



# SARTELL CONNECTIONS

Volume 2 Number 2

November/December 2011

## JAN'S JOTTINGS

In preparation for this newsletter we were asked to recall a favorite holiday memory. This brought to mind a memory for me of an event which happened on Thanksgiving when I was 6 years old, an event which we remembered and discussed every Thanksgiving from then on.



Jan Sorell

Our family celebrated every holiday with my Aunt Em, my mom's sister and her family, alternating homes and holidays. Thanksgiving of 1944 was at Aunt Em's house and was a bit more somber than previous Thanksgivings because my Dad would be missing from the table. He had been drafted the previous February and had been gone since then. He had been receiving training in Nevada and in Florida and was scheduled to be shipped out for overseas duty in England where he would serve as a ball turret gunner in a B17 and would fly missions over Germany.

At about 4:30 in the afternoon, on that

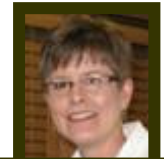


Jan's Mom & Dad,  
Pat & Gladys Carlberg  
Thanksgiving 1944

Thanksgiving day my Aunt Em glanced out the front window and exclaimed, "There's Pat!" Sure enough, my dad was walking up the driveway. He had received an unexpected 7 day furlough before shipping out and had kept it a secret. He took the train from Florida and made it home just in time for a real Thanksgiving celebration.

## COMMUNITY EDUCATION

### SHARE YOUR TALENTS WITH OUR COMMUNITY



Ann Doyscher-Domres

Sartell-St. Stephen Community Education is always looking for people to share their talents with the community. If you have a hobby, a special interest or something you'd love to teach to children or adults the Community Education staff would love to talk to you.

The next edition of the Sartell-St. Stephen Community Education Catalog goes to press in November. The catalog will come out in early January and classes will run from late January to the end of April. Classes can be a series, or as I like to call them "one hit wonders". You do not have to be a trained instructor. You just have to share your talent with our community.

Instructors are paid and all supplies are paid for by Community Education fees. So if you're itching to share what you know with others please call the Community Education office at 253-4036 or stop by and visit with Ann between 8:00 AM - 4PM Monday-Friday. She'll buy you a cup of coffee and chat about what you'd like to teach.

PLEASE NOTE: The Sartell Middle School will also be open on regular school days from 5-9pm for walking as the weather changes.



As always, if you have questions or ideas for Community Education please call our office at 253-4036 or stop by and visit us in our office at 212 3<sup>rd</sup> Ave N, Sartell



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## COFFEE & CONVERSATION

Join us every Thursday morning 9:00–10:00AM at the Garden Cove of Country Manor Apartments, Enter East Door 2. Hear excellent speakers; enjoy lively conversation, delicious breakfast rolls and coffee. Come and bring a friend.

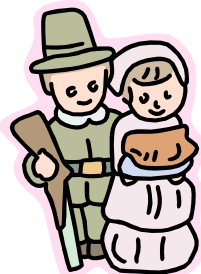


**November 3 - U.S. Route 66** – Also called the Will Rogers Highway, the Main Street of America or The Most Famous Road in the U.S. (or the World). We will view a video of its history and current status with commentary from Jim Wasdyke and Gerri Boser.

**November 10 – Mike Spanier, NFL Referee** will tell of his experiences.



**November 17 – Dan Miller,** will discuss his work as an investigator with the **Central Minnesota Drug and Gang Force**



**November 24 – Thanksgiving**

**December 1 – Dennis Herschbach** will discuss emotions and feelings related to grief. He will share coping strategies for caregivers of those who grieve as well as those who are grieving. Dennis is the author of several books including Grief Journey and will have copies of his books available for sale.

**December 8 – Jay Haase** - What’s Happening to Me? The random and not so random effects of living in another culture, Jay Haase is the founder of Wire Car, an IT company dedicated

to helping organizations that help people in need. Jay lived in Namibia, Africa for 6 years working with the Peace Corps and the Namibian government.

**December 15 – Stan Lewis** – Collecting and identifying old real photo postcards. How to collect and some interesting stories about collecting.

