

# St. Pauli News in Detail



## Greeting and Ushering

Nov. 5 Marc Haugen  
Nov. 12 Ryan Haugen  
Nov. 19 Gary Iverson  
Nov. 26 Kari Iverson

**Altar Preparation:** Kathy Alberg

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## Thanksgiving Services

**Wednesday  
November 22<sup>nd</sup>**

**7:00 pm**

**Zion Lutheran TRF**



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## 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

## Classic Movie Night begins First Tuesday in November

**7:00 – 9:00 pm**

**with intermission and popcorn**

Nov. 7 “How Green Was My Valley”  
Nov. 14 “The Best Years of Our Lives”  
Nov. 21 “The Quiet Man”  
Nov. 28 “Miracle on 34<sup>th</sup> Street”

More information on these films  
inside this newsletter.

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## WELCA

**Wednesday, November 15<sup>th</sup>**

**7:00 pm**

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

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## Fall Event Report

As of October 26th, donations totaled \$2,459 with a net profit of \$2,085.08.

If you haven't donated yet, there is still time. You can mail your checks to the church or given them to WELCA treasurer, Cindy Cedergren.

# In Memorium

## Marlyn Luther Bjorge

May 18, 1934 – June 19, 2023



Marlyn Luther Bjorge 89, passed away at Altru hospital on June 19, 2023.

Marlyn was born on May 18th, 1934, the son of Theodore and Anna (Longren) Bjorge. He was the oldest of 3 boys.

Marlyn was baptized and confirmed at St Pauli Lutheran Church in rural Thief River Falls.

Marlyn attended country school Washington District #221, located across the road from the farmstead. He graduated from Lincoln High school in May of 1951. After graduation he left the farm to further his education at the University of North Dakota, graduating on June 30, 1956 with bachelor's

degree in Business Administration. He made a lifetime career in the banking industry.

Marlyn met his future wife, Dalonna Minske, while working at the Grand Forks Federal Savings and Loan Association and they married on November 22, 1965 in Karlstad, MN.

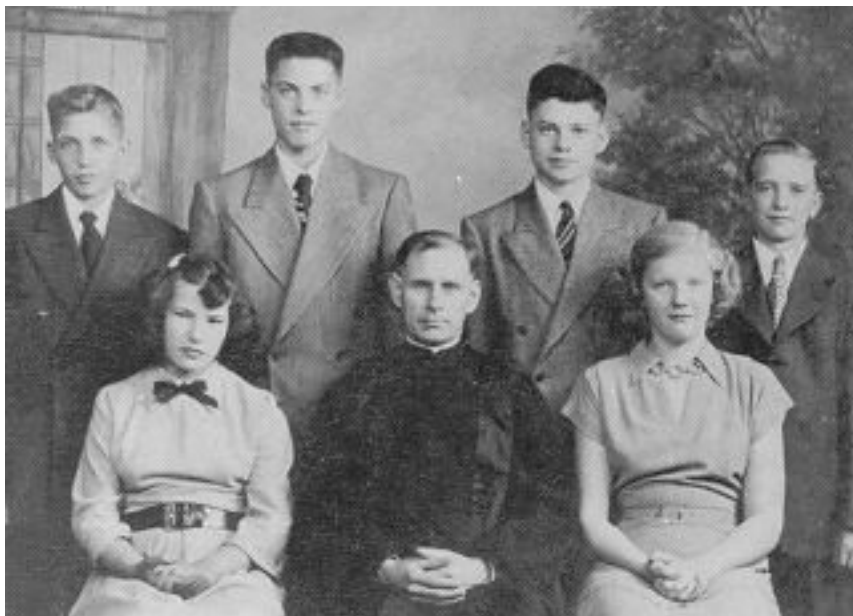
Marlyn was a great gardener and loved caring for the huge vegetable garden they had in the back yard. He would always enjoy a cold beer after working in his garden.

Marlyn and Dalonna also enjoyed all sports, attending Minnesota Viking and Minnesota Twins games as often as they could. Marlyn especially enjoyed the New York Yankees and New York Jets. When asked why he liked the New York teams so much he would respond, "To be different from my family." Marlyn was a quiet soul, unless you were talking sports. They also enjoyed their winters in Scottsdale, Arizona.

Life changed for Marlyn after DaLonna's passing on her birthday on October 11, 2007. He then moved into Tofte Manor, where he resided until shortly before his death. Marlyn was laid to rest along with his wife.

Marlyn is survived by his sister-in-law Corine Bjorge. brother-in-law Bryce Minske. niece and god-daughter Charissa (Dan) Larson, great niece Cynthia (Neil) Jensen and their children Carly and Nels, great nephew Travis (Kristy) Larson and their children Kyson and Thielyn.

Marlyn is preceded in death by his loving wife Dalonna of 42 years, his parents Theodore and Anna Bjorge, a brother Morris in infancy, and brother Lyle on November 16, 2022.



