

St. Pauli News in Detail



Greeting and Ushering

March 2 Chad Torstveit
March 9 Val Torstveit
March 16 Myles Alberg
March 23 Ron Anderson

Altar Preparation: Roxane Rondorf

Communion in March and April

Kevin Reich has permission from Bishop Tesch to serve communion for Ash Wednesday and Easter morning services.

Pr. Marilyn Grafstrom will conduct services with communion on March 16 and the last Sunday in April. This means we will have back-to-back Sunday services in April with communion. No problem, but the servers need to be aware.

Quilting

Friday and Saturday
March 7 and 8
10:00 am – 4:00 pm

We're going to quilt for two days in March, and we need your help! We chose to include a Saturday so that those who work Monday-Friday jobs will be able to join us.

The ladies have been sewing quilt tops at their homes, and we have MANY ready to tie. If you can thread a needle, you have the skills required. Lunch is provided (coffee breaks, too) and we have fun!

In addition to sending quilts to Lutheran World Relief, we always keep two quilts on hand to donate to local families in need. We gave one of these quilts to the family who recently lost their home to fire.

Richard Geske's Address

2473 Idaho Ave
Maplewood, MN 55119

March Milestones

Birthdays

Mar. 4 Ken Cedergren
Mar. 10 Laurie Nelson
Mar. 13 Gabe Haugen
Mar. 15 Sue Kotz
Mar. 26 Staci Reay

Anniversaries

Mar. 12 Neil and Sharon Bugge



Journey with LWR this Lent!



We will again take part in collecting items for Personal Care Kits for Lutheran World Relief.

March 5 – (2) Bars of soap (4 or 5 oz in original wrapper)
March 12 – Bath towel (sturdy, max size 27" x 52", dark color preferred)
March 19 – Toothbrush (adult size, in original package)
March 26 – Sturdy comb (wide-tooth preferred)
April 2 – Nail Clipper (metal, attached file optional)

Easter Sunday Service Time

REMINDER

April 20 – 8:00 am

At our annual meeting, the congregation chose to have Easter Sunday services at 8:00 am.

March is Food Shelf Month

March is Food Shelf Month at St. Pauli, and the Food Shelf receives some matching funds for donations we make this month. A basket for the donations is located in the narthex.

Minutes of the Church Council

January 9, 2025

The St. Pauli Church Council held its monthly meeting on Thursday, February 9, 2023, at 7 p.m. at St. Pauli Church. Members present: Wade Benson, Jim Rondorf, Marisa Benson, Sue Kotz and Kevin Reich.

Council President Wade Benson called the meeting to order, and Kevin Reich opened the meeting with prayer.

1. Secretary's Report was reviewed. A motion to accept was made by Marisa, seconded by Sue, carried by vote.
2. Treasurer's Report was reviewed. A motion to accept was made by Jim, seconded by Sue, carried by vote.
3. Reports of members in sickness or distress.
 - a. Wally Rondorf's in-law's son, Wyatt Sauve, died in a car accident last weekend. Kevin also knew the family and will be mentioning them in prayer on Sunday.
4. New members or those interested in membership:
 - a. Deb Mostrom and Larry Liden wish to transfer their membership from Trinity to St. Pauli. When those transfer letters are received (note: they were subsequently received on January 20, 2025), then Council will be asked to vote.
5. Other reports:
 - a. WELCA: no report
 - b. Board of Education: no report
6. Old Business:
 - a. Quote for Generator: Jim thinks this will be done by the end of January and we will discuss the possibility of purchase at the 2025 Annual Meeting.
 - b. Nominated Officers for 2025 will be brought forward for election at the annual meeting in February
 - i. President: Faye Auchenpaugh (new 2-year term)
 - ii. Treasurer: Wade Benson (new 2-year term)
 - iii. Secretary: Jana Johnson (completing second year of 2-year term from Barb Nelson)
 - iv. Trustees: Sue Kotz, Jim Rondorf
7. New Business:
 - a. WELCA asks that we lend up to \$999 to have a large Lord's Prayer wall hanging cleaned and mounted for the

Heritage Center. This money will be reimbursed in the spring when grant monies come in to pay. A motion to lend the money until the spring was made by Sue, seconded by Jim, and carried by vote.

