

St. Pauli News in Detail



Greeting and Ushering

Sept. 1	Ron and Virginia Anderson
Sept. 8	Faye Auchenpaugh
Sept. 15	Ken and Cindy Cedergren
Sept. 22	Neil and Sharon Bugge
Sept. 29	Meribeth Folkedahl

Sunday Service:

- Light altar candles before service and put out flames after church.
- Act as Greeters and hand out bulletins.
- Usher for offering and communion.
- Tidy up pews after church to make it ready for the next Sunday's services.

Altar Preparation: Barb Nelson (Sept. 1 & 15)

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Volunteer Opportunity

St. Pauli Sunday School will be starting Sept. 22nd.

We are still in need of teachers for the preschool and 3rd-5th grade classes.

Sunday School will also be starting 15 minutes earlier to enable everyone to get to worship services on time. Thus, we will begin promptly at 9:15 am and conclude at 10:15 am.

If you are able to help out, please contact Kari Torkelson at drktork@aol.com or call [701-787-8769](tel:701-787-8769).



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September Milestones

Birthdays

Sept. 1	Deb Ernst
Sept. 12	Nancy Jensen
Sept. 15	Cindy Cedergren
Sept. 16	Sally Torkelson
Sept. 17	Bruce Mathson
Sept. 19	Wally Torkelson



Harvest Festival

FALL SUPPER

Sunday, October 27th
Serving 4:00 - 7:00 pm

We will be advertising as much as we can, but please do your part in letting all of your friends know about our Fall Supper. More details to come in the October newsletter.

Anniversaries

None of which we are aware



Minutes of the Church Council

June 20, 2013

The St. Pauli Church Council held its monthly meeting on Thursday, June 20, 2013 at St. Pauli Church. Members present: Evie Johnson, Arlo Rude, Kathy Alberg, Barb Nelson and Pastor Carl Hansen. Meeting called to order by President Rude at 7:00 p.m.

Pastor Hansen opened by leading us in prayer.

Approval of Agenda

Agenda was presented by Rude. A motion to purchase a Paschal candle was added to New Business. Johnson made a motion to accept with the addition, Nelson seconded, motion carried.

Secretary's Report

Nelson presented the report. Alberg made a motion to accept, seconded by Johnson. Motion carried.

Treasurer's Report

The Treasurer's report for May 2013 was presented by Johnson.

Expenditures:	\$3,132.05
Income:	\$4,505.79
Checking account balance:	\$13,632.00
Savings account balance:	\$35,715.97
Edward Jones balance:	\$19,876.53
Memorial Fund balance:	\$36,093.91
Total as of May 31, 2013::	\$105,318.40

Cemetery Association balance was \$11,720.13.

Nelson made a motion to accept, Alberg seconded, motion carried.

Pastor's Report

Pastor Hansen attended the NW MN Synod Assembly. The highlight was the re-election of Bishop Larry Wohlrabe on the first ballot with 88% of the vote.

Pastor Mary had a grape-sized tumor on the left lobe of her liver, which was treated with a TACE procedure at Mayo Clinic. The doctors are pleased with the results.

Pastor Hansen will be preaching at Trinity on August 11, 2013. The family will be gone to a Twins game on August 18, 2013.

Following the joy of three First Communions in May, we will be having baptisms in the near future.

Reports

WELCA – No report.

Board of Education – Kari Torkelson has scheduled a meeting for June 30, 2013 regarding last year and looking forward to the coming year.

Men's Group – not meeting.

Other Reports – Jim and Jan Strandlie will give a report on the NW MN Synod Assembly on a Sunday coming up soon.

Old Business

Reviewed all projects and goals for 2013. Several have been completed including: number board raising and lowering, black soil in the flower beds were finished in the last month. Painting the interior of the sanctuary, narthex and basement ceiling plus carpeting and epoxy flooring was approved by the congregation at a special meeting on June 16, 2013. This project will begin real soon. All contractors have been contacted.

New Business

Pastor Hansen agreed to a new three-month contract.

Motion was made by Alberg, seconded by Johnson to purchase a Paschal Candle as a memorial from the family of Emily Lokken. Motion carried.

The meeting closed with the Lord's Prayer.

Adjournment

Johnson made a motion to adjourn at 7:50 pm, seconded by Alberg. Motion carried..

Respectfully submitted,
Barb Nelson, Church Council Secretary

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Minutes of the Church Council

July 23, 2013

The St. Pauli Church Council held its monthly meeting on Tuesday, July 23, 2013 at St. Pauli Church. Members present: Evie Johnson, Arlo Rude, Kathy Alberg, Barb Nelson, Wahna Smith and Pastor Carl Hansen. Meeting called to order by President Rude at 7:00 p.m.