### St. Pauli Confirmation Class October 31, 1948

Back row: Marlyn Bjorge, Peter Engelstad,  
Donald Netteland, Donald Thune

Front row: Marjorie Lokken, Rev. Fjelstul,  
Melba Gustafson

# In Memorium

## Gardavon “Dolly” Hallstrom

August 20, 1938 – October 10, 2023

*Dolly was a sister-in-law to Virginia Anderson and sister to Audrey, Donna and Culver Kisch, a brother-in-law of Arlo Rude.*



Gardavon “Dolly” Delys Kisch Hallstrom, 85, of Park Rapids, passed away with the love of her life, Hank, at her side on Tuesday, October 10, 2023.

Hank and Dolly were high school sweethearts, marrying in 1956. In the early years of their marriage, they lived in the Twin Cities, finishing school and sneaking in late nights of dancing out on the lawn. They built their life in Centerville, welcoming three children: Rob, Shari, and Wade before moving to their home of 36 years in St. Hilaire.

With her beautiful smile, Dolly was a social butterfly and knew how to throw a party – big or small, every occasion was centered around people and food, what she said was the perfect mix. Her theme parties were particularly creative. In the 1980s when the economy crashed, she hosted a “Hard-Time” party, serving pork and potato dumplings and encouraging guests to wear their worst.

Dolly was always willing to go along with Hank’s adventure-loving spirit. They logged thousands of miles on the Alaska Highway and across the lower forty-eight – often with their kids, and later grandkids, in tow. No matter where they were – in a tent, camper, or home – she was sure to take care of every little detail, ensuring that everyone felt at home. While Dolly loved to travel alongside Hank, he also knew the trick to keeping her happy: “always park between the mountain and the mall.”

The youngest of four children, Dolly was born on August 20, 1938, to Andrew and Hannah Peterson Kisch at their home in rural Thief River Falls. She started school at four years old at Steiner Country School. Graduating from Lincoln High School, she went on to complete cosmetology at the St. Paul School of Hairdressing.

Dolly spent her 50+ year career helping other women feel beautiful. She worked at two salons in St. Paul and later owned Dolly’s in Centerville and The Hair Cellar in St. Hilaire. In addition to spending her days in the salon, she found a passion for teaching at the Thief River Falls college, mentoring and supporting young women in their profession. Over the years, Dolly’s customers became friends; she forged many deep and lasting relationships over her aerosol hairspray.

Baptized and confirmed in the Lutheran church, Dolly was a woman of faith. She actively attended services no matter where they were in their travels and lived her life as a faithful steward of God. She passed on her love of Christ to her children and grandchildren, spending countless hours at their bedsides teaching them the Lord’s Prayer. Dolly will continue to do good in the world; she very generously bequeathed her body to the University of Minnesota for research and study.

She will be greatly missed by her husband of 67 years, Hank; their three children: Rob (MaJeana), Shari (John Olson), and Wade (Heidi); six grandchildren; and six (soon to be seven) great-grandchildren; as well as numerous extended family members and friends.

Dolly is preceded in death by her parents, siblings Audrey, Donna and Culver; and grandson, Hunter Hallstrom.

A service was held at the Hubbard United Methodist Church in Park Rapids on Wednesday, October 18, 2023 with a visitation at 1:00 pm and a service at 2:00 pm.

A burial service will be held at Black River Church west of St. Hilaire at a later date.

*God Bless the Memories of  
Marlyn B Jorge and Dolly Hallstrom*

# Minutes of the Church Council

September 21, 2023

The St. Pauli Church Council held its monthly meeting on Thursday, September 21, 2023 at 7 p.m. at St. Pauli Church. Members present: Jim Strandlie, Cindy Cedergren, Sue Kotz, Myles Alberg, and Marisa Benson. Guests: Call Committee members – Faye Auchenpaugh, Gary Iverson, Arlo Rude, Tammy Haugen.

Council President Jim Strandlie called the meeting to order and opened with prayer.

Approval of Agenda: The agenda was approved as distributed.

Secretary's Report: The minutes of the August 14, 2023 meeting were previously approved via email. M/S/C (Alberg/Benson)

Treasurer's Report: The report for August was approved as presented. M/S/C (Alberg, Cedergren)

Checking Account Balance End of July 2023	\$16,855.90
August 2023 Revenue:	4,609.95
August 2023 Expenses:	<u>(1,255.58)</u>
Checking Account Balance End of August 2023:	\$20,210.27
Other Account Balances End of Aug 2023:	
Education Fund	\$1,422.23
Edward Jones	72,917.19
Memorial Fund	9,084.76
Mission Grant	5,518.87
Savings	<u>37,315.87</u>
Total Account Balances End of August 2023	\$146,469.19

Reports of Members in sickness or distress: No report.

New Members or Interest in Membership: No report.

Other Reports:

- 1) WELCA: Cindy Cedergren reported that Author Jeanne Cooney will present the program for the Fall Event on Sunday, October 8 at 4 p.m. A full meal will be provided for a freewill donation.
- 2) Sunday School Committee: It was reported there are nine students enrolled in Sunday School this year.