- b. Kevin has asked if the Council will consider paying his mileage at the 2025 federal rate for attending monthly conference meetings. If agreed, he would submit an invoice at least twice each year to the Council Treasurer. Marisa made a motion to approve and have this added to the 2025 Budget Proposal in the category "Mileage: Pastoral Supply." Jim seconded the motion, and it was carried by vote.
- c. The Council would like membership contact information for all active members (phone, mailing address, email). This would be useful for Kevin's visitation activities, and we would like the Council Secretary to maintain these lists as part of his/her duties.
- d. Marisa proposes that we consolidate church accounts and will propose this at the 2025 Annual Meeting;
 - i. Close the Education fund and send the remainder (~\$550) to the Sunday School. Any and all requests for special funding for summer bible camp, confirmation materials, other travel and other expenses can be paid from the General checking fund. The Council reiterates their commitment to give our children "whatever they need" to aid in their religious education.
 - ii. Close the Mission Grant fund and send the remainder (~\$1,500) to the St. Pauli Savings account. There is already a mechanism for applying for and granting funds for mission trips. In the future, this funding can come from the General fund after Council approval.

Lord's Prayer was prayed by all, and the meeting was adjourned.

Marisa Benson, Acting Secretary

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Minutes of the St. Pauli Cemetery Association

January 16, 2025

The St. Pauli Cemetery Association (SPCA) board met on Thursday, January 16, 2025 at the church with all members present.

The meeting was called to order at 7:00 pm by President Arlo Rude.

Secretary's report: M/S/C Marisa/Arlo to approve the September 19, 2024 minutes.

Treasurer's report: M/S/C Faye/Myles to approve.

When Marisa does the annual report, we will show a total increase in Edward Jones by about \$1,800 in 2024. We had overall donations of \$5,390, which includes memorial gifts. Expenses: \$460 for property insurance, Danita Torkelson \$700 for mowing, and Backwoods Custom for \$440 for the water tank frame. Randy Lian and Marvin Torkelson purchased plots. Total overall fund increase for 2024 is \$6,600. Total assets as of 12-31-2024: \$78,260.

Old Business: Faye will order printed decals from Sandahl Signs for the water tank.

New Business: Annual Meeting agenda was developed.

1. Widen St. Pauli Cemetery sign and install at entrance. Arlo will check with welder. Red Lake Electric a possibility to install.
2. State of the Cemetery: Bruce Mathson will write or give an oral summary.
3. Activities and Events: Faye will write.

4. Proposals: Pergola will be a proposal of the landscape committee.

Meeting adjourned.

Faye Auchenpaugh, SPCA Secretary

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Minutes of the Women of the ELCA January 15, 2025

The St. Pauli Women of the ELCA met on January 15, 2025 at 3:00 pm at the church with 7 members present following a full day of quilting.

President Jan opened with devotions "Peace Rooted in Love" based on 1st Corinthians 13:2.

Secretary's Report: Minutes of the November meeting were approved as read.

Treasurer's Report: Books are being audited, so Cindy will email report to us. Emailed report received on January 17 for November 21, 2024 to January 15, 2025: Income: \$274.00; Expenses \$3,138.36. Checking account balance: \$1,148.94. Savings balance as of 12-31-2024 \$598.73. CD balance as of 12-31-2024: \$6,542.94.

Thrivent Cards totaling \$500.00 were applied mostly to our Hugo's account; other purchases were for baby care kit items (towels and soap) and The Times bill for the Fall Event.

Virginia moved to approve both the secretary and treasurer reports; Sue seconded. Carried.

