

JAN - FEB 2022  
Vol. 12, Number 3

# *Sartell Connection*

Sartell Community Center  
850 19th St S | Sartell, MN 56377



# COFFEE & CONVERSATION

**9:00 – 10:00 Thursday Mornings**

**Sartell Community Center 850 19th St. S.**

*(see back page for map and directions to Community Center)*



**JAN 06, 2021 - Chief Jim Hughes, A Day in the Life of a Police Officer.** Learn what it's like to be a police officer for Sartell Chief of Police, **Jim Hughes**. There will be plenty of time for questions, too. Our first "A Day in the Life " speaker last month was **Troy Nelson** - pilot for American Airlines.

**JAN 13, 2021 - Sandy Cordie, Give the Gift of a Legacy File.** Learn how to gather all your end of life documents so your family has one less worry at the time of your death. Cordie and Wanita Parker will tell you how they compiled their files and how you can get started.

**JAN 20, 2021 - Always United Way,** Learn about this new and exciting program from the United Way.

**JAN 27 2021 – Phil Ringstrom and Stu Giffin, Sartell Lions All Inclusive Playground.** Ringstrom and Giffin will talk about their club's plans for an all inclusive playground at Lions Community Park in Sartell. Learn about how a playground can be accessible for those with disabilities.



Troy Nelson

\*\*\*\*\*

**FEB 3, 2021 - Wanita Parker, Exploring Your Genealogy** - Join us as Parker walks you through her research and shares how to get started in creating your genealogy legacy. By exploring our genealogy, we can honor everyday people and give them their proper place in history. Many common reasons to take up the growing hobby of genealogy is curiosity, lineage and medical history.

**FEB 10, 2021 - Austin Eastwood - of Knute Nelson Home Health and Hospice - Home Care 101,** Learn what home healthcare is, and how you or someone you love may benefit from healing at home.



Gary Bechtold

**FEB 17, 2021 - Cyber Security,** Learn how to protect yourself, how to create strong passwords and avoid online scams. Sponsored by United Way.

**FEB 24, 2021 - Gary Bechtold, 3-time Jeopardy winner,** will share some experiences from his time on the popular game show. Bring your thinking caps because there may be trivia questions too.



### Card and Tile Games at Sartell Community Center...

We have been increasing our choices of games for you by recently adding **Whist**; and it is well attended.

It's time to start playing **Skip Bo** again.

Mark you calendars for Monday, January 10th at 9:30 am. The day of the week and time may change based on the opinions of those who attend this meeting.

- ◆Cribbage - Mondays at 12:00 pm
- ◆Duplicate Bridge - Tuesdays at 8:30 am
- ◆500 card club - Tuesdays at 12:30 pm
- ◆Mah Jongg - Wednesdays at 9:00 am
- ◆Pinochle - Wednesdays at 1:00 pm
- ◆Whist - Thursday at 1:00 pm
- ◆Hand and Foot - Fridays at 10:00 am
- ◆Mexican Train - Fridays at 1:00 pm



**Optimists Clubs - "Bringing Out the Best in Kids, in Community and in Ourselves"**



Each Optimists Club is autonomous and run by members in their community. Optimists have the unique flexibility to serve the youth of their area in any way they see fit. Optimist Clubs see a need in their community and react to it.

This year they received a donation of unpainted wooden Christmas figurines with the goal of giving them to senior centers and senior living communities to have seniors paint them as an activity. SSC received some and painted them during a Coffee & Conversation and after the Holiday Potluck. Thank you, St. Cloud Morning Optimists!

The St. Cloud Morning Optimists Club meets every Wednesday at 6:45 am at the Sartell Community Center.

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Library Corner... "What the Photo Doesn't Show"

...an Ekphrastic Poem by local author Dennis Herschbach

That's me in the picture,  
third one from the left,  
the boy with a buzz cut  
barely a quarter inch long,

wearing high-water pants  
with patches on patches,  
the boy with two missing teeth  
and a crooked smile.

That's me in leather boots,  
holes chafed in their toes,  
the boy with one lace untied,  
waiting to trip me up.

I'm the boy whose sleeve cuffs  
reach midway to my elbows.  
It's a picture of poverty  
planted and growing in the country.

What you can't see  
are scars from words  
thrown like missiles  
for unknown reasons.

You can't see me stutter,  
see my fingers fumble  
as I struggle to thread laces  
through eyes and hooks

of those scuffed leather boots.  
Hurried, never fast enough,  
never good enough,  
always hurried.

Dad's the one behind me,  
axe-handle wide shoulders,  
chest that stretches the seams  
of his blue denim shirt.