Old Business:

- 1) Call Committee Report: Faye Auchenpaugh spoke on behalf of the Call Committee and recommended the Council request Pastor Marilyn Grafstrom to preach one Sunday per month, and administer Holy Communion. Those services would need to be held at 11:30 am, to accommodate her other worship services in her congregations. The Call Committee proposed Pastor Grafstrom be compensated \$350 per Sunday, which includes mileage from the Grygla area. The Committee also recommended Pastor Grafstrom be given access to continuing education funds through St. Pauli, upon request to the Council. At this time, the Council agreed to only hire

Pastor Grafstrom to preach on Sunday, November 26 at 11:30 a.m. and will make a final decision on developing a contract with her after that date. Coffee and muffins will be served from 10:30-11:15 am on November 26<sup>th</sup>. Pastor Grafstrom would only be available the last Sunday of each month.

- 2) Stained Glass Window Update: Marisa Benson reported on the vote results for the design. She will send the top three designs to the company, with the window specs to determine which design best fits the window size.
- 3) AED Follow-Up: A thank you card will be sent to Larry Liden for his informative and thorough demonstration of the AED on Sept. 17. Cindy Cedergren shared follow-up information/recommendations from Larry's presentation, which included:
  - a. Device must be checked once monthly and recorded on tag (green light should be lit if batteries are charged properly);
  - b. Batteries must be replaced every four years (approx. cost \$200 each);
  - c. Pads should be replaced every two years;
  - d. 8-year warranty needs to be registered;
  - e. Recommendation to purchase a fingertip pulse oximeter (which measures blood oxygen saturation level; costs range from \$10-25).

Marisa Benson made a recommendation that the WELCA group be asked to sponsor a CPR class, and costs could be covered by the Education Fund. Cindy Cedergren will bring that up to WELCA at their next meeting.

New Business:

- 1) Snow Plowing: Dennis Rantanen has agreed to plow the churchyard this winter. His phone number is (218) 689-2210. Corey Berg and Ken Geske have agreed to serve as back-ups in the event Dennis is not available.
- 2) Confirmation Sunday: It was determined that Confirmation could be held either October 8 or October 29, depending on what the Haugen family prefers. Gabe Haugen is to be confirmed.
- 3) Coffee Hour: A motion was made to hold a coffee hour from 10:30-11:15 a.m. on the last Sunday of the month, if it is decided to hire Pastor Grafstrom for 11:30 a.m. worship services. M/S/C (Alberg, Kotz)
- 4) Movie Night: It was proposed to hold "Movie Night" on Tuesday evenings from 7-9 p.m., starting this fall.

Next Meeting: Council will not meet in October; Next meeting will be Thursday, November 16.

The meeting closed with the Lord's Prayer and adjourned at 7:50 p.m.

Cindy Cedergren  
St. Pauli Church Council Secretary

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# WELCA Minutes

September 27, 2023

The St. Pauli Women of the ELCA met on September 27, 2023 at 7:00 pm at church with 6 members present.

Our guest speaker was Amy Beckius-Johnson, the new director of the Heritage Center, who gave us a report on the history of the Center and its current state.

Secretary's Report: Approved as read.

Treasurer's Report: August 23 to September 27, 2023: Expenses: \$471.80; Income: \$239. Checking account balance as of September 27: \$1,914.96; Savings account balance as of August 31: \$582.15. CD balance as of December 31, 2022: \$6,258.38

Stewardship: Jan will pack up the school kit boxes before she and Jim leave on vacation on October 14, but she is waiting for pencil sharpeners. We will work on stewardship projects at our October 25 meeting and will pack the layettes at that time. Virginia reminded us that no box is to weigh over 40 lbs.

Council report: Gabe Haugen will be confirmed on October 8 with Pr. Joy Grainger. Marilyn Grafstrom, ordained pastor to possibly serve us one Sunday each month, is secured for the last Sunday in November to give the congregation a chance to hear her preach. Service time will be 11:30 am, with coffee served at 10:30.

Dennis Rantenan will be snowplowing this year. Council proposed that WELCA sponsor a CPR class and that it be funded through the Education fund. Alicia Haviland is a possible trainer.

Movie Night: Will begin the first Tuesday in November.

Communications: None.

Old Business: Thank you to the Mary group for serving the Rally Sunday potluck.

The Convention was discussed and we thought it would be better if they had their business meeting first and then had regular attendees come when the business meeting was

finished. All agreed it was too expensive (\$75.00). Other than that, it was a good convention.

New Business: Cindy will get a card and boutonniere for Gabe Haugen's confirmation.

Fall Gathering: Will be Saturday, October 21 at Faith Lutheran in Goodridge. The theme is "Love Each Other as I have Loved You." Several of our members will attend. Registration begins at 8:30am, program at 9:00. Cost is \$10 per person, which includes coffee and noon lunch. There is a \$10 gathering fee and a \$25 unit offering, as well as a personal offering as well. The TRF Quilters Guild is doing the program.

The ladies had approved via email donating one of our quilts donated to the TRF Area Community Fund fundraiser. Faye took it to Oklee Quilting to have it machine quilted. This should bring higher bids.