Stewardship: Eight quilts were made this week. With the money from Sally's 2024 Thrivent card (\$250), Kathy bought items for layette kits: a dozen towels, fabric from which she sewed 68 diapers (Oklee gave us a 10% discount), infant clothing bought at the consignment store, and she also bought a tape measure to use for quilting. There is still about \$20 left on the card. Consignment store prices are going down next week for more infant clothing, so she will check again.

Council report: Council approved a loan to pay for the balance of costs for the wall hanging.

Communications: Thank you letters and cards from Northland Rescue Mission, BIO Girls, Salvation Army, Violence Intervention Project. Request from NW Minnesota Foundation for their impact fund. Request from the Northwestern Minnesota Synod for Women's Resiliency Affinity Group to help fund a retreat for women in ministry in northwest Minnesota. M/S/C Cindy/Sharon to donate \$100.

Old Business: Per Ken Geske, Richard Geske is back in his old place again.

Wall hanging: Virginia, Ronnie and Myles went to Grand Forks this afternoon to pick it up and they will bring it to the Heritage Center. Don Schindler and Jeff Davidson will hang it tomorrow. Jan will then cover with a cloth until unveiling.

Jan went to the general meeting of the Heritage Center on Monday, February 3rd, and no one knew anything about the project. They were discussing a dinner they will host for the new mayor on February 3rd. They said we need to do something special about the hanging, perhaps do it at the same time. Connie Dorn and Shelby Sorvig will come up with a plan. Tony Dorn said the St. Pauli ladies need to be honored at this dinner for doing all of this work. Connie called today regarding the dinner program. Personal invitations are going out to about 60 city leaders. Then they will open it up to whoever else wants to come. WELCA ladies plus one are invited. Heritage Center had earmarked \$900 toward the project from the fundraiser, but the check was written for \$1,000. We have borrowed the remaining funds from the church congregation, pending receipt of grant funds. Grant boards don't meet until May or after.

New Business:

Next meeting: Quilting from 10:00 – 3:00 pm on February 11, WELCA meeting at 3:00 pm. Quilting and food prep on February 12 beginning at 10:00 am, with food delivery at 3:00 pm.

The Lord's Prayer was prayed. Meeting adjourned.

Faye Auchenpaugh, Secretary

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Heritage Center Wall Hanging

The wall hanging is now finished and is hanging at the Heritage Center. Myles Alberg and Ron and Virginia Anderson picked it up with a borrowed trailer from the Forks Frame Up and brought it to the Heritage Center where Don Schindler and Jeff Davidson installed it. We have also purchased a plaque that includes a photo of Myrtle, the history of her donation, and the role St. Pauli women played in its restoration.

WELCA sent the following letter to the Beito, Dondelinger and Hartz Foundations asking for funds to support this project. Their boards do not meet until May-July, but they have indicated they will look favorably upon our request:

Dear Board Members:

Synneva Myrtle (Furuseth) Stromberg, always known as “Myrtle,” was a member of the Thief River community from the time she was 14 years old when her parents moved here from Gully. She enjoyed handicrafts including upholstery, sewing, knitting, and crocheting. And she was fearless in applying her talents.

One of her gifts was a large wall hanging of the Lord’s Prayer that she crocheted when she was over 80 years old and donated to the Heritage Center. It hung on the wall there until fall of 2023 when it was taken down in preparation for the walls being painted. It was clear that it needed cleaning, and the backing needed replacing.

The women’s group at St. Pauli Church (WELCA) thought, “Oh, we can help with this!” But as it turned out, it was a much bigger project than we had ever imagined. It measures 87” long by 54” wide! We removed the backing and hung it in a breeze to clear the dust. Then we made a trip to the Angus Presbyterian church to look at a similar wall hanging. Theirs had been framed by a shop in Grand Forks and was beautifully done with a plexiglas cover, so we made a trip to The Forks Frame Up with the wall hanging. There we learned they had a lot of experience with these pieces and would treat Myrtle’s handwork with love and care. They said the work was beautifully done with the crochet stitches being very even (the mark of a good crocheter!).

