Events at a glance!

**HOLIDAY MUSIC!**
**FRIDAY DEC 3RD, 2:00PM**
Join Clark Adams and the Ray Barnard band for a holiday concert in the gym. **FREE!**

**JINGLE BELL BINGO!**
**MONDAY DEC 6TH, NOON STUDIO A**
Join us for Bingo!. **FREE! PRIZES!**

**I AM HERE TO HELP!**
If you need more information please reach out!
Foreverwell Coordinator: Tami Holtan
Tamara.holtan@ymcamn.org
612-371-8702.

CELEBRATION CONNECTIONS & COMMUNITY

**HOLD ON TO WHAT IS IMPORTANT THIS HOLIDAY SEASON**

At the Y we are celebrating YOU this holiday Season! Think back on all that we have come through together this past year. When I think of that, I am filled with emotion. What connections have you made? How has our community been shaped and grown by your presence? And how can you honor and celebrate that in your own life? One thing that these past couple of years have taught us is to evaluate what is important. When we had to weigh our options and decide what felt safe for each one of us, we looked through a new lens and made choices. We continue to flex that new choosing muscle this holiday season. And it is a gift. It is a gift to look with fresh eyes and ask ourselves what is truly important to me? What nourishes me? How can I give back? What is lacking? And how can I find more of what is missing. At the Y we address these questions together. In community. May you find YOUR meaning this season!

**BRANCH HOURS**
Monday-Friday: 5am-9pm
Saturday: 8am-5pm
Sundays: 8am-5pm
Front Desk: 612-263-9909
[www.ymcanorth.org](http://www.ymcanorth.org)

**BLAISDELL YMCA**
3335 Blaisdell Ave S, Mpls 55408
Contact: Tami Holtan
Email: Tamara.holtan@ymcamn.org
Phone: 612-371-8702
Customer Service: 612-230-9622
SPECIAL EVENTS HOSTED BY BLAISDELL

COME SEE CLARK ADAMS & THE RAY BARNARD BAND!

Friday Dec 3rd, 2:00pm, Gym
HOLIDAY MUSIC
Join us to listen to 90 minutes of live music. Clark Adams and the renowned Ray Barnard Band will perform for us. This event has been sponsored by Nancy Simpson, in loving memory of her mother, Char Philp. Coffee and snacks provided, while supplies last!

Monday Dec 6th, Noon, Studio A
JINGLE BELL BINGO!
With holiday music and prizes. Bingo was so much fun, we are planning another! (Feel free to donate prizes!) Coffee Provided!

Ongoing, Wednesdays 9:45-11am, Zoom
BLAISDELL FOREVERWELL COFFEE TALK
Join us any time for this virtual gathering. Register For Zoom Coffee Talk
Contact: tamara.holtan@ymcamn.org

Coming Soon...
Accountability Group Class

WELLNESS 180
Are you a person with resolutions? Or are you way past that? Did you know that group support is proven to help people achieve their goals?
Look for the Flex Training With Tami in January!
And make requests for Restorative Yoga or Senior Strength!
Questions? Contact: Tamara.holtan@ymcamn.org

Original Artist: Ted Miller
Graphic Alteration: Joe Musich
The Last Pheasant Hunt!
...or, “Life Long and Prosper”
by Mike Morson, November, 2021

In the late 50’s and early 60’s, when I was a teenager, Southern Minnesota and the Dakotas were considered a Mecca for pheasant hunters. “Pheasant Opener” was just freckle short of a national holiday! (It was always at 12 noon on a Saturday). “Deer Season” was almost an “unknown”. In my family, going hunting on opening day of pheasant season was a long established tradition. My uncles and adult cousins from St. Paul would religiously join other relatives from St. Peter, New Ulm, Nicollet, Sleepy Eye, Hanska, and other rural locations at a relative’s house in town, or on an uncle’s farm in the country, to begin the hunt.

