA Good Gifts, Salvation Army, Autism Conference, Little Brother/Little Sister, Northlands Rescue Mission, Pennington County Christmas, TRF Area Community Fund, and Feed My Starving Children.

It's amazing that, with St. Pauli members donating generously, our profits have remained very much the same. Fall Supper 2014: \$2,588.20. Fall Event 2019: \$2,452.00

With no possibility of hosting an "event" in 2020, but recognizing that the need is probably greater than ever due to COVID-19, please consider giving a generous donation so that our WELCA women can continue their support of these charities on your behalf.

Checks may be put in either Faye Auchenpaugh's mailbox at the church or mailed to her at 11094 195<sup>th</sup> Ave NE, Thief River Falls, MN 56701. Please do so by November 30<sup>th</sup>, so that the WELCA ladies know the amount they have to distribute and can make their decisions at their December 5<sup>th</sup> meeting.

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## COUNTING MY BLESSINGS

By Connie Faust

Of all the blessings I can count, a few I hold most dear.  
I'll take a quiet moment to enumerate them here.

There's Bill, my knight in armor for longer than fifty years,  
Breadwinner, sweetheart, sometimes nurse, and calmer of my fears.

Four daughters and a son, our gifts received in younger days,  
Then multiplied to fill our hearts with grandkids' loving ways.

A country home with lots of space, surrounded by the trees;  
A place to spot a buck or doe, and feel a gentle breeze.

In winter's chill, the furnace warms and keeps goose bumps away;

In summer's heat, well, I don't mind hot weather every day!

We have a car to get around to where we want to go;  
The luxury to stay at home when threatened by the snow.

My computer is a blessing that helps me write a poem;  
Paper and ink inspire me to think of a rhyming tome.

My little dog, a crazy pup, who doesn't quite obey,  
But likes to dash away from me when I tell her to "Stay!"

I feel God's hand upon me when I'm rising in the morn.  
I know He knit me in the womb before I e'er was born.

On Sundays when I go to church, I thank God for His day;  
I sing along to praise His Name, I hear His Word and pray.

He sent His Son to earth to die in payment for my sin,  
And I'm most thankful for the day I knew I needed Him.

My blessings may seem simple, but my loving Lord supplies;  
Why complain about life's trials when I'm precious in His eyes?

# Minutes of the Church Council

*The secretaries' reports for September have not yet been approved so are not included in this edition of the newsletter.*

## Treasurer's Monthly Report for St. Pauli

**August 2020**

**(Amended to include Edward Jones August balance)**

Checking Account Balance End of July 2020:	\$14,015.81
August Revenue:	\$3,400.00
August Expenses:	(\$959.77)
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Checking Account Balance End of August 2020:	\$16,456.04

Other Account Balances End of August 2020:

Education Fund	\$799.82
Edward Jones (balance end of August)	\$71,587.72
Memorial Fund	\$12,493.97
Mission Grant	\$3,431.61
Savings	\$36,542.03

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**Total Account Balances End of Aug. 2020: \$141,311.19**

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Cemetery Association Fund Balance End of August 2020:  
\$58,965.60

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## Treasurer's Monthly Report for St. Pauli

**September 2020**

*\*Edward Jones Sept. statements did not arrive by Oct 13, 2020*

Checking Account Balance End of Aug 2020:	\$16,456.04
September Revenue:	\$2,290.00
September Expenses:	(\$4,595.51)
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Checking Account Balance End of Sept. 2020:	\$14,150.53

Other Account Balances End of September 2020:

Education Fund	\$799.89
*Edward Jones (End of August 2020)	\$71,587.72
Memorial Fund	\$12,494.17
Mission Grant	\$3,431.89
Savings	\$36,546.54

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**Total Account Balances End of Sept. 2020: \$139,010.74**

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\*Cemetery Association Fund Balance End of Sep 2020:  
\$59,015.60

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## WELCA Minutes

**September 23, 2020**

The St. Pauli Women of the ELCA met on Wednesday, September 23, 2020 at 7 pm with six members present.