He's the one with grime  
jammed under fingernails,  
iron-ore dust from the pit  
ground into weathered skin,

the one with worry lines  
splayed out from his eyes,  
forming a roadmap  
to nowhere on his face,

a black and white portrait  
of day-after-day toil  
that breaks a man's back,  
grinds his spirit to dust.

In the picture, you can't see  
a man grown old, white haired,  
watery blue eyes asking, pleading  
for forgiveness.

...Library Corner cont. page 9

Ekphrastic  
poetry  
describes or  
pays tribute  
to a piece of  
visual art.

Dennis  
Herschbach



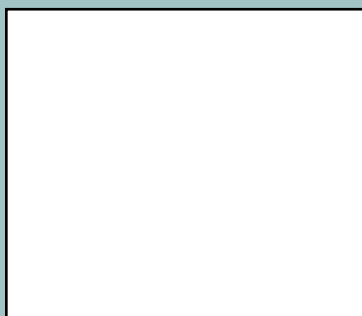
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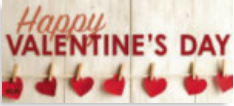



# JANUARY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 ~ 9:30 am SSC board meeting ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p>	<p>4 ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1974 - President Nixon refused to hand over tape recordings and documents subpoenaed by the Senate Watergate committee.</p>	<p>5 ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p> <p>1934 - For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.</p>	<p>6 ~ 9:00 am C &amp; C - "A Day in the Life" - Police Chief, Jim Hughes ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p>7 ~ 10P00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p>10 ~ 8:30 am 4 hour Driver class (see pg. 8) ~ 9:30 am Skip Bo meeting ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p>	<p>11 ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1964 - "Ring of Fire" by Johnny Cash became the first country album to top the U.S. pop album chart..</p>	<p>12 ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p>	<p>13 ~ 9:00 am C &amp; C - Prepare a legacy file ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p>14 ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p>17 ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p> 	<p>18 ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p>	<p>19 ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 9:00 am S.A.L.T. @ Sartell Public Safety bldg. ~ 1:00 pm Pinochle ~ 6:00 pm</p> 	<p>20 ~ 9:00 am C &amp; C - United Way ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p>21 ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p>24 ~ 10:00 - 11:00 am - Spirituality Book Group ~ 10:00 - 11:00 am Health Care Directive ~ 12:00 - 2:30 pm Cribbage \$2/person</p>	<p>25 ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1961 - JFK presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.</p>	<p>26 ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p> <p>1992 - Boris Yeltsin announced that Russia would stop targeting U.S. cities with nuclear weapons.</p>	<p>27 ~ 9:00 am C &amp; C - Sartell Lions new accessible playground. ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p>28 ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p>31 ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p>				

Activities are at Sartell Community Center - Unless indicated otherwise - see back pg. for directions.

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1862 - "The Battle Hymn of the Republic", by Julia Ward Howe was first published in the <i>Atlantic Monthly</i>.</p>	<p><b>2</b> ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p>	<p><b>3</b> ~ 9:00 am C&amp;C - Genealogy ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p><b>4</b> ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p><b>7</b> ~ 9:30 am SSC board meeting ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p>	<p><b>8</b> ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1952 - Queen Elizabeth II ascended to the British throne following the death of her father, George VI, a day earlier.</p>	<p><b>9</b> ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p> <p>1885 - William G. Morgan invented a game called "mintonette" for those who felt playing basketball was too stressful. It was the predecessor to volleyball.</p>	<p><b>10</b> ~ 9:00 am C&amp;C - Home Care 101 ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p><b>11</b> ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p> <p>1943 - General Eisenhower was selected to command the allied armies in Europe.</p>
<p><b>14</b> ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p> 	<p><b>15</b> ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1946 - Edith Houghton was signed as a baseball scout by the Philadelphia Phillies, becoming the first female scout in the major leagues.</p>	<p><b>16</b> ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 9:00 am S.A.L.T. @ Sartell Public Safety bldg ~ 1:00 pm Pinochle ~ 6:00 pm</p> 	<p><b>17</b> ~ 9:00 am C&amp;C - Cyber Security ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p><b>18</b> ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p>
<p><b>21</b> ~ 8:30 am Driver 4 hr. class (see pg 8) ~ 10:00 - 11:00 am - Spirituality Book Group ~ 12:00 - 2:30 pm Cribbage \$2/person</p> 	<p><b>22</b> ~ 8:30 am - Duplicate Bridge ~ 12:30 pm - 500 card club</p> <p>1879 - Frank Winfield Woolworth opened the Great 5 Cents Store in Utica, NY, expanding to 1,000 over the next 50 years.</p>	<p><b>23</b> ~ 8:30 am Visual Arts ~ 9:00 am Mah Jongg ~ 1:00 pm Pinochle</p> <p>1954 - The first injections of the new polio vaccine developed by Dr. Jonas Salk were given to a group of children in Pittsburgh.</p>	<p><b>24</b> ~ 9:00 am C&amp;C - local Jeopardy winner, Gary Bechtold ~ 12:30 pm Central MN Watercolor Painters ~ 1:00 - 3:00 pm Yarn &amp; Needlework ~ 1:00 Whist</p>	<p><b>25</b> ~ 10:00 am Hand and Foot ~ 1:00 pm Mexican Train</p> <p>1957 - Buddy Holly and the Crickets recorded "That'll Be the Day," their first hit.</p>
<p><b>28</b> ~ 10:00 - 11:00 am - Spirituality Book Group ~ 10:00 - 11:00 am Health Care Directive ~ 12:00 - 2:30 pm Cribbage \$2/person</p>				