Pastor Hansen opened by leading us in prayer.

Approval of Agenda

Agenda was presented by Rude. Motion to accept by Nelson, seconded by Smith, motion carried.

Secretary's Report

Secretary's Report presented by Nelson. Motion to accept by Johnson, seconded by Alberg. Motion carried.

Treasurer's Report

The Treasurer's report was presented by Johnson.

Expenditures:	\$2,459.44
Income:	\$2,163.00
Checking account balance:	\$13,335.56
Savings account balance:	\$35,721.84
Edward Jones balance:	\$19,876.93
Memorial Fund balance:	\$35,450.30
Total as of June 30, 2013::	\$104,384.63

Cemetery Association balance was \$11,945.13.

Nelson made a motion to approve, Alberg seconded. Motion carried.

Pastor's Report

Pastor Hansen will be preaching at Trinity in TRF on August 11, 2013. He will also be gone on a family vacation August 15-18.

He hopes to convene the liturgy group prior to the next council meeting so he can bring a recommendation concerning a new musical setting of the liturgy.

The ELCA is celebrating its 25th anniversary this year. All congregations are encouraged to be a part of "God's Work. Our Hands" Sunday on September 8th.

Pastor Mary will be having a recheck in Rochester in late August. They don't plan to be gone over a weekend.

If you have family or friends in the hospital who would like to have Pastor Hansen call on them, please give him a call since the hospital does not notify him.

Reports

WELCA – They had a speaker last month and will be having another tomorrow evening.

Board of Education – Had a meeting June 30. Discussed last year and are putting together a calendar for this year. Plan to go forward with at least the same number of students.

Men's Group – not active.

Other Reports – Rude reported that Steam Magic will be cleaning the floor tiles on August 5th and Concrete Design will be putting down the epoxy shortly after. Paint and Glass will be putting in the carpeting the week of August 12th.

Old Business

The Paschal Candle stand is here. Cost was \$129. Rude will order the candle.

New Business

Picnic Sunday is August 18th. Skip Swanson will get a tent and Rude and some of the men will erect it on Saturday the 17th. Kari Torkelson has agreed to lead the service and Jim and Jan Strandlie will give their report on the NW MN Synod Assembly they attended. WELCA will discuss the food, etc.

Rude reported the altar needs some alterations and repairs. He will reinforce the back and anything else needed. The altar rail is scuffed up. Rude will look into that also.

Johnson said she had been asked to bring up the need for air conditioning. After little discussion, the subject was dropped.

The meeting closed with the Lord's Prayer.

Adjournment

Meeting was adjourned at 8:00 pm.

Respectfully submitted,

Barb Nelson, Church Council Secretary

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Historic Minutes of the St. Pauli Congregation

14 December 1908

The St. Pauli Scandinavian Lutheran congregation held its 15th annual meeting in the church on December 14, 1908.

The meeting was opened by the new chairman of the congregation Pastor S. T. Palm with reading from the scriptures and prayer, after which the chairman declared the meeting opened and everyone free to speak.

The secretary read his report from the last annual meeting and the same was unanimously accepted without change.

The treasurer then read his report, which was also unanimously accepted.

From the report of the treasurer it was evident that during the past year not all had been received for the pastor's salary decided upon. The cash balance turned out to be roughly ca. \$200.00.

Proposed and supported and unanimously accepted to remit Hannah Lokken what she owed.

The chairman read his report and the same was accepted to enter into the minutes. Thereafter the congregation proceeded to elect officials.

Christ Moe was elected as trustee, as secretary the same, and treasurer, and sexton also with the same salary as before.

After this was elected a religion school committee as follows: C. Oien, A. A. Odegaard and Ole Helgeson. It was proposed and supported and unanimously accepted to appoint Mr. John Sjerva as advisory member.

Proposed and supported and unanimously accepted to elect Albert Odegaard as principal of the Sunday School with his father as assistant.

Proposed and supported and unanimously accepted that the congregation shall express its gratitude to its officials. Proposed and supported and accepted to elect the same cemetery committee as before.

After which was discussed the religion school at length. Finally it was proposed and supported and accepted that

there would be held two months religion school: one month in the church and one month in the schoolhouse west of the church.

Proposed and supported and accepted to decide the same pastor's salary as last year with the same supervising committee.

Proposed and supported and accepted to leave to the trustees to see to it that a privy was built and to find out what it will cost to build a steeple on the church and other necessary repairs.