**December 22 – Jessica Miller, a junior at SCSU majoring in aviation management.**



Jessica was chosen for the prestigious Experimental Aircraft Assn International internship which included a five week program in France and a week at the EAA Air Academy in Oshkosh, WI where she assisted at the nations largest civilian air show. She has been avid flier since the age of 15, and has flown into all 136 public airports in Minnesota.

**December – 29 – Conversation Day**

## SECOND TUESDAYS for SENIORS

**November 8 - Jim Muellenbach** – “How I Lost 100 Pounds Without Dieting, Surgery, Will-Power or High Priced Food .” 2:00 – 4:00 p.m. at the Sartell Senior Connection Center. Refreshments will be served.

**Thursday, December 15 - St. Cloud Area Fun Singers** 2:00 – 4:00 p.m. at Celebration Lutheran Church. Refreshments will be served.



NOTE: This Second Tuesday event is on a Thursday.

*All events take place at the Sartell Senior Connection Center, 212 - 3rd Ave N Sartell unless otherwise noted.*



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## CHRISTMAS NOTIONS . . .

The Sartell Senior Connection has beautiful hand crafted cards, gift bags, book markers and decorated boxes for sale at the Sartell Senior Center.



The public is invited to buy these Monday thru Friday from 9am - 4pm. (Donation boxes are located there.)



## HOLIDAY CAROLS

It's time to get in the holiday spirit with the sounds of Christmas!



Enjoy your favorite Christmas songs performed by the St. Cloud Area Fun Singers on Thursday, December 15 at 2:00 pm at Celebration Lutheran Church in Sartell.

Refreshments will be served. Bring a friend. *Admission is free.*



# HAPPY HOLIDAYS

*from the*

*Sartell Senior Connection.*

*We appreciate all of the community support for the past year!*



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## NEWS FROM RON SCARBRO...

Greetings from our new home on St. Simons Island in southern Georgia. We moved here last June to be closer to our grandkids, and the weather was also a factor. We were not looking forward to another Minnesota winter.

As many of you know my passion is fishing. I have fished all over the country and other parts of the world. I am sending some pictures of what I have been able to catch. The first picture is of Spotted Sea Trout.

These are delicious white fleshed fish which are not members of the trout family. Each one of these fish when cleaned and filleted, fed Linda and me two meals. They are good fighters and are great fun to catch.



The next picture is of Georgia White Shrimp. The waters are full of these delightful creatures. People catch them with cast nets or seines. I prefer to go to the boats and buy them for four dollars a pound. It's a lot less work. They are also delicious. I hope the picture shows the size.



The final picture is of our fishing pier which is about a half mile from our condo, where a lot of fish and blue crabs are caught. In the evenings guys fish for sharks; some very large



bull sharks are caught here. The beaches are usually full of swimmers, and they are right next to the pier. I think I would rather not swim with bull sharks.

This is a beautiful place and we hope you might come down for a visit. *Ron & Linda Scarbro*

## FIRE PREVENTION MONTH

by Lint Edgerly – Retired Firefighter

Several of the members of the retired firefighter group “Engine Co 844” went to numerous homes to install batteries in smoke detectors for Seniors. Some people thought that batteries were not important because the detectors were hard wired. The batteries are there for back-up since an electrical fire can shut down the main electric supply. The batteries provide notification to all the occupants. It was rewarding installing proper battery back-up for the detectors and very gratifying answering fire prevention questions.



The Seniors learned that proper location of carbon monoxide detectors should be within ten feet of the bedrooms to ensure they are audible. Residents were advised to test their detectors monthly. We also informed them that most residential detectors should be replaced after ten years.


One person asked me about using a fire extinguisher that was in the house. After checking it to ensure it was properly maintained, I told them that if they were not trained, if the fire was a small beginning fire, and if they were apprehensive in using it, they should promptly evacuate and contact the Fire Department to extinguish it. If they did use the fire extinguisher, after properly spraying it five seconds, they should also get out without delay.



Finally, we reminded those residents that the Fire Department held their Annual Open House in October. The firefighters and the Sartell Fire Marshal were happy to answer any questions at the Open House where Seniors could see the equipment and vehicles involved in firefighting. Seniors also saw the new memorial for “those that served”.