Fall Event: We will serve hamburger hotdish, cherry Jell-O, buns, butter pats (donated by Dave Lee), pickles, lemonade, bars, and coffee. Barb Nelson, Shelley Mathson, Roxie Rondorf, Deb Mostrom, and Tammy Haugen are bringing bars. Gary Iverson will handle the coffee. Workers for Saturday to help make hotdish: Jan, Sue, Virginia, and Kathy. Servers on Sunday: Jan, Sue, Cindy. Cleanup crew: Faye, Cindy. We have a Thrivent card and will advertise on Radiogram and The Times. Jan Strandlie and Jeanne Cooney, author, will be on KTRF's Open Line next Monday. Jan will be in the studio to talk about our event and then they'll call Jeanne. Posters were available for the ladies to post and Jan asked that they write down where they were putting them up. Jim Strandlie will post the rest. Virginia will introduce our speaker at the event.

Lydia Circe is at Cindy's on October 11. Shelley is the communion server for October. Thank you to Sue Kotz for serving tonight.

Prayers were given for people who were ill or in need of comfort. The Lord's Prayer was prayed. Meeting adjourned.

Faye Auchenpaugh, Secretary

## St. Pauli Cemetery Association Minutes

September 21, 2023

The St. Pauli Cemetery Association board met on Thursday, September 21, 2023 at the church. Present: Arlo Rude, Myles Alberg, Marisa Benson, Faye Auchenpaugh, Tammy Haugen, Gary Iverson, co-sexton

Meeting opened at 8:00 pm and was called to order by President Arlo.

Church Mutual: We were billed \$417.22, which came out of our funds in June. When they sent Arlo the policy, our name was incorrect so he called the agent to have it corrected and resent.

Elections: Marisa and Myles have agreed to run again in 2024 for three-year terms. Christi Mathson Carter is interested in being a community member if there are any openings.

Aerial Photography: We should have the completed product by next week. The documents will be to scale so we can take measurements off the drawings. This Pennington County project being overseen by Wiseth-Nolte.

Water Tank: Arlo has purchased and will submit the invoice to Marisa for reimbursement. He will bring the tank to Paul Donarski to weld a base for it.

Pastor Carl request for a plot: The Board will check with Bruce as to the results of his meeting with Pastor Carl at the cemetery this week.

Faye Auchenpaugh, Secretary

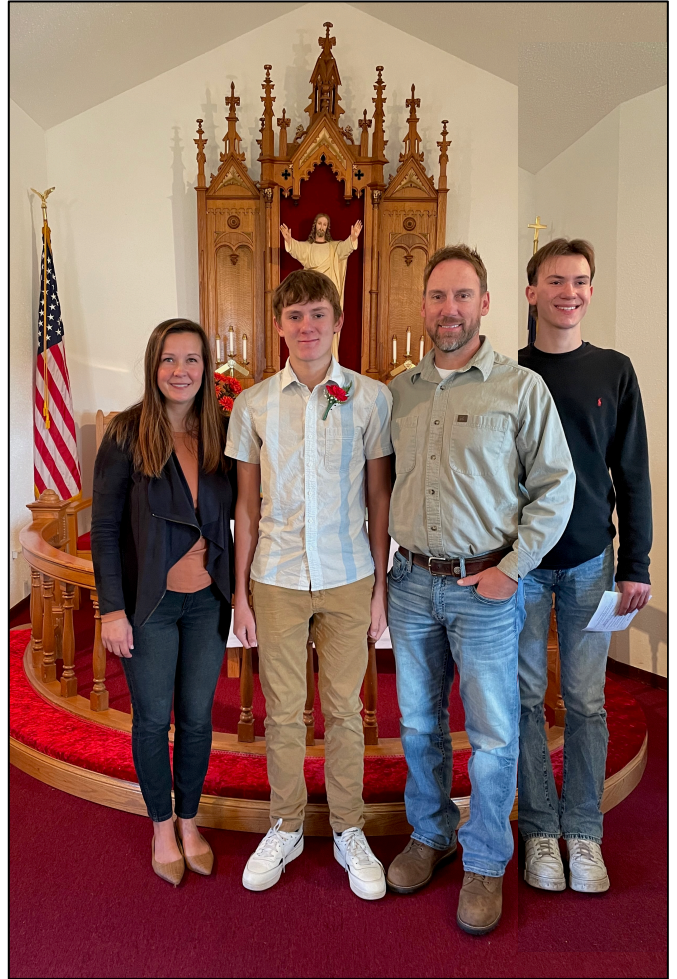
## Gabe Matthew Haugen is Confirmed



Gabe Matthew Haugen, son of Heidi and Marc Haugen, was confirmed on Sunday, September 24, 2023 by Pastor Joy Grainger.

Photo above, L to R: Gary Iverson, confirmation instructor; Heidi Haugen, Gabe Haugen, Marc Haugen, Pastor Joy Grainger.

Photo on right: Heidi, Gabe, Marc and Noah Haugen.



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## Sunday School Kids Decorated Pumpkins for "Fall Event" Tables





As of May 2023, Northlands Rescue Mission is asking that we please limit our item donations to the lists below. They thank everyone for their generosity, saying our donations have benefited their clients greatly! At this time, however, they don't have the space or need for other items.