President Jan Strandlie opened the meeting with devotions and prayer.

The secretary's report was approved as read. The treasurer's report was approved as read.

Jan read correspondence and thank yous from Inez Mathson, NW Synodical Women's organization, Haiti Medical Mission update, Hospice, and Lutheran Social Services. She shared information received from Northland Rescue Mission on "Bags of Blessings" donations. This information will be included in the church newsletter.

Jan reported that Damita Underwood has offered to create a scrapbook of the 100<sup>th</sup> anniversary celebration at St. Pauli, and asked that photos be sent to her as soon as possible.

At the request of the NW Synodical Women's Organization (SWO), a brief report was prepared, outlining the activities our unit has conducted during the pandemic. The report will state that we had no meetings or activities from mid-February to June. We started holding Lydia Circle monthly meetings in June and monthly WELCA meetings in August, with social distancing measures taken.

We've sent greeting cards to several of our older members who have been isolated or restricted to visitors. We have continued to donate the customary funds to the organizations which are designated for potluck offerings, despite having no potluck dinners since January.

We have continued to maintain the flower gardens on the church ground. Planning for the 2021 125<sup>th</sup> anniversary celebration has continued. And items were prepared for the Lutheran World Relief shipment from Grand Forks in October.

New Business: Discussion was held on the restroom vanity, vanity top, faucet and paper towel holder. Jan and Faye presented samples and prices. The group decided to purchase the vanity top and facet from Lowe's. The vanity top sample chosen was called tiramisu. Estimated cost would be under \$500 for components from Lowe's (cabinet quote from Don Schindler is \$485.)

Virginia Anderson reported that she received approval from the Council to purchase a wheelbarrow to assist in flower gardening work. It was suggested that a sprayer for the garden hose also be purchased.

A thank you card was signed by members and sent to Joan Nelson for her contribution to the stewardship fund.

Election of Officers: The following nominations were made for 2021 officers:

President – Kathy Alberg  
Vice-President – Jan Strandlie  
Secretary – Cindy Cedergren  
Treasurer – Faye Auchenpaugh  
Stewardship – Virginia Anderson

A motion was made and carried to accept the slate of officers as nominated.

Prayer partners were exchanged and the Lord's Prayer and Table Grace were prayed.

Offering was taken and meeting was adjourned at 8:40 pm. Kathy Alberg served as hostess

Respectfully submitted,  
Cindy Cedergren, Secretary

Treasurer's Report summer from September meeting:  
Checkbook balance as of 8/31/20: \$1,319.42  
Savings account balance 572.75  
CD @.08% interest 6,159.93  
Total current WELCA funds: \$8,052.10

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### Letter from Thief River Falls Area Food Shelf

St. Pauli Lutheran Church  
PO Box 944  
Thief River Falls, MN 56701

Dear Members,

We would like to take this opportunity to sincerely thank you for your generous donation to the Thief River Falls Area Food Shelf. Without your support we would be unable to continue our mission to *"Extinguish Hunger, Ignite Hope."*

This past quarter we were blessed to have a garden on our property, which supplied 200-plus pounds of fresh produce in July, August and September for our clients. From January to July of this year, we distributed 227,074 pounds of food, household and hygiene products to 5,611 individuals. We installed outside lighting on the building as well as in the parking lot to increase security for our property, and we completed restoration on the exterior roof. Even with the increase in clientele during the COVID-19 pandemic, we are still moving forward with updates to our site.

In the future, our distribution and warehouse areas, as well as the ceilings, need repair and insulation to make those areas energy efficient. Once that is completed, the cracks in the floor of our distribution area need repair for safety, the scale placed into the floor, and epoxy coating applied. And, sometime in the future, we would like to update our parking lot with fill and asphalt laid to make that area safer for our clients and volunteers.

As you can see, we are making progress with our site, but have a long way to go. We humbly thank you for your continued support.

Sincerely,  
Alecia Hunt, Executive Director

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### Here are eight fun facts about Thanksgiving

- The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.
- There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

# What is “FRILUFTSLIV?”

## How an idea of outdoor living could help us this winter

“Get outside,” says this Norwegian concept that promises to make the pandemic’s colder months more bearable.