I vividly recall, in 1952, sitting on the gravel embankment of a rail road track a mile or so out of Hanska. There were seven of us, including me (10 years old), eating our brown bag lunches, some playing cribbage, all waiting anxiously for the noon whistle to blow a couple miles away in town. That was the official start of a big weekend. The train tracks ran through a cut in a small rise with excellent cover for the birds to roost in overnight. When the whistle blew, people began walking both sides of the tracks. Within mere minutes the first rooster was flushed, shot, and bagged. In less than half an hour, we flushed dozens of birds, and we had our limit. The bag limit at the time was 3 birds per hunter. We kept 21 roosters; 18 for the 6 hunters with guns, and three for me even though I didn’t have a gun. Our hunting for that day was over in 30 minutes! These details are ever so clear in my memory today because I know for certain that I got my first shotgun when I was 11 years old. It was a Stevens 410, single shot beauty!

We all returned to Mankato where my Aunt Jen Ducett had a big old house in town. I can picture her today, at the dining room table, “canning” those 21 pheasants in wide mouth Kerr jars, after they were dressed and cleaned. I had never heard of canning pheasants then, nor since, but apparently it is still done. I just found 16 recipes for doing so on google!

That, dear reader, is the story of one of my first pheasant hunts.

Now, we fast forward 15 years to the Fall of 1967- 68. My last pheasant hunt. Dad, my brother Mark, and myself, decide to try pheasant hunting one more time after MANY years of hearing that the pheasants were “hunted out” in Southern Minnesota. If you wanted to hunt them, you had to drive to South Dakota and pay a pretty penny to hunt on a private pheasant farm where they raised them and released a given number of birds, which you had paid for, into their fields, just for your hunting pleasure. All reports that year were promising. Conversation efforts and a mild winter supposedly produced the biggest crop of birds in many years. “Well”, Dad said, “let’s give it a try”, and we set out on opening day to test our luck.

I don’t remember many details of that day. I do recall it was difficult to find “Unposted” land we could hunt on. And I recall many hours of traipsing through multiple fields of corn; prospective fields of good cover for the birds; even some promising ditch cover. But, alas, the net result of our daylong effort was but ONE stinkin’ bird... bagged and in the trunk.

As usual, the hunting day ended at sunset. We followed the traditional practice of “road hunting” to end the day... slowly driving the dirt roads with all eyes on the lookout for a pheasant on the move; in the ditch, along a fence-row. ANYWHERE! Again, nothing. So we went into town to have supper at the local “Diner”. We parked the car and went to put our guns in the trunk. Dad opened the trunk, and in a heart-stopping flutter of pheasant feathers, OUT FLEW our one bird, over the roof tops and back to freedom!!!
Thus ends“My Story” of “The Last Pheasant Hunt”.

As I write this, “Live long and prosper, young bird!” comes to mind.  Spock on Star Trek
**DID YOU KNOW?**

The Celebration of Kwanzaa consists of seven days of celebration culminating in a feast and gift giving. You may have some idea about the holiday, but do you know exactly what the seven days of celebration are all about? The beautiful image below tells us.

![Kwanzaa Image]

**HAPPY KWANZAA FROM ALL OF US AT FOREVERWELL!**

**THE SABATHANI VINTAGE VOICES IN CONCERT!**
Presented by Vocalessence Vintage Voices and Sabathani Community Center

The singing seniors of the Sabathani Vintage Voices cordially invite you to join them in song, spoken word and fellowship at their Winter Holiday Concert.

*Let There be Peace on Earth!*

Come and support our very own member, Joanna Lees, pictured above.

**Thursday December 16, 6:00 PM**

Auditorium of the Sabathani Community Center
310 East 38th Street, Mpls MN 55409
Free and open to the public!
Mask wearing Required.
Celebrations, Connections & Community
Hold onto what is important this Holiday Season

Words can go horizontally, vertically and diagonally in all eight directions.
BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES

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MEMBER SPOTLIGHT!

Thelma Hinkle is a celebrated member of our Blaisdell Community.

Join us in recognizing her birthday on December 15. Thelma was born in 1924 and will be 97 this December. She comes to the Blaisdell YMCA nearly every weekday to a variety of classes, and she usually stays for our social groups too. Thelma joined the Y many years ago, when she started bringing her grandchildren for swimming lessons. After she retired, she made the Y part of her regular regimen. If you ask Thelma for advice, she will tell you to come to the YMCA and keep moving! Thelma lives independently, and is a role model for healthy aging. We are proud to call her a friend and member of our community. If you see Thelma, say hello! She is very social, and loves to visit at the Y!

She is one of our heroes!