Their most pressing needs are in bold below. Donations may be brought directly to our front office (Door 1) at any time. For any questions, please contact their front office at (701) 772-6600 ext. 220.

#### Priority Items

- **Pots & Pans**
- **Shaving Cream**
- **Washcloths**
- **Men's & women's underwear (new)**

#### Clothing

- **Heavy winter gloves**
- Men's jeans (waist size 30-36)
- **Men's boots/shoes (size 10+)**
- Men's winter coats
- Button-down shirts

#### Consumables

- Canned Vegetables
- Cream of (anything) Soup
- **Butter**
- **Spices** (salt, pepper, garlic/onion powder, cumin)
- Sour Cream
- Sliced Cheese
- **Noodles**

#### Backpack Program

- Applesauce/fruit cups
- Instant oatmeal packets
- Cereal cups
- Juice boxes/pouches
- Soup/noodle cups, ramen noodles
- Snack items (individually packaged, not containing nuts)

#### Other

- Toilet paper
- Tupperware
- Toothpaste
- Body Wash
- Paper towels
- Small appliances (e.g. toaster, microwave, coffee maker)
- Deodorant (new)
- Air mattresses (new)
- Twin-sized fitted sheets
- Razors
- Ear plugs

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## NOW SHOWING on Movie Night

### “How Green Was My Valley”

November 7

*How Green Was My Valley* is a 1941 American drama film set in Wales and directed by John Ford. The film, based on the bestselling 1939 novel by Richard Llewellyn, was produced by Darryl F. Zanuck and scripted by Philip Dunne. It stars Walter Pidgeon, Maureen O'Hara, Anna Lee, Donald Crisp, and a very young Roddy McDowell.

It tells the story of the Morgans, a hard-working Welsh mining family, from the point of view of the youngest child, Huw, who lives with his affectionate and kind parents as well as his sister and five brothers, in the South Wales Valley during the late Victorian era.

The story chronicles life in the South Wales coal fields, the loss of that way of life and its effects on the family. The fictional village in the film is based on Gilfach Goch, where Llewellyn spent many summers visiting his grandfather, and Llewellyn gathered material for the novel from conversations with local mining families in Gilfach Goch.

It was nominated for ten Academy Awards, winning five, famously beating *Citizen Kane*, *Sergeant York*, and the *Maltese Falcon* for Best Picture, while Ford won for Best Director, Donald Crisp for Best Supporting Actor, Arthur Miller for Best Cinematography, and Richard Day, Nathan

D. Juran and Thomas Little for Best Black-and-White Art Direction-Interior Decoration.

In 1990, the film was selected for preservation in the United States National Film Registry of the Library of Congress as being “culturally, historically, or aesthetically significant.” The Academy Film Archive preserved *How Green Was My Valley* in 1998.

### “The Best Years of Our Lives”

November 14

*The Best Years of Our Lives* (also known as *Glory for Me and Home Again*) is a 1946 American drama film directed by William Wyler and starring Myrna Loy, Fredric March, Dana Andrews, Teresa Wright, Virginia Mayo, and Harold Russell.

The film is about three United States servicemen re-adjusting to societal changes and civilian life after coming home from World War II. They meet on a flight to their midwestern hometown of Boone City: USAAF bombardier captain Fred Derry, U.S. Navy petty officer Homer Parrish, and U.S. Army sergeant Al Stephenson. The three veterans had very different lives before the war.

Fred Derry was a drugstore soda jerk who lived with his parents in the poorer part of town. Shortly before shipping

out, Fred married Marie after a whirlwind romance. She has since been working in a nightclub and enjoying the extra income that Fred's military pay affords her, without much thought to her husband.

Al Stephenson was an executive at the local bank and lived in an upscale apartment with his wife Millie and their children Peggy and Rob.

Homer Parrish was a star high school athlete living with his middle-class parents and younger sister. Homer had also been dating his next-door neighbor Wilma, whom he intends to marry upon his return.

Each man faces challenges integrating back into civilian life.

The film was a critical and commercial success. It won seven Academy Awards: Best Picture, Best Director (William Wyler), Best Actor (Fredric March), Best Supporting Actor (Harold Russell), Best Film Editing, Best Adapted Screenplay, and Best Original Score.

It was the highest-grossing film in both the United States and United Kingdom since the release of *Gone with the Wind* and is the sixth most-attended film of all time in the United Kingdom, with over 20 million tickets sold.

In 1989, *The Best Years of Our Lives* was one of the first 25 films selected by the Library of Congress for preservation in the United States National Film Registry for being "culturally, historically, or aesthetically significant."

## "The Quiet Man"

November 21

*The Quiet Man* is a 1952 American romantic comedy-drama film directed by John Ford. It stars John Wayne, Maureen O'Hara, Victor McLaglen, Barry Fitzgerald, and Ward Bond. The screenplay by Frank S. Nugent was based on a 1933 *Saturday Evening Post* short story of the same name by Maurice Walsh, later published as part of a collection titled *The Green Rushes*. The film features Winton Hoch's lush photography of the Irish countryside and a long, climactic, semi-comic fist fight. It was an official selection of the 1952 Venice Film Festival.