The framing involves a lot of handwork: first, the piece needs to be blocked and starched; then it needs to be attached throughout the piece to the backing by hand; and finally, the actual framework can begin.

We would like to ask the [Beito/Dondelinger/Hartz] Foundation to donate \$500 toward this project. [We asked for \$500 from each.] As you can see from the attached estimate from The Forks Frame Up, the cost is almost \$2,400, but we are willing to do additional fundraising. An initial deposit of \$800 was required, which we have paid for with a \$250 Thrivent Fund card and from our WELCA treasury, but Thrivent will allow us only one card for this project. We worked the Heritage Center’s meatball dinner fundraiser in November and were given some of the proceeds from that volunteer activity. If you can see your way to donating more than the requested \$500, we would be so appreciative.

A bit more information about Myrtle. Her daughter is Barb Klopp and Myrtle was a Furuseth; her brother and sister-in-law were Leonard and Millie Furuseth. As written in her 2017 obituary, “Myrtle is remembered as a witty, caring, funny, creative, and intelligent person. She was fun to be around. She lived until the age of 97. Her storytelling, the skits she wrote, and her many jokes are treasured memories for the family.” She lived until the age of 97. Having her wall hanging in our Heritage Center is certainly a lasting tribute to this wonderful lady.

Sincerely, St. Pauli Women of the ELCA



Ron Anderson and Myles Alberg picking up the wall hanging. It is LARGE and they needed a trailer this size to haul it to the Heritage Center.

Chicken Pot Pie!

Bold Women’s Day—observed the first Sunday of March—celebrates all Lutheran women who have acted or are acting boldly on their faith in Jesus Christ. Some women are bold in their unceasing prayers. Other women are bold in their service to those in need. Still other women are bold in their advocacy or through their hospitality. Whether we live out our bold story of faith in the workplace, family home or community, our faith compels us to make a difference in the lives of others. It’s all about living out our baptismal call, about being a disciple of Christ.

Once again, in recognition of hospitality on Bold Women Sunday, the WELCA ladies made a supper for people in the neighborhood on February 12th. The ladies began chopping, shredding, dicing and stirring vegetables at 10:00 am. We had three batches going – and discovered that the large burner on one of the stoves had burned out. (This has subsequently been repaired by Skalsky – whew!) After lunch, it was time to fill the individual containers, roll out the puff pastry, fit a piece on each top, and pop them in the ovens.

We began boxing at 3:00, divided ourselves into four teams, and delivered boxes to 18 households. Eleven of these were single packages and eight were for two persons, a total of 27 pot pies. We also included garlic toast, cookies, candy and a Valentine’s Day card.



Left: Here are your bold ladies!
Kathy Alberg, Deb Mostrom, Faye Auchenpaugh,
Jan Strandlie, Sharon Bugge, Virginia Anderson and
Cindy Cedergren.

Below: Sharon Bugge, Deb Mostrom and Virginia
Anderson cooking and stirring.



NEW MEMBERS



We welcome Deb Mostrom and Larry Liden as new members!

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

“A Life in Light: Meditations on Impermanence.”

By Mary Pipher, *New York Times*,
December 11, 2023. Dr. Pipher is a clinical
psychologist and writer in Lincoln, NE.

The mornings are dark, the late afternoons are dusky, and before we finish making dinner, the daylight is gone. As we approach the darkest days of the year, we're confronted with the darkness of wars, a dysfunctional government, fentanyl deaths, mass shootings and reports of refugees crawling through the Darién Gap or floundering in small boats in the Mediterranean. And we cannot avoid the tragedy of climate change with its droughts, floods, fires and hurricanes. Indeed, the world is pummeled with misfortune.

We can count ourselves lucky if we do not live in a war zone or a place without food or drinking water, but we read the news. We see the disasters on our screens. Ukraine, Israel, and Gaza are all inside us. If we are empathic and awake, we share the pain of all the world's tragedies in our bodies and in our souls. We cannot and should not try to block out those feelings of pain. When we try, we are kept from feeling much of anything, even love and joy. We cannot deny reality, but we can control how much we take in.