BY JEN ROSE SMITH

Published September 11, 2020 in “5 Minute Read”

Even as a toddler, Mina Floriana Read was an accomplished troll hunter.

She learned the skill from her father, Alexander Read, who helps her look for the (maybe) mythological creatures on their hikes in Norway’s backcountry. The senior Read tends to favor rugged trekking gear; Mina Floriana, now nearly five years old, often prefers a pink tutu.

The pair have undertaken serious expeditions together, including a 57-day winter trek when Mina Floriana was two years old. Along the way, they’ve won a prestigious Norwegian wilderness award. In her short life, Mina Floriana has spent more than 300 nights sleeping in a tent.

In Norway this is not as outlandish as it might seem in other nations. The Reads are simply following the concept of *friluftsliv*, which translates roughly to “open-air living” and is deeply engrained in the country’s heritage.

From the remote Arctic to urban Oslo, *friluftsliv* means a commitment to celebrating time outdoors, no matter the weather forecast. “It’s the most natural thing for me because I’m Norwegian,” says Alexander, who documents their father-daughter journeys on Instagram.

The idea is as Norwegian as cross-country skis and aquavit. But amid a pandemic that has upended rhythms of daily life around the globe, *friluftsliv* might also be a model for coming more safely—and sanely—through the northern hemisphere’s approaching winter season.

### Norwegian inspiration

While early lockdown measures have succeeded in keeping Norway’s coronavirus case numbers relatively low (less than 12,000 to date), there have been some recent spikes. That has Norwegians looking to the country’s outdoorsy traditions for respite from the enclosed spaces where the virus transmits more easily.

They’re not alone. During the summer months, people around the world have shifted life outdoors. Americans have suddenly become obsessed with camping. In the Lithuanian capital of Vilnius, streets and squares turned into a vast, open-air café. Teachers in mountainous Kashmir took their classes outside, where students worked against a sawtooth backdrop of Himalayan peaks.

But winter is coming, and those pandemic-friendly arrangements will soon bring a chill. This has left some contemplating a choice between risking infection at indoor gatherings or spending a long, cold season in relative isolation.

Norwegian *friluftsliv* offers an alternative, full of cold-hardy inspiration for a frigid time of year. Like the cabin-cozy word *hygge*, which spurred a worldwide run on candles and fuzzy

blankets, it’s proof that mindset can transform the way we experience our world.

### A way of life

*Friluftsliv* is more than just an activity, it’s a kind of lifestyle,” says Lasse Heimdal, secretary general of Norsk Friluftsliv, an organization representing 5,000 outdoors groups in Norway. “It’s very tied to our culture and what it means to be a Norwegian.”

Norwegian playwright Henrik Ibsen is generally credited with inventing the term in the 1859 poem “On the Heights,” which recounts a farmer’s yearlong trek through the wilderness. By the end of the poem, the protagonist ditches civilization for good.

But Heimdal says *friluftsliv* isn’t just for hard-core athletes and intrepid explorers. *Friluftsliv* can also mean long strolls with friends, picnics, a leisurely afternoon bike ride, or walking the dog on a chilly morning. There’s even a special word, *utepils* (literally, outbeer), for drinking a beer outdoors.

“Most people think it’s healthy, it’s social,” Heimdal says. “You get kind of a time-out from cell phones and computers ... being outdoors and in nature, it’s one of the best places to relax.”



### The happiness quotient

*Friluftsliv* may help explain the country’s enviable ranking among the world’s happiest places. (In the UN’s 2020 World Happiness Report, Norway came in at number five. The

Norwegian centers of Bergen and Oslo made the top ten of the world's happiest cities.)

Experts have long known that time outdoors makes you happy. Spending just two hours a week in natural environments such as parks or green spaces boosts well-being, according to a 2019 paper published in the journal "Nature."

The benefit goes beyond good mood though. Spending time in the outdoors can also help heal the kind of grief and trauma emerging as the virus races through communities worldwide. Past disease outbreaks left many grappling with post-traumatic stress disorder (PTSD), and experts warn that this one could do the same.