Activities are at Sartell Community Center - Unless indicated otherwise - see back page for directions.



## Sartell Senior Connection Membership

Become a charter member of the Sartell Senior Connection (SSC)!  
 The membership structure will ensure that SSC can budget and offer more dynamic programming including speakers, events and enrichment.

Starting in January 2022, SSC will launch the new membership program.

Join as an individual or as a couple (two people residing at the same address).

Those who enroll will automatically be registered as members through Dec 2022.

### Resident

(City of Sartell, Sartell-St. Stephen School Dist.)

Individual: \$20

Couple: \$30

### Non-Resident

Individual: \$25

Couple: \$35



### Membership Benefits

- Discounts on programs and events.
- Invitation to membership only events.
- 10% off Walking Track Memberships at Sartell Community Center.
- Receive Bi-Monthly Newsletter with calendar of events and programs.
- Receive weekly email notifications with most up-to-date information on events and programs.
- More is being added all the time.

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MN Statute requires the completion of an 8 hour initial course. To maintain your discount, a 4 hour refresher course needs to be completed every 3 years. Our classes are offered on-line or in a classroom near you.

Our class offers:

- Defensive-driving tips
- Updates you on any changes in driving laws
- Overview of vehicle technology
- Traffic safety information and resources

Upon completion, submit your certificate to your insurance company. Our 55+ Driver Discount Program (DDP) courses are approved by the Minnesota Department of Public Safety.

Driver Discount - **4 Hour** Refresher  
**DATE:** Monday, January 10, 2022  
**TIME:** 8:30 am – 12:30 pm  
**COST:** \$24.00

Driver Discount - **4 Hour** Refresher  
**DATE:** Monday, February 21, 2022  
**TIME:** 8:30 am – 12:30 pm  
**COST:** \$24.00

Driver Discount - **8 Hour** Initial Class  
**DATE:** Mon & Tue, March 14 & 15, 2022  
**TIME:** 5:00 pm – 9:00 pm  
**COST:** \$28.00

For more information or to register, visit their website [www.mnsafetycenter.org](http://www.mnsafetycenter.org)  
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...Library Corner cont. from page 4  
**A Special Thank you to:**

- ◆ Kristin Lyman and her team for reorganizing the Children's section of the library. This makes it so much easier to locate books. Great job!
- ◆ Rose Schulte and her team for reorganizing the adult non-fiction books into categories loosely related to the Dewey Decimal system. A Dewey Decimal chart is on the wall, next to the fireplace, to help guide people searching for books.
- ◆ A thank you goes out to all of the library volunteers who have worked tirelessly at keeping the library organized, shelving books and sorting donations. You are amazing, dedicated volunteers! We are so lucky to have you taking care of the Sartell Library! The best to all in 2022.

**SABRE Activities**

**Monday, January 10**

Geography Bee  
 6:00 pm SMS

**Tuesday, January 18**

One Act Play (Preview)  
 "Murder of Lidice"  
 7:00 pm - SHS PAC

**Monday, January 24**

Jazz Swing Dance  
 7:00 pm SHS Black Box

**Tuesday, January 28**

One Act Play Performance  
 "Murder of Lidice"  
 7:00 pm - SHS PAC

**Monday, January 31**

SMS District Spelling Bee  
 6:00 pm SMS PAC

**Monday, February 28**

SHS Sabre Music Showcase  
 7:00 pm SHS PAC

**Casino trip to Jackpot Junction Tuesday, Mar. 29**



Leave at 8:40 am from Country Manor Senior Apts. Door #6 and returning 6:30pm. Cost is bus fare \$20. Checks made out to Neil Thesing Inc. or cash for casino trip. Benefits \$15 free play. Must have current picture ID. Sign up with Sue at Country Manor by March 22. Phone number 320-258-8975.