I am in the last decades of life and sometimes I feel that my country and our species are also nearing end times. The despair I feel about the world would ruin me if I did not know how to find light. Whatever is happening in the world, whatever is happening in our personal lives, we can find light.

This time of year, we must look for it. I am up for sunrise and outside for sunset. I watch the moon rise and traverse the sky. I light candles early in the evening and sit by the fire to read. And I walk outside under the blue-silver sky of the Nebraska winter. If there is snow, it sparkles, sometimes like a blanket of diamonds, other times reflecting the orange and lavender glow of a winter sunset.

We can watch the birds. Recently it was the two flickers at my suet feeder with the yellow undersides of their wings flashing, the male so redheaded and protective, the female so hungry. Today it may be the juncos, hopping about our driveway, looking for seeds. The birds are always nearby. Their calls are temple bells reminding me to be grateful.

For other kinds of light, we can turn to our friends and family. Nothing feels more like sunlight than walking into a room full of people who are happy to see me. I think of my son and daughter-in-law on my birthday, Zeke making homemade ravioli and Jamie baking an apple cake, their shining eyes radiating love. Or of my friends, sitting outdoors around a



Claude Monet, "Snow in Argenteuil" (1875). Credit...Erich Lessing/Art Resource, NY

campfire in our coats and hats, reciting poetry and singing songs.

We also have the light of young children. My own grandchildren are far away, but I spend time with 9-year-old Kadija. My husband and I are sponsoring her family; they arrived here from Afghanistan, with only the father speaking English, only a few months ago. Already, she can bring me a picture book and read "whale," "porpoise" and "squid" in a voice that reminds me of sleigh bells. I know someday she will be a surgeon, or perhaps a poet.

In our darkest moments, art creates a shaft of light. There is light in a poetry book by Joy Harjo, a recording by Yo-Yo Ma, and in a collection of Monet's paintings of snow.

The rituals of spiritual life will also illuminate our days. In my case, it is sun salutations, morning prayers, meditation and readings from Thich Nhat Hanh, the Vietnamese Buddhist monk and influential Zen master. Also, it's the saying of grace and the moments when I slow down and am present. Whatever our rituals, they allow us to hold on through the darkness until the light returns.

Finally, we will always have the light of memory. When I recall my grandmother's face as she read to me from "Black Beauty" or held my hand in church, I can calm down and feel happy. I feel the light on my skin when I remember my mother at the wheel of her Oldsmobile, her black doctor's bag beside her. Driving home from a house call, she would tell me stories from her life on a ranch in the Great Depression and during the Dust Bowl.

Deep inside us are the memories of all the people we've ever loved. A favorite teacher, a first boyfriend, a best friend from high school, or a kind aunt or uncle. And when I think of my

people, I'm suffused with light that reminds me that I have had such fine people in my life and that they are still with me now and coming back to help me through hard times.

Every day I remind myself that all over the world most people want peace. They want a safe place for their families, and they want to be good and do good. The world is filled with helpers. It is only the great darkness of this moment that can make it hard to see them.

No matter how dark the days, we can find light in our own hearts, and we can be one another's light. We can beam light out to everyone we meet. We can let others know we are present for them, that we will try to understand. We cannot stop all the destruction, but we can light candles for one another.



Winter Wonderland at the Four Seasons



For five chilly months, the rooftop deck at downtown Minneapolis's Four Seasons transforms into the Nordic Village, the hottest spot in town.

Last winter, in a mad-dash quest to promote winter in the North during its first year in business, the Four Seasons added a tiny village of single-room cabins to its Riva Terrace rooftop deck, each outfitted for multicourse dining and holiday cheer. The cabins' popularity blew everyone out of the water. "We had to extend it several times," says general manager Florian Riedel. This year, the Nordic Village returns, and with even more gusto.