For those left traumatized by COVID-19, a little bit of friluftsliv could be an effective prescription. Military veterans dealing with PTSD have found relief in nature-assisted therapies that range from gardening to white-water rafting. Some therapies addressing bereavement and loss also look for relief in the natural world.

### Change your clothes—and your mind

Despite their country's astonishing natural beauty, Norwegians don't always have it easy when it comes to getting out. Even in summer, days of rain can drench the countryside. Up north, winter hides the sun for a long, two-month polar night. But complain to a Norwegian about the weather, and you'll likely hear a cheery refrain: "There's no bad weather, only bad clothing!" (In Norwegian, it rhymes: "Det er ikke dårlig vær, bare dårlig klær.")

Locals have more than long johns and wool hats to protect them against the elements, however. They also have what Stanford University health psychologist Kari Leibowitz calls "positive wintertime mindset."



Norway has Helly Hansen, but we have Carhartt among other brands.

Somebody with this attitude "sees the opportunities of the season," says Leibowitz, who learned to live with the dark and cold when she spent a year in Norway's Arctic city of Tromsø. "In Norway that focuses a lot on being outdoors, even when the weather is cold, or wet, or snowy."

While studies show that lack of daylight can cause seasonal depression in many high-latitude places, Tromsø residents

are actually pretty happy about life at 69° North. To Leibowitz, it's evidence that what you believe about winter—your mindset—can transform your experience of it.

Mindsets can be quite malleable. Growing up on the Jersey Shore, Leibowitz dreaded winter. Although her time in Tromsø didn't exactly turn her into an Arctic explorer, she saw her own perspective shift over time.

Her advice? Look for, and talk about, something you like about the winter, even if it's just how pretty fresh snow looks. "When you say something out loud, it changes the way you think about it," she says.

### Taking the first step

In the recent book "Friluftsliv: Connect with Nature the Norwegian Way," author Oliver Luke Delorie offers a broad perspective on finding wonder in a sense of place, whether you're playing in the snow or watching a storm.

It's okay to start small. Amid the pandemic, channeling some friluftsliv could mean brisk walks on blustery days, or bundling up for a winter picnic in the park. Consider bringing meetings outdoors and scouring Google Maps for nearby green spaces. (Remember to practice social distancing and comply with any local policies related to COVID-19.)

Delorie suggests looking to the wintry weather as a way to connect with the world around you. "Weather is a wondrous phenomenon," he says. "Pay attention to the elements and watch how you start appreciating where you are in space and time."

If you have access to truly wild places, seek them out. Otherwise, find bits of nature and beauty chinked into the urban landscape around your home. "Open the door, step outside, and take a deep breath," writes Delorie in the book's introduction. Then say it: "I'm going friluftsliving."

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A young patrol officer stopped an elderly driver and asked, "Do you know you were speeding?"

The 83-year-old woman gave the young officer an ear-to-ear smile and stated: "Yes, but .... I had to get there before I forgot where I was going."

The officer put his ticket book away and bid her good day.



# Sinclair Lewis Discovers Minnesota

## *Its Scenery Rivals New England's Best*

*Minnesota Conservation News*

Reprinted from the *Minneapolis Morning Tribune*, June 2, 1942

I have been exploring my native state, and with considerable chagrin over my ignorance, I have the past six weeks discovered that much of the renowned beauty of New England, to which I have so long and so idiotically been enslaved, is to be found here in Minnesota.

I didn't know it. My 17 years of youth here were before the days of motor cars, good roads and the noble maps issued by the gasoline venders, and most of the time that I have spent here since youth has been in impassable winter. But now I have seen and I have fallen as much in love with Minnesota as ever I did with Vermont or Connecticut.

It is hard to choose among them, hard to set them down in order, but I think these are my favorite discoveries:

(1) The St. Croix Valley—in particular the sensational view as you start to descend, on Route 8, to Taylors Falls.