# November 2011


October 2011							November 2011							December 2011						
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23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			

 Sartell Senior Connection

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <ul style="list-style-type: none"> <li>10:00 AM Setting Boundaries with Adult Children Discussion Group</li> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>2:00 PM SSC Board</li> </ul>	31 <ul style="list-style-type: none"> <li>10:00 AM Setting Boundaries with Adult Children Discussion Group</li> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>1:00 PM SSC Board</li> </ul>	1 <ul style="list-style-type: none"> <li>12:00 PM Country Manor Lunch &amp; Farkle, Community Room, \$5.00 Reservation 258-8974</li> </ul>	2 <ul style="list-style-type: none"> <li>8:00 AM Wednesday Crafters</li> </ul>	3 <ul style="list-style-type: none"> <li>9:00 AM C&amp;C at Country Manor Garden Cove</li> <li>2:00 PM Sing-a-long – Country Gardens Dining Room</li> </ul>	4 <ul style="list-style-type: none"> <li>9:00 AM Music Practice</li> <li>6:00 PM Trivia Night</li> </ul>	5
6 <ul style="list-style-type: none"> <li>10:00 AM Setting Boundaries with Adult Children Discussion Group</li> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>1:00 PM SSC Board</li> </ul>	7 <ul style="list-style-type: none"> <li>10:00 AM Setting Boundaries with Adult Children Discussion Group</li> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>1:00 PM SSC Board</li> </ul>	8 <ul style="list-style-type: none"> <li>12:00 PM Country Manor Lunch &amp; Farkle, Community Room, \$5.00 Reservation 258-8974</li> <li>2:00 PM Second Tuesday for Seniors–Jim Muellenbach–How I Lost 100 Pounds</li> </ul>	9 <ul style="list-style-type: none"> <li>8:00 AM Wednesday Crafters</li> <li>1:00 PM Recycled Creations</li> </ul>	10 <ul style="list-style-type: none"> <li>9:00 AM C&amp;C at Country Manor Garden Cove–Mike Spanier–NFL Referee</li> <li>1:00 PM AARP Safe Driving Course–4 hour refresher–Register Com Ed</li> </ul>	11 <ul style="list-style-type: none"> <li>9:00 AM Music Practice</li> </ul>	12
13 <ul style="list-style-type: none"> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>2:00 PM Monday Poker</li> </ul>	14 <ul style="list-style-type: none"> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> <li>2:00 PM Monday Poker</li> </ul>	15 <ul style="list-style-type: none"> <li>12:00 PM Country Manor Lunch &amp; Farkle, Community Room, \$5.00 Reservation 258-8974</li> </ul>	16 <ul style="list-style-type: none"> <li>8:00 AM Wednesday Crafters</li> <li>9:00 AM SALT – Seniors And Law enforcement Together – Sartell Police Station</li> </ul>	17 <ul style="list-style-type: none"> <li>9:00 AM C&amp;C at Country Manor Garden Cove–Dan Miller Central MN Drug &amp; Gang Force</li> </ul>	18 <ul style="list-style-type: none"> <li>9:00 AM Music Practice</li> </ul>	19
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27 <ul style="list-style-type: none"> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> </ul>	28 <ul style="list-style-type: none"> <li>1:00 PM Bridge – All are invited – Country Manor Apartments Dining Room</li> </ul>	29 <ul style="list-style-type: none"> <li>12:00 PM Country Manor Lunch &amp; Farkle, Community Room, \$5.00 Reservation 258-8974</li> </ul>	30 <ul style="list-style-type: none"> <li>8:00 AM Wednesday Crafters</li> </ul>	1 <ul style="list-style-type: none"> <li>9:00 AM C&amp;C at Country Manor Garden Cove</li> <li>2:00 PM Sing-a-long – Country Gardens Dining Room</li> </ul>	2 <ul style="list-style-type: none"> <li>9:00 AM Music Practice</li> <li>6:00 PM Trivia Night</li> </ul>	3

# December 2011

November 2011							December 2011							January 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
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## WONDERFUL WEDNESDAYS!