John Ford won the Academy Award for Best Director, his fourth, and Winton Hoch won for Best Cinematography. In 2013, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant."

## "Miracle on 34<sup>th</sup> Street"

November 28

*Miracle on 34th Street* (initially released as *The Big Heart* in the United Kingdom) is a 1947 American Christmas comedy-drama film released by 20<sup>th</sup> Century Fox, written and directed by George Seaton, and based on a story by Valentine Davies. It stars Maureen O'Hara, John Payne, Natalie Wood, and Edmund Gwenn.

The story takes place between Thanksgiving Day and Christmas Day in New York City and focuses on the effect of a department store Santa Claus who claims to be the

real Santa. The film has become a perennial Christmas favorite.

*Miracle on 34th Street* won three Academy Awards: Gwenn for Best Actor in a Supporting Role, Valentie Davies for Best Writing, Original Story, and George Seaton for Best Writing, Screenplay. The film was nominated for Best Picture, losing to *Gentleman's Agreement*.

In 2005, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically or aesthetically significant." The Academy Film Archive preserved *Miracle on 34th Street* in 2009. In 1985, it became one of the first full-length black and white films to be colorized.

A 1994 feature film was adapted by John Hughes from the Seaton script and directed by Les Mayfield. Due to Macy's refusal to give permission to use its name, it was replaced by the fictitious "Cole's." A spokeswoman for Macy's, Laura Melillo, said, "We feel the original stands on its own and could not be improved upon." Gimbels no longer existed by 1994 so its name was replaced by the name of the fictional "Shopper's Express." The 1994 remake of the film had a more serious tone than the original 1947 film had, and a large portion of the plot was rewritten, although the majority of both the plot and the characters remained intact.

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## His Majesty, the President (John Adams, 2<sup>nd</sup> president, 1797-1801)



John Adams thought presidents should be graced by the title "His Majesty." The senators thought this title too fancy and, for a democracy, rather chancy. But Adams wouldn't stop talking about it, no matter how much the Senate might doubt it. One senator, tired of hearing him drone, gave Adams a title of his own, "His Rotundity," for Adams was plump, amply padded from stomach to rump. Though Adams bewailed this embarrassing fate, at least his new title carried some weight.

The mocking title given to John Adams by Senator Ralph Izard may be the first case of mudslinging in American politics. Although it was during Washington's tenure that Adams argued in favor of the title, Adams's opponents still called him "His Rotundity" during his own term in office.





# Pennington & Red Lake Counties Wellness Newsletter

## October 2023

## Vaccination Updates

### FLU VACCINE: GET THE FACTS



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.<sup>1</sup>

40-60%

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

### PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety.

Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Call us at:  
218-681-0876

Most Public Health offices will have vaccines available for individuals that are uninsured or underinsured (insurance does not cover vaccine).

### COVID-19 VACCINE: RECOMENDATIONS

Everyone aged 5 years and older should get 1 updated COVID-19 vaccine, at least two months after getting the last dose of any COVID -19 vaccine.

#### COVID-19 Vaccines: 2023–2024 Updated

The 2023–2024 updated COVID-19 vaccines more closely targets the XBB lineage of the Omicron variant and could restore protection against severe COVID-19 that may have decreased over time. We anticipate the updated vaccines will be better at fighting currently circulating variants.

The 2022–2023 bivalent vaccines were designed to protect against both the original virus that causes COVID-19 and the Omicron variants BA.4 and BA.5.

Getting vaccinated against COVID-19 remains one of the best tools in our toolbox to fight COVID-19 and keep our communities safe. If you have insurance, please check with your primary clinic or local pharmacy to get vaccinated.





In 1970, Kuehnast along with Dr. Donald Baker Professor, Soil Science - University of Minnesota, and Joseph Strub Jr., Meteorologist in Charge – National Weather Service initiated the “Backyard Rain Gauge Project.” This project was located primarily in the Twin Cities seven-county metropolitan area.

One of the goals was to produce detailed maps of rainfall for each season. Another reason to start a precipitation network was that federally funded climatology programs were closing across the nation, and it was feared that the National Cooperative Network would soon have the same fate.

It was not known in late 1970 if the Backyard Rain Gauge Project would continue into the following year, but thanks to the support of the University of Minnesota and the State of Minnesota the program was back in 1971.

At the same time, the youth-based Future Farmers of America (FFA) began a precipitation project of their own. A pilot project called Operation Rain-Snow involved numerous members of the FFA in the mainly crop-producing regions of the state.

The FFA garnered impressive publicity for the program, including a staged “blizzard” at the 1972 Minnesota State Fair monitored by a giant rain gauge. This event was used to get the word out in the early days of the program and to attract observers.



The program was successful in its early days and Regional Weather Bureau specialist Bernard L. Spitter in Kansas City investigated expanding the program to a 14-state area. At least one other similar program was initiated in North Dakota.

The efforts of the FFA did not go unnoticed by Kuehnast and Baker, who encouraged the FFA to mail observing forms to the State Climatology Office (SCO). Kuehnast challenged the FFA network to have a goal of one observer for each of the 2,600 plus townships (a survey unit six miles on a side) in Minnesota.

1973 was a benchmark year for the fledgling networks thanks to a grant awarded to Kuehnast and Baker. With the grant, daily precipitation observations were transferred to punch cards. At roughly the same time the long-standing federal National Weather Service Climatology Office closed on May 11, 1973. Very soon after the termination of the federal office,

Kuehnast was hired as a state employee of the Minnesota Department of Natural Resources and retained the title of “State Climatologist.” The program achieved stability with the grant and the new home for the SCO.

With the grant, two long-standing programs joined to the growing network. The Minnesota Department of Natural Resources (DNR) and the Mosquito Control District added to the strong base of FFA and the Twin Cities “Backyard” observers. Other networks were started in the mid-1970s.

Meteorology became much more important at this time to commercial television and KSTP started a metropolitan network in 1976. Deep Portage initiated a very strong and dense network of observers in 1977. The Soil and Water Conservation District (SWCD) network also began in 1977. In fact, the SWCD program rapidly replaced the FFA program as the largest network and many former FFA observers were absorbed into the SWCD network.

The rain gauges used by these networks have varied little over the past 30 years. In the very early years of the network, before 1973, a wedge type gauge was used. In 1973, the FFA, armed with a \$36,000 grant, asked a local rehabilitation workshop to construct an accurate rain gauge. The result was a heavy-duty 4-inch diameter plastic rain gauge with an outer and inner cylinder that can hold eleven inches of rain with accuracy to a hundredth of an inch. This gauge is called the “All Weather Gauge” and is the primary gauge used today. In recent years, a few observers have used an electronic tipping bucket, but the vast majority use “All Weather Gauges.”

Most observers receive their precipitation forms and rain gauges from their local sponsoring agency, in Pennington’s case this is the Soil & Water Conservation District.



The data entry process has changed significantly over time. In 1973, precipitation data was entered using punch cards. In the late 1970s, data was entered on a mainframe computer using a FORTRAN program. Specialized data maintenance software

written in BASIC by Jim Zandlo (State Climatologist in the 1980s) was used on PC's beginning in 1984. This data entry system became the standard for the next fifteen years. The routine was adopted by other agencies and one agency was still using this DOS-program in 2002. A Windows-based program written in Visual Basic was developed in 1999.

In May 2001, an on-line data entry system was launched which allows cooperating agencies to enter their data via a Web browser.

The HIDDEN precipitation network is used by a variety of public and private institutions, agencies, and private individuals. Water sensitive agencies use the data extensively. Specialized publications unique to Minnesota were crafted using this data set. Many in a series of publications titled "Climate of Minnesota" were developed using the data. Another publication using the data is "Sixteen-Year Study of Flash Floods" by Kuehnast, Baker and Zandlo.

The success of the HIDDEN precipitation network hinges on interest in data gathering on the local, regional and state level. The success story begins with a SCO that is interested in gathering high spatial density precipitation data. The SCO identifies regional, mainly county-level, water-sensitive

agencies such as SWCD offices that have need for the data on a local level. These county-level offices recruit local individuals who are genuinely interested in the weather. In Minnesota, that's a lot of people. 1,439 in 2021!

One of the keys to the longevity of the HIDDEN precipitation network is that the people reading their gauges each morning have interest in the data. Some of the poorest quality data sets stem from people who have to record data as "part of their job." Having people interested in the quality of the data is crucial and not only are our rain monitors interested, but so are their neighbor farmers who frequently call Myles to ask how much rain he got.

Quality control of the data is done on two levels: at the regional level with the local agency, and at the state level mainly through the annual quality control project.

Equally as crucial is annual feedback to each person recording data. This reassures each precipitation observer that their data is used and wanted, and that they are contributing to a bigger picture. The SCO has sent an annual report to each observer since 1970.

### Two College Students with St. Pauli Connections Receive Scholarships from the Sons of Norway Foundation

Lilia Johnson, the daughter of Paul and Heather Johnson and granddaughter of Curtis and Marlene Johnson, received a \$4,000 Myrtle Beinbauer scholarship. Dr. Beinbauer remembered Sons of Norway youth in her estate with a special bequest that supports American students studying any major in the United States. Paul Johnson said, "I think it is great that the Sons of Norway does these scholarships.... it helps the next generation really feel like their heritage is rooting for them. I know Lilia felt that once she discovered these scholarships were available."

Neeve McCarthy, daughter of Jennifer and Steve McCarthy and granddaughter of Jan Strandlie, received a \$44,000 scholarship from the Nancy Lorraine Jensen Memorial scholarship. This scholarship was created by Dr. and Mrs. Arthur S. Jensen in memory of their remarkable daughter, who was an aerospace engineer and chemist. It is awarded annually to young women who wish to enter the field of physics, chemistry and/or chemical engineering, or mechanical engineering.



Lilia Johnson  
Bucknell  
University



Neeve McCarthy  
Montana State  
University



On November 18, 1902, Brooklyn toymaker Morris Michtom named the teddy bear after President Teddy Roosevelt. He was inspired by a political cartoon about the president's hunting trip.

Bear at right thought to be made by Morris Michtom in the early 1900s; donated to the Smithsonian Museum of Natural History by Theodore Roosevelt's grandson, Kermit Roosevelt Jr., in 1964.



# Ken Cedergren takes part in Veteran Honor Flight



## Kenneth R. “Kenny” Cedergren, US Army, SP 4 Military Service in His Own Words

I grew up in Lancaster, Minnesota and now call the Thief River Falls area home. I joined the Army in 1969 and remained in until 1972. After graduating from basic training at Fort Lewis, Washington, I was assigned to the 4<sup>th</sup> Infantry, 3<sup>rd</sup> Armored Cav, 23<sup>rd</sup> Infantry, seeing time at Fort Knox, Kentucky and Khe Sanh, Vietnam. I worked as a company clerk and driving a personnel carrier. The friendships I made with my fellow servicemen were among those I’ll always remember.

After the Army, I worked as a plumber. I ran and operated my own business, Ken’s Plumbing, for many years.

In 1974 I married my sweet wife, Cindy. We have two children and a pair of grandchildren. I enjoy fishing in the summer and on the ice, and golfing as much as I can.

I am a member of the American Legion in Lancaster and the VFW in Thief River Falls.



## Honor Flight Creates Memories for a Lifetime

As soon as they arrive in Washington, D.C., they start at the National Museum of the U.S. Army, where they tour and take a picture of the Army Veterans on the trip. They then travel to the WWII Memorial for one full group photo. Afterward, they check into the hotel for a buffet dinner and a good night’s sleep.

Day two starts with a plated breakfast followed by an exclusive tour of the National Archives. Then, they head to the US Navy Memorial where a picture of the Navy Veterans is taken. They enjoy a delivered, boxed lunch at this stop. On their way to Arlington National Cemetery, a special on-the-bus ceremony takes place for the lady Veterans at the Military Women’s Memorial. They then head into the cemetery to watch the Changing of the Guard Ceremony at the Tomb of the Unknowns and take a guided tour. Finally, they visit the FDR Memorial before returning to the hotel for a banquet.

After a hearty breakfast, day three begins with a stop at the Marine Corps Memorial and a photo of the Marine Veterans. They then stop at the Vietnam Veterans, Korean War, and Lincoln Memorials. Lunch is on-the-go as they travel to Fort McHenry. As time permits, they view other points of interest. Due to the United States Air Force Memorial being under construction, they make a spur of the moment choice for an Air Force Veterans photo. A special part of the trip is the homecoming at Grand Forks International Airport.

Kenny uses the term “phenomenal” to describe the trip and he is encouraging every veteran he knows to apply for the trip. It’s easy to do, but there is a long waiting list – so the sooner, the better. He considers himself very lucky to have been invited, after waiting 3-1/2 years after applying. (Of course, Covid happened during that time as well.)

He is also encouraging people to donate to the Honor Flight so these trips can continue. At this time, eligible veterans include anyone serving prior to 1975.

# The Back Page

## Veteran's Day

Why does poetry seem like the appropriate gesture for this moment when we stop to say thank you to the countless numbers of men and women who have served our country, sometimes at the cost of their very lives?

Perhaps it's the way the form cuts away what is extraneous to say only what is urgent and necessary. Or perhaps it's something about the way poetry forces us to stop and pay attention. You cannot do anything else while you are reading a poem, or you will miss it.

Whatever the reason, here is a poem that offers a space and the time to reflect as we pay honor to our country's veterans.

### At the Vietnam War Memorial

Today, everything takes  
the color of the sun. The air  
is filed and fine with it;  
the dead leaves, lumped  
and molten; flattened grass  
taking it like platinum;  
the mall, the simple, bare  
plan of a tree standing  
clothed and sudden in its  
clean, explicable light.

And across the muddy  
grounds of Constitution  
Gardens, we've come to find  
your brother's name, etched  
in the long black muster  
of sixteen years of war –  
the earth walked raw  
this morning by workmen still  
gravelling paths, and people  
brought here by dreams  
more solemn than grief.

A kid in a sweater hurries  
past us, face clenched  
against tears. And couples,  
grey-haired, touching hands,  
their midwestern faces calm,  
plain as the stenciled names  
ranked on the black marble  
in order of casualty,  
the 57,939 dead. Soldiers.

Robert Dana

### High Flight

Oh! I have slipped the surly bonds of Earth  
And danced the skies on laughter-silvered wings;  
Sunward I've climbed, and joined the tumbling mirth  
of sun-split clouds, – and done a hundred things  
You have not dreamed of, wheeled and soared and swung  
High in the sunlit silence. Hov'ring there,  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air ....

Up, up the long, delirious, burning blue  
I've topped the wind-swept heights with easy grace  
Where never lark nor ever eagle flew –  
And, while with silent lifting mind, I've trod  
The high untrespassed sanctity of space,  
Put out my hand, and touched the face of God.

John Gillespie Magee Jr.

*John Gillespie Magee Jr. was an Anglo-American pilot with the Royal Canadian Air Force. He was killed in a midair collision while flying a Supermarine Spitfire over England in 1941. He was nineteen years of age.*