After which the meeting was ended by the chairman with the Lord's prayer.

Secretary, Jacob Amundson

Treasurer, Halvor Torstvet

Trustees of the congregation:

A. Odegaard 1910

Ole Helgeson 1911

H. Hostvet 1912

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Historic Minutes of the St. Pauli Luther League

30 November 1952

The St. Pauli Luther League met at the church on November 30th.

The meeting opened with the congregation singing "O, God, the Rock of Ages."

Reverend Erickson of Grygla led us in Scripture Reading and Prayer.

The hymn "Oh, How Shall I Receive Thee" was then sung by the congregation.

A movie "Holy Night" was shown by Pastor Erickson.

Following another hymn by the congregation, "I Place Myself in Jesus' Hands," two other short movies were shown.

The program closed with the singing of "Lord Dismiss Us with Thy Blessings" and the "Doxology."

The only business was the secretary's report read and accepted.

Lunch was served by the Ole Lian, Melvin Torkelson, Horace Dalager, and Clayton Mathson families.

Proceeds: \$15.50

Signed: Connie Alberg

For the December meeting, we had a Christmas party at the Gust Gustafson home.

22 February 1953

The annual meeting of the St. Pauli Luther League was held at the Carl Alberg home on February 22.

The program opened with the singing of "Open Mine Eyes" by the congregation. President Fern Mathson led us in scripture and prayer. Several hymns were then sung by the congregation: "Beautiful Savior," "What a Friend We Have In Jesus," "My God How Wonderful Thou Art."

The business meeting opened with the secretary reading the minutes of the last meeting and also of the last annual meeting. This report was accepted as read.

The Treasurer's report was read by Mrs. Bjorge, in the absence of the treasurer, Marlyn Bjorge. A motion was made and seconded that the report be accepted as read.

A motion was made and seconded that we raise the organist's salary to \$2 per service.

A bylaw was added to the constitution giving the right to vote to those parents whose young folks have left home or those whose children are below confirmation age.

Elected to office for 1953 were:

President: Connie Alberg

Vice President: Doris Belange

Secretary: Betty Rude

Treasurer: Wahna Torkelson

Lunch was served by the following families: Carl Alberg, Norman Nelson, Emil Thune, and Olaf Snetting.

Proceeds: \$12.40

Signed: Connie Alberg

The Evangelical Lutheran Church in America (ELCA)

celebrates its 25th anniversary in 2013



We are a church that is deeply rooted — and always being made new.

We are deeply rooted. The Evangelical Lutheran Church in America is still comparatively new as a church body, and yet our roots are much deeper than our 25 years together. The taproot of our life extends through the histories of predecessor churches in the United States, through the formative witness of the 16th century evangelical reformers and their confessional writings, to the Scriptures and the word of Christ. Our life is in Jesus Christ. We are deeply rooted in his word of forgiveness and the promises of God's steadfast love and mercy. The word of Christ dwells in us richly. God nourishes us as one body in Jesus Christ with companions from around the globe who meet us at Christ's table of grace.

We are being made new every day. In Jesus Christ we are not unchanged. What God does in Christ is as radical as the death and resurrection of baptism, where new creatures in Christ rise to live "no longer for themselves, but for Him who died and was raised for them." God is bringing that new creation to life among us in the ministry of reconciliation. In that service we no longer see each other as we did before. We are no longer strangers, competitors or enemies to each other. We are beloved companions in one body, restored to a communion where the rich diversity of our experiences, wisdom and abilities serve the common good in Christ. The new creation in Christ rises to life among us every day.

Presiding Bishop Mark S. Hanson writes:

"The Evangelical Lutheran Church in America (ELCA) is the church that shares a living, daring confidence in God's grace. We are a church rooted in Scripture, tradition, the Lutheran Confessions and the rich histories of our congregations. It is through God's grace that we are made new day by day to proclaim Jesus Christ and boldly participate in God's work. As Luther said, this faith is a living, busy, active, mighty thing.

As we celebrate our 25th anniversary, we get to look back at the people and events that have shaped us as a church. We celebrate the stories that have made us vibrant and distinctive yet brought us together as nearly 10,000 congregations, 65 synods and numerous church-wide ministries freed in Christ to love and serve neighbors in our communities, our country and around the world.

What God has done through us is indeed worth celebrating. In 25 years, we have:

- Started 435 new congregations
- Ordained nearly 8,000 pastors
- Sent more than 2,000 missionaries to serve around the world
- Contributed more than \$350 million toward the alleviation of hunger and poverty..."