The eight custom-made cedar cabins got an interior facelift from the design team, who took inspiration from their Minnesota-y names: "For example, 'Gunflint' is lodge-y and more rugged, and 'Gitchi-Gami' is more water-based, filled with tonal blues." Each cabin (which

seats between two and eight guests) includes a meticulously set table, décor, throws, heaters, and a speaker with custom playlists ready to go—and some even have TVs. The cabins are available for multicourse dinner reservations Wednesdays–Sundays until the end of March (for hotel guests and locals alike). And by day, the terrace transforms into a rotating-vendor market. Riedel, who grew up in Munich, has always believed that winter is one of the best seasons— and says, "There's nobody that knows winter better than Minnesotans," he says. "We have this opportunity to create these beautiful experiences and have fun with what we have."

By the mid-nineteenth century, the continued urbanization of Manhattan raised the demand for open space in the city. In 1853 Central Park was officially established, and by 1858 the land between 5th Avenue and 8th Avenue extending from 59th Street to 110th Street was purchased.

The intensely competitive commission for the park's design was awarded in 1858 to the partnership of Frederick Law Olmsted and Calvert Vaux. The park immediately filled a social and recreational role in the life of the city, to which lithographs like this one attest.

"Central Park, Winter: The Skating Pond" is a lithograph by Lyman Wetmore Atwater based on a painting by Charles Parsons of Central Park in New York City. It was published by Currier & Ives in 1862. Between 1835-1907, Currier & Ives, a New York City printmaking business, lithographed over 4,000 subjects for affordable international distribution. The typical process for these lithographs was that after the image outlines were lithographed, they were hand-colored by women who worked at home.



March – “THIS ‘N THAT”

March 1, 1932 - The young son of aviation pioneer Charles A. Lindbergh was kidnapped from his home in Hopewell, New Jersey. The Lindberghs paid a \$50,000 ransom, but on May 12, the boy's body was found a few miles away.

March 1, 1961 – President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 1, 1974 - Seven former high-ranking officials of the Nixon White House were indicted for conspiring to obstruct the investigation into the Watergate break-in.

March 2-5, 1966 – Severe blizzard hit South Dakota, North Dakota and northwest Minnesota with 20-30" of snow, 70 mph winds, and drifts from 30-40' high. Eighteen people were killed and tens of thousands of livestock also perished.

March 3, 1913 – A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by. Many of the 5,000 women participating were spat upon and struck in the face as a near riot ensued.

March 4, 1681 - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

March 4, 1830 - Former President John Quincy Adams returned to Congress as a representative from Massachusetts. He was the first ex-president ever to return and served eight terms.

March 4, 1931 – President Herbert Hoover signed a bill making the “Star Spangled Banner” our national anthem.

March 5, 1770 – The Boston Massacre occurred as a group of rowdy Americans harassed British soldiers who then opened fire, killing five and injuring six.

March 5, 1933 - Newly elected President Franklin D. Roosevelt proclaimed a four-day "Bank Holiday" to stop panic withdrawals by the public and the possible collapse of the American banking system.

March 5, 1946 – The “Iron Curtain” speech was delivered by Winston Churchill at Westminster College in Fulton, Missouri.

March 6, 1836 - Fort Alamo fell to Mexican troops led by General Santa Anna.

March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 10, 1880 - The Salvation Army was founded in the U.S. The social service organization was first founded in England by William Booth and operates today in 90 countries.

March 11, 1918 - The 'Spanish' influenza reached America as 107 soldiers become sick at Fort Riley, Kansas. One quarter of the U.S. population eventually became ill, resulting in 500,000 deaths. The death toll worldwide was 22 million.

March 11, 1941 - During World War II, the Lend-Lease program began allowing Britain to receive American weapons, machines, raw materials, training and repair services.

March 12, 1888 - The Great Blizzard of '88 struck the northeast, lasting with snowfall totaling over 40" in New York City where over 400 persons died from the surprise storm.

March 12, 1938 - Nazis invaded Austria, then absorbed the country into Hitler's Reich.