By Jim Wasdyke

On any given Wednesday A.M. from 8:30 to 12:00 at the Sartell Senior Connection Center located in School District headquarters, Room 113, you may find a group of 8-10 crafters quietly trying to brighten their world with water color, ink, yarn, thread, and oil painting.



(Seated left to right, bottom row) Darlene Ostendorf, Betty Klein, (Top row) Jim and Shirley Wasdyke, Janet LeClaire and Judy Framyston. (Tom and Janice Heibling are absent.)

The crafters all have their individual styles. You can expect Darlene to be giving her representation of nature which can range from pike attacking a minnow to combatant eagles to tall ships under sail.

Betty Klein has been painting for 25 years and started when she took a painting course in Foley. She is exceptionally good at reproducing facial details of children as well as scenes of rural life. Betty widened her skills under the teaching of Flora Schinkle.

Jim Wasdyke reflects on his drawings which go back to his days in grade school showing aerial combat with German Fw190's and American B17's. The B17's always won.

Shirley Wasdyke is a converted painter who delights in reducing the world to pixels in the form of cross stitches with thread.

Janet LeClaire is in the discovery stage. Her main interest is in different forms of sewing or creating rag dolls.

Judy Framyston is the newest member and she is experimenting with whimsical painting in the form of lollypop flowers and trees that take the shape of a maple leaf or an acorn. She has rekindled her high school interest in painting.

Tom Heibling is a contrast person. He has been painting for 25 years and there is no difficulty identifying the animals or birds he produces in his painting. While Tom is painting, Janis Heibling likes to spend her time solving word puzzles.

The crafters have no instructor. They rely on each other to solve difficulties they may encounter in their creative efforts.

Concerning creativity, Albert Einstein is quoted as saying about his discovery of relativity that it was the happiest day of his life.

The crafters have some of their works on display in the School Board Meeting Room.

The Sartell Senior Connection crafters would like to invite those interested to free up their creative urges and join this welcoming group.





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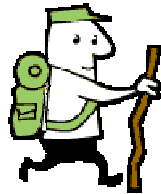
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## USA PARKS TRIVIA

By Pat McNeal

We just returned from our son's graduation in Washington D.C. and spent an additional 3 weeks touring. I had a goal of hiking all our national parks and monuments and thought I was doing quite well having done 87. It was quite a shock to find a National Parks Passport Book detailing over 365 parks and national monuments to visit. Not in this lifetime!

I'm doing much better with World Heritage Sites and Minnesota State Parks. Our state has an excellent "Hiking Club" program. For a nominal fee you get a hiking kit with a book detailing "Hiker's Club" hikes in all our parks. These hikes are marked by blue signs with yellow lettering and range in length from 1 to almost 7 miles. Half way through the hike is a secret password to be recorded in your guide book. Stickers are rewarded for every 25 miles and free camping is awarded after 100 and 150 miles with a special plaque given after the 150 mile mark. This has brought us to parks we may never have visited.



One of my favorites is Savannah Portage State Park. This park pays homage to one of the portage routes taken by voyageurs from Lake Superior to the Mississippi River waterway. Along one of the trails are historical markers giving first hand accounts of the travails of this journey. It was a difficult trail through mosquito infested bogs - one can imagine carrying a canoe while being feasted on by blood hungry mosquitoes. One of the trails takes you on a bog walk with many fascinating species of bog plants. In addition to these features this park has a trail that rides atop a continental divide where water on one side travels to Hudson's Bay and the other to the



Gulf of Mexico. It's great hiking and cross-country skiing in the winter.

If you're not into hiking the state also offers a passport club offering a stamp for each park you visit. Both are incentives to get out and experience our exceptional park system. I made up a National Parks/Monuments Trivia from the parks we've visited. Try your luck at the following quiz.

Identify the state where you'd find these National Parks and Monuments.

### EASY

1. Shenandoah Nat'l Park
2. Mount Rainier Nat'l Park
3. Carlsbad Caverns Nat'l Park
4. Badlands Nat'l Monument
5. Rocky Mountain Nat'l Park

### INTERMEDIATE

6. Arches Nat'l Park
7. Olympic Nat'l Park
8. Big Bend Nat'l Park
9. Acadia Nat'l Park
10. White Sands Nat'l Park

### ADVANCED

11. Cuyahoga Valley Nat'l Park
12. Effigy Mounds Nat'l Monument
13. Craters of the Moon Nat'l Monument
14. Vermillion Cliffs Nat'l Monument
15. Chiricahua Nat'l Monument

ANSWERS: 1 Virginia 2. Washington 3 New Mexico 4 South Dakota 5 Colorado /// 6 Utah 7 Washington 8 Texas 9 Maine 10 New Mexico //// 11 Ohio 12 Iowa 13 Idaho 14 Utah 15 Arizona HAPPY TRAILS







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## TRIVIA FUN CHALLENGE

Everyone is welcome to join the excitement of the Trivia Challenge held every first Friday evening of the month at the Sartell Senior Center. Enjoy the fun of remembering events and topics including movies, sports, national highlights and more.

Our Trivia nights in 2011 are Friday, November 4 and Friday December 2 from 6:00 – 7:30 pm.

# Trivia!

Trivia is played in teams so everyone shares in guessing the answers. Refreshments are served. The fee is \$5.00 with cash prizes rewarded.

## Come & Join the Fun!



## YOU'RE INVITED DECEMBER POTLUCK!

When: Friday, December 9 at 12:00 noon  
Where: Sartell Senior Connection Center  
Who: All are invited.  
What: Potluck & Fun!



## HOW TO CONNECT

[www.sartellmn.com/seniorcitizens.htm](http://www.sartellmn.com/seniorcitizens.htm)

[www.sartellststephencommunityed.com](http://www.sartellststephencommunityed.com)

### SARTELL SENIOR CONNECTION

212 3<sup>rd</sup> Ave. N., Sartell, MN 56377

Email: [jsorell@charter.net](mailto:jsorell@charter.net)

Chair: Jan Sorell (320) 252-2930

### Sartell-St. Stephen Community Ed.

Ann Doyscher-Domres, Comm. Ed.

Community Education

212 3rd Ave N

Sartell, MN 56377

253-4036 [doyscher-domres@sartell.k12.mn.us](mailto:doyscher-domres@sartell.k12.mn.us)

### Sartell Senior Connection

Board Members – See Back Page.

## SARTELL SENIOR CONNECTION



**212 3<sup>rd</sup> Ave. N.  
Sartell, MN 56377**

Sartell– St. Stephen Ind. District 748  
212 3rd Ave N  
Sartell, MN 56377

Non-Profit Org.  
U.S. POSTAGE  
Paid  
Sartell, MN  
Permit No. 8

ADDRESS SERVICE REQUESTED

ECRWSS

**SARTELL SENIOR CENTER - COMMUNITY LIBRARY**

212 3rd Avenue North  
Sartell, MN 56377

Hours: Monday through Friday 9:00 am to 4:00 pm

- Come enjoy our Community Library with over 1000 books.  
(currently no children books)
- Take books and return them at your convenience. - Book donations also accepted.
- Beautiful recycled cards, bookmarks, gift bags also for sale.
- Enjoy a cup of coffee, browse, read, visit!



**SARTELL SENIOR CONNECTION BOARD**

Gerri Boser- 260-4817	Pat Casey- 217-5445
Virgil Dreher- 656-8832	Lint Edgerly- 529-9729
Wendy Hennes– 253-1926	Pat McNeal– 253-0229
Judy Morgan- 253-6412	JoAnn Olson – 217-8411
Myron Umerski- 251-6913	Jim Wasdyke
Chair, Jan Sorell- 252-2930/ <a href="mailto:jsorell@charter.net">jsorell@charter.net</a>	

Community Organizations Representatives:

Ann Doyscher-Domres, Sartell– St. Stephen Community Education 253-4036  
Gail Rucks, Country Manor Apartments– 253-8450  
Therese Haffner, City of Sartell– 258-7316  
Please contact any of above people with your good ideas and suggestions.