(2) The Leaf mountains in Otter Tail county, east of Dalton and north of Brandon. The chief of these is Inspiration Peak, in a tiny state park. You leave the car in a wood-encircled picnic ground and climb what would amount to a couple of city blocks, to a bald top from which there is to be seen a glorious 20-mile circle of some 50 lakes scattered among fields and pastures, like sequins fallen on an old Paisley shawl. I pray that the state park authorities will never, never permit the roadway to be pushed through to the very top. That would ruin the enchanting peace and seclusion of this place for contemplation.

To the Leaf mountains, add all the bright rolling country about them, northward, and then south to those magnificent lakes, Christina in Douglas county, and Pelican lake in Grant.

(3) All of Fillmore county and most of Houston, down in the south-eastern corner of the state, centering about Chatfield,

Lanesboro, Preston and on Route 80, west of Preston, Forresterville and the Weighen valley, which is worthy of Vermont in its (sturdy quietude. Through all this district, secret little valleys branch off from the major valleys of the Root river, and there is room enough and view enough for 11,000 poets.

(4) The Mississippi river bluffs from Red Wing to La Crescent—as beautiful as the Hudson, almost as beautiful as the Rhine.

And, (5) to (7), Lake Minnetonka, Lake Minnewaska as seen from the bluffs north of Glenwood, and New London, in Kandiyohi county, sitting among its ponds like a Cape Cod village.

The North Shore of Lake Superior I haven't yet seen. If those new household gods, gasoline and rubber, permit, I shall see it in August, and I have a notion that I may like it best of all.

Now I refuse to let anyone jeer at me that all the other Minnesotans know all these haunts of beauty and have been appreciating them practically continuously, 24 hours a day, for the past 20 years. I have been trying them on Minneapolis friends, canny and traveled persons who have learnedly viewed the Tyrol and Capri, and not one of them has known anything about the Leaf mountains or Fillmore county or New London, though they may have condescended to travel a whole 40 miles to the St. Croix. And, of course, none of them own the exciting, the invaluable, WPA Guide to Minnesota which has been my mentor.

I am writing to the governor asking him to proclaim a day of sackcloth and ashes for all of us—and I think I'll just add a postscript asking His Excellency if he has ever stood on Inspiration Peak.

## These Shoes are Made for Walkin'

by Ben Thoma

Reprinted from the *Minnesota Conservation Volunteer*, November December 1970

Apparently Asian in origin, snowshoes in one form or another have been utilized wherever man has faced the problem of traveling over deep snow. Because all North American Indian tribes living in northern areas possessed somewhat different snowshoe models, it is sometimes claimed that "the art of snowshoeing" originated with them.

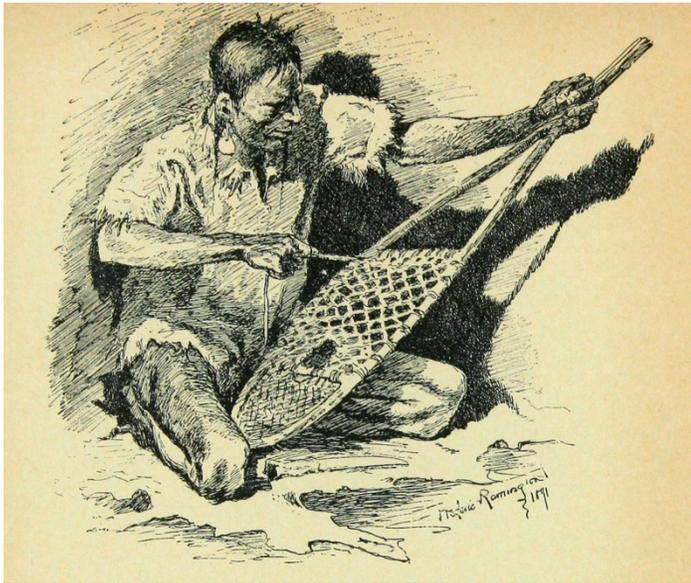
Laplanders also have a record of snowshoe use, probably antedating recorded history. Deep snow and man's need to move about could account for the independent development of snowshoes in various geographic regions. Our imaginations are whetted more from pondering the question of "who was first?" than if the complete history of snowshoe development had been recorded.