March 12, 1994 - The Church of England ordained 32 women as its first female priests. In protest, 700 male clergy members and thousands of church members left the church and joined the Roman Catholic Church which does not allow women priests.

March 15, 44 B.C. - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators.

March 16, 1968 - During the Vietnam War, the My Lai Massacre occurred as American soldiers of Charlie Company murdered 504 Vietnamese men, women, and children.

March 18, 1974 - Arab oil embargo against the U.S. was lifted. The embargo was in retaliation for American support of Israel during the Yom Kippur War of 1973. In the U.S., the resulting embargo caused long lines at gas stations as prices soared 300 percent amid shortages.

March 19, 2003 - The United States launched an attack against Iraq to topple dictator Saddam Hussein from power.

March 20, 1995 - Nerve gas attack occurred on the Tokyo subway system during rush hour with 12 persons killed and 5,000 injured. Japanese authorities later arrest the leader and members of a Japanese religious cult suspected in the attack.

March 22, 1972 - The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification.

March 23, 1775 – Patrick Henry ignited the American Revolution by stating, “I know not what course others may take; but as for me, give me liberty, or give me death!”

March 24, 1934 - The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.

March 24, 1989 – The oil tanker *Exxon Valdez* ran aground in off Alaska, resulting in 11 million gallons of oil leaking into the natural habitat over a stretch of 45 miles.

March 25, 1807 - The British Parliament abolished the slave trade following a long campaign to end it by Quakers and others.

March 25, 1911 - A raging fire erupted inside a garment factory in New York City killing 123 young women employed as low-paid seamstresses, along with 23 men.

March 26, 1979 - The Camp David Accord ended 30 years of warfare between Israel and Egypt.

March 28, 1842 – Otto Nicolai conducted the first concert of the Vienna Philharmonic Orchestra, founded to perform all of the Beethoven symphonies to the highest standard.

March 30, 1981 - Newly elected President Ronald Reagan was shot in Washington, D.C., following a speech inside a hotel.

March 31, 1933 - The Civilian Conservation Corps, the CCC, was founded. Unemployed men and youths were organized into quasi-military formations and worked outdoors in national parks and forests.

The Incredible Village of Rjukan in Norway

Where the Sun Shines Thanks to a Giant Mirror



It may sound like something out of a science fiction story, but it is completely real. In Norway, there is a small and picturesque village called Rjukan, nestled in a deep valley in Telemark surrounded by towering mountains. However, this unique location comes with a major drawback: for several months each year, sunlight does not reach the village streets due to the shadow cast by the mountains.

To solve this issue and bring sunlight back to Rjukan's residents, an innovative system called *Solpeil* was developed, a Norwegian term meaning "solar mirror." This system consists of massive mirrors installed high on the surrounding mountains, which move to follow the sun's trajectory and reflect its rays directly onto the village's central square.

Thanks to this ingenious technology, the people of Rjukan can enjoy natural light even during the darkest months of winter. This project has not only improved the quality of life for its residents but has also turned Rjukan into a unique tourist destination, attracting curious visitors and travelers eager to experience this artificially illuminated phenomenon firsthand. A true example of how human creativity can overcome even the barriers imposed by nature!

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Fresh snow absorbs sound, lowering ambient noise over a landscape because the trapped air between snowflakes attenuates vibration. That's why it gets so quiet when it snows.

The Back Page



Got up at 5 am, ran 4 miles,
came back, made a
vegetable smoothie for
breakfast, did 2 loads of
laundry, mopped and
vacuumed floors – and
that's all I remember about
my dream.



Spices were first brought to
Western Europe in the Middle
Ages. Some of them are still at
the back of my cupboard



I just saw on the news
that they're
suggesting that
people check on the
elderly. I'm usually up
by 6 or 6:30.
Bring donuts.



Scandinavian House Rules

If you sleep on it, make it up.
If you wear it, hang it up.
If you eat off it, clean it up.
If you turn it on, turn it off.
If it is none of your concern,
Keep it that way.
If it rings, answer it.
If it cries, love it.