"God's work. Our hands." Sunday is an opportunity to celebrate our 25th anniversary as the Evangelical Lutheran Church in America — one church, freed in Christ to serve and love our neighbor.

We are a church that rolls up our sleeves and gets to work. On Sept., 8, let's join together as 4 million members, nearly 10,000 congregations, and 65 synods for a dedicated day of service.

Imagine the nearly 10,000 congregations of our church serving meals, cleaning up neighborhoods, making quilts for refugees or simply visiting the neighbors who need us. We are a church that rolls up our sleeves and gets to work.

Let's clean up neighborhoods, deliver meals, collect supplies for refugees overseas, visit our neighbors or help a child learn to read.

We work every day to welcome our neighbors and make our community a better place. Now let's do it together as one body, using our hands to do God's work of restoring and reconciling communities in Jesus Christ's name throughout the world.

We have new flooring!



The St. Pauli Congregation decided the tile flooring in the sanctuary was becoming too difficult for the ladies to continue to wash and wax on their hands and knees twice a year. At a special meeting, they chose to have the floor stripped of all the old wax and have a special epoxy coating put on top. At the same time, the interior would be painted and the red carpeting would be replaced throughout.

Arlo Rude built dollies in which the ends of the pews could be lifted and set in place, and the pews then rolled into position. He also built a framework on which the pews could be stacked in the narthex while the flooring was being replaced in the sanctuary. Several men from the congregation accomplished this move after worship services on August 4th (see photo below).

Once the pews were out, the baseboards were removed, tiles were patched where needed, and a crew was hired to do the stripping and epoxy work. Because this and the carpet laying

was going to take the better part of two weeks, no worship services were held on August 11th and outdoor services with a picnic were held on August 18th.

When the epoxy flooring had cured, the baseboards were re-installed and the men moved the pews back into their positions.

The altar, railing and pulpit were then moved down into the sanctuary area so that the old carpet could be removed and disposed of, and the installation of new carpeting could be accomplished. Because the new carpeting was glued down, the church windows were opened to give adequate ventilation. This was a necessary step, but due to the extremely dry weather it created additional work because everything on the main floor now had a layer of dust on it from the road or fields.

Once again, volunteers showed up to do the cleaning. Since the altar top was down on the floor and easily accessible, it also received a thorough cleaning. It is quite fragile, so some very patient people used q-tips with lemon oil to clean all of the intricate carvings.



A look at our gardens...



Former Member Passes



Ingeborg Margaret Johnson, 93, of Thief River Falls, MN died on Saturday, August 17, 2013 at Greenleaf Senior Living surrounded by her loving family. Most of us knew her as "Belle."

Funeral services were held on the anniversary of her 94th birthday, Monday, August 26, at 10:30 AM at Trinity Lutheran Church in Thief River Falls, with Reverend John Voelker officiating. Burial was held at Telemarken Church cemetery rural Goodridge.

Ingeborg Margaret Johnson was born August 26, 1919 at Goodridge, daughter of the late Torjus and Sophie (Riis) Larson. She was raised and attended school near Goodridge. She was baptized and confirmed at the Telemarken Lutheran Church. In November 1937 she was united in marriage to Willard Johnson at Goodridge. The couple made their home in Smiley Township near Thief River Falls.

Ingeborg worked at various places in Thief River Falls including Land O'lakes, Northwestern Hospital, and Piggly Wiggly grocery. Willard passed away in April 1986 and Ingeborg moved into Thief River Falls in 1993 to Pioneer Court where she lived

until moving to daughter Sheila's home in January 2010, then to Valley Home in April of 2011 and Greenleaf in October of 2012. Ingeborg enjoyed quilting, needle work, gardening, canning and old time music. She was a devoted mother who especially enjoyed the time spent with her family.

Ingeborg is survived by her children Sharon Durisseau of Rochester, MN; Yvonne Pederson of Thief River Falls; Richard (Pati) Johnson of Mesa, AZ; Jan (Dan) Elleson of San Antonio, TX; and Sheila Johnson of Thief River Falls; 20 grandchildren, 51 great-grandchildren and 28 great-great-grandchildren; siblings Elsie Harter of Wayzata, MN and Cecelia Ostertag of Oshkosh, WI and several nieces and nephews.

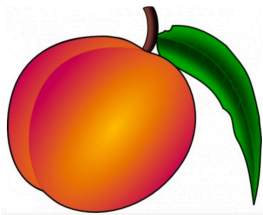
She is preceded in death by her parents, husband Willard in 1986, son Darryl in 2010 and an infant daughter; sisters Marie VeVea, Laura Radtke, Thordis