The snowshoe traditionally consists of a nearly oval wooden frame over which is stretched thin strips (or strings) of rawhide. Although many kinds of wood have been used in making these frames, the unquestionable preference seems to be hickory or white ash.

Two pieces of wood form the frame of each shoe, being overlapped in toe (front) and tail (back) area of the frame. The splice is wrapped with rawhide. Models with long tail pieces have rivets to connect the wood strips, thus eliminating bending of the wood and rawhide wrappings.

Prized Frederic Remington drawings by the famed Western Artist show snowshoes in which both toe and tail were brought together to form a point, doing away with the more

difficult task of bending the wood to form a curved toe. The frame is strengthened by two or three thin crossbars, one immediately in front of the toe hole and one or two well beyond the area where the heel will rest.



The exception to this is old-style bear paws and the present-day Algonquin model, which do not employ crossbars.

The most important part of the snowshoe is the webbing which distributes the weight of the wearer over a large surface. Indians undoubtedly used caribou or moose hide, reported to be the best material for webbing. Today this has been replaced by rawhide (cattle), nylon cord, neoprene, plastic and other materials.

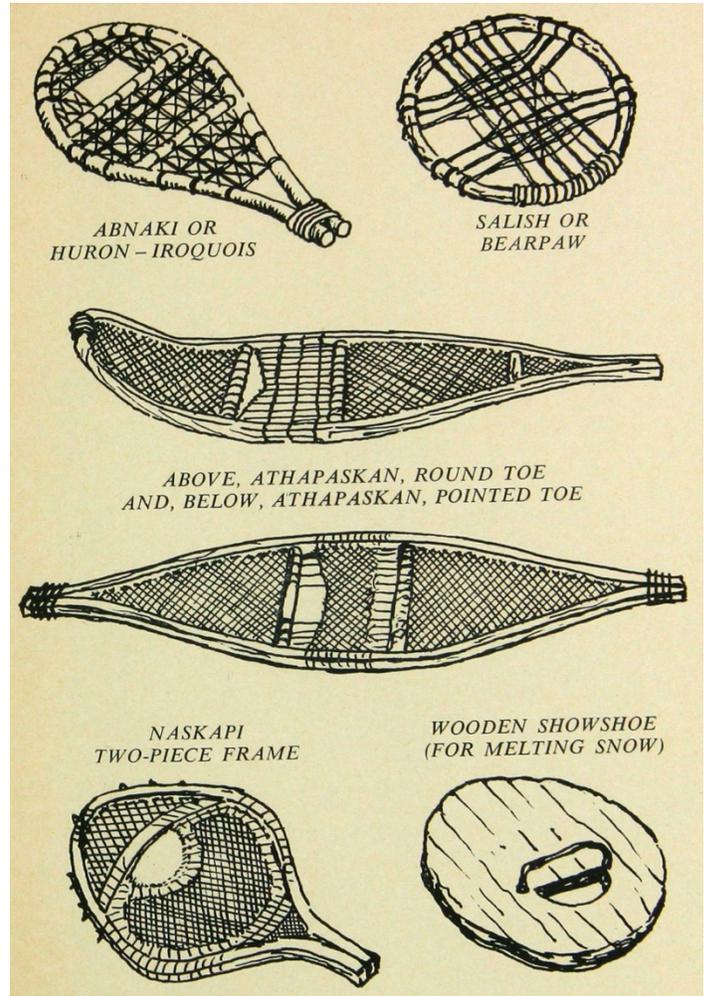
The major disadvantage of using traditional rawhide is that it is a favorite dessert of mice — especially in the fall of the year. When a number of rawhide strips have been cut or consumed by rodents the entire shoe must be restrung, usually not an economical operation. This problem has caused the early discard of many an otherwise excellent pair of snowshoes.