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## RECIPE OF THE MONTH

### SERVE UP HEARTY SOUP

With falling temperatures, whistling winds, chilly days, and often inclement weather in many parts of the country, it's no surprise that January is recognized as National Soup Month. After all, what can be more comforting than wrapping your cold hands around a piping hot bowl of satisfying soup?

#### Benefits of Soup

In addition to being warm and comforting, soup is a terrific meal option for a number of reasons. Because of their relative ease of preparation, many soups can be made with little cooking experience. Most recipes make a big batch, so one occasion in the kitchen can cover many meals. Even adults who struggle with lack of appetite can often tolerate a bowl of hot and hearty soup. The liquid also has hydrating benefits for those who don't consume enough water on a daily basis.

But one of the biggest benefits of soup is that they are a great way to add more nutritious ingredients into your diet, especially vegetables, which people tend to eat less of in winter. This Classic Vegetable Soup features eight kinds of veggies, but feel free to mix and match the ingredients to suit your tastes.



### CLASSIC VEGETABLE SOUP

#### Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 4 medium carrots, chopped
- 2 celery ribs, chopped
- 3 garlic cloves, minced
- 4 cans (14-1/2 ounces each) low-sodium chicken broth or vegetable broth
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2 medium potatoes, peeled and diced
- 1/3 cup chopped fresh parsley
- 2 bay leaves
- 2 teaspoons dried Italian seasoning
- 1-1/2 cups chopped frozen or fresh green beans
- 1-1/4 cups frozen or fresh corn
- 1 cup frozen or fresh peas

- 2 cans (15-1/2 ounces each) navy beans, rinsed and drained, optional
- Salt and freshly ground black pepper to taste

#### Preparation:

Heat olive oil in a large pot over medium-high heat. Add onion, carrots, and celery. Saute until crisp-tender. Add garlic and sauté 30 seconds.

Stir in broth, tomatoes, potatoes, parsley, bay leaves, and Italian seasoning. Bring to a boil; add green beans. Reduce heat to medium-low. Cover and simmer until potatoes are almost fully tender, about 20-30 minutes. Add corn, peas, and navy beans. Cook 5 minutes longer. Season with salt and pepper. Yield: 8 servings.



Logos



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Answers on page 10

Famous Barbara's

1. Former talk show host and journalist.  
\_\_\_\_\_
2. She played Jeannie on *I Dream of Jeannie*.  
\_\_\_\_\_
3. 2016 Sports Illustrated rookie of the year.  
\_\_\_\_\_
4. Country music singer who made the hit single "Sleeping Single in a Double Bed".  
\_\_\_\_\_
5. Actress who played the Bond girl Anya Amasova in *The Spy Who Loved Me*.  
\_\_\_\_\_
6. 60 years in show biz and starred in *Double Indemnity* 1944 and *The Lady Eve* 1941.  
\_\_\_\_\_
7. One of the few performers to be awarded an Emmy, Grammy, Oscar and Tony (EGOT).  
\_\_\_\_\_

Come join us for an evening of trivia on the third Wednesday of the month at 6:00 pm at the Sartell Community Center The cost is \$5/person.



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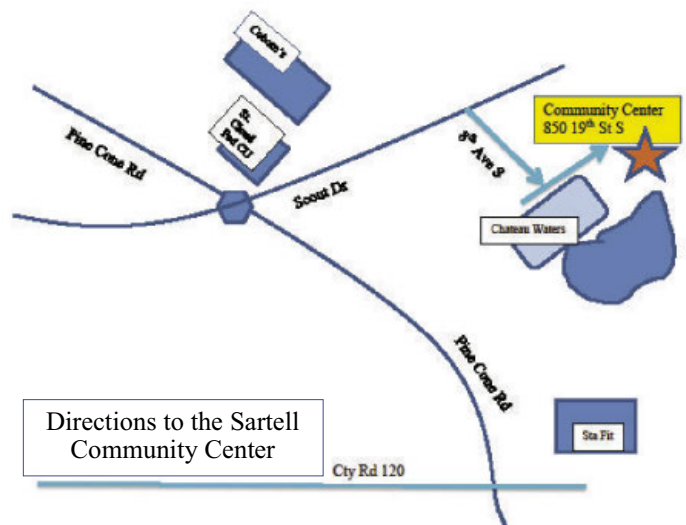


**\*\* ATTENTION SNOWBIRDS \*\***

If you are NOT at your mailing address for the next newsletters (mailed at the end of February and April), please contact Jan at [jsorell97@gmail.com](mailto:jsorell97@gmail.com) or call 320-252-2930 and leave a message with the dates you are leaving and returning. Newsletters cost Sartell Senior Connection \$.55 for each delivery failure.



Thank you, and enjoy your time away!



Directions to the Sartell Community Center

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

**Sartell Senior Connection**  
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