The relatively new webbing of neoprene resists snow build-up during wet snow conditions and, reportedly, will give better wear than rawhide. Nylon makes excellent webbing except when traveling over snow fields where exposed rocks or other obstacles will fray the nylon cord.

Perhaps the selection of webbing is based more on psychological rather than scientific reasons. If a major breakthrough occurred in the future and produced an ideal material for webbing, many “purists” would still prefer traditional rawhide—and more power to them! The number of different kinds, or models, of snowshoes would probably range in the hundreds, depending upon how much of a change the user feels is necessary before a shoe could be classified as being different.

The common North American snowshoes of the 18th and 19th centuries could be divided into six main categories, each considerably different from the other.

- 1) *Salish or Bear Paw* — Single piece of willow in oval or round shape, held together with rawhide square webbing pattern.
- 2) *Abnaki or Huron-Iroquois* — One-piece frame, pointed at heel and braced with one or two crossbars, webbing hexagonal.
- 3) *Naskapi* — Two-piece frame, 4 spliced at rounded toe, with medium tail and hexagonal webbing.
- 4) *Athapaskan, pointed toe* — Two-piece frame, lashed identically at toe and tail.
- 5) *Athapaskan, round toe* — Two-piece frame with toe spliced and hide wrapped to form round toe.
- 6) *Wooden Snowshoes* — Various kinds, the most common in Canada being round or oval plank, often used for travel on melting snow.

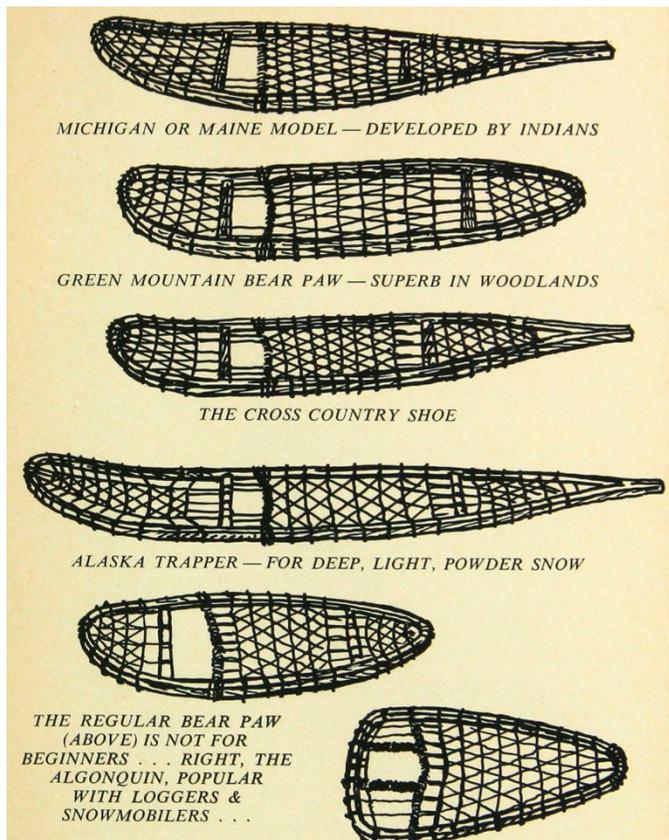


Most snowshoes produced today could be classified as being patterned after one of six basic snowshoe models. The size, indicated below in inches, would represent typical shoes.

- 1) *Michigan or Maine* — 12 x 48. Developed by Indians, it supports weight better than any other model, but is more difficult for the beginner to master.
- 2) *Green Mountain Bear Paw* — 10 x 36. Most versatile, ideal for beginner, excellent in woods and brush.
- 3) *Cross Country*—10 x 46. Basically, a Green Mountain Bear Paw with tail which produces less drag.
- 4) *Alaska Trapper*—10 x 56. Ideal for deep, light powder-snow conditions. Excellent balance and easy to use.

5) *Bear Paw* — 13 x 28. Standard has slight toe curve, the flat Bear Paw does not. Both good for heavy woods and brush, not for beginners.

6) *Algonquin*—14 x 25. Developed for loggers, now popular with snowmobilers. Well balanced, small in size, good for beginners. The snowshoe is attached to the foot by means of a harness, binding or hitch. Historically, it appears that a “Montagnais hitch” (named after the Montagnard Indians, a tribe of the Athapaskan Indians which in-habited the Canadian Rockies) was the most popular with early trappers and explorers.



The best way to learn how to snowshoe is to put on a pair of snow-shoes— and get going! If you fall (any direction is possible) you end up in snow of various depths, getting the message that whatever you just did was wrong. Most individuals can move about after ten or twenty minutes of practice.

Much “to do” is made of how you move your legs while snowshoeing. But somehow consistency among instructors is lacking. Quotes from two sources will adequately confuse most potential snowshoers; for example:

“The method of walking is to lift the shoes slightly and slide the over-lapping inner edges over each other, thus avoiding the unnatural and fatiguing ‘straddle gait’ that would otherwise be necessary.” (Hi, Bruce!)

Or, “In walking with snowshoes, the wearer moves so the snowshoes slide along the surface of the snow. He gives an outward motion to the snowshoe with each step. There is a swinging outward motion that must be acquired before the novice can hope to make the shoes serviceable.”

But boiled down, the directions are: don't fall down and don't put one snowshoe on top of the other — otherwise you will.

Fall down, that is! The important point: just get into your shoes and learn by doing.

Snowshoeing has led to the formation of colorful clubs both in Canada (raquetteurs — snowshoers) and in the northeastern United States. Snowshoeing has received official status from the Inter-Collegiate Winter Sports Union, while the International Snow-Shoe Congress controls competitive events where some hard-to-believe records have been established.

Speed records include the 100-yard dash at 13.2 seconds — and one mile in an amazing 5 minutes, 18.6 seconds! While many of us encounter difficulty in walking over a five-foot fence with 4.5 feet of snow on the ground while wearing these over-grown “tennis rackets,” real snowshoe competitors conduct hurdle races in which they must span 3.5 foot hurdles! Experts can walk for hours at a rate of six miles per hour! Short distances are covered at a dogtrot at about 10 miles per hour. (We toss in these “teasers” just so you will have some long-range targets!)

Purchasing a pair of snowshoes will seldom cause financial strife between husband and wife. Except for yearly application of leather oil to the bindings and a coat of varnish to the frame and webbing, no frills are needed even if you wanted to spend more.

While other methods of winter travel enable you to look at vast areas in a single day, you will never see as much as you will while traveling on snowshoes.

You are truly traveling in the winter environment—not against it. The silence is there. Deep and rich aesthetic values are kept intact. On snowshoes, one moves on a crystal cloud of white — his muse attuned to winter's wonders, his senses free to function at their natural best.



**A man was telling his neighbor, “I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.”**

**“Really,” answered the neighbor . “What kind is it?”**

**“Twelve thirty...”**

# The Back Page

## The Bible Through a Child's Eyes

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one, but I think He must be a lot older than that. Anyway, God said, "Give me a light!" and someone did. Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden. Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel. Pretty soon, all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name is Charleton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable. God fed the Israel Lights every day with manicotti. Then he gave them his Top Ten Commandments. These include don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, ah, I just thought of one more: humor thy father and thy mother.

One of Moses' best helpers was Joshua, who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell all over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the start of the New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn, too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.")

During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Republicans and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyway, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

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## Things You Never Hear in Church

Hey! It's MY turn to sit on the front pew!

I was so enthralled, I never noticed your sermon went over time 25 minutes.

I can't wait until next year when I'm old enough to join the WELCA group. I love making my church a better place to reach people and grow.

Personally, I find witnessing much more enjoyable than golf.

Forget the denominational minimum salary. Let's pay our pastor so s/he can live life like we do.

I've decided to give our church the \$500.00 a month I used to send to TV evangelists.

I volunteer to be the permanent teacher for the Middle School Sunday School class.

I love it when we sing hymns I've never heard before!

Pastor, we'd like to send you to this Bible seminar in the Bahamas.

Nothing inspires me and strengthens my commitment like our annual stewardship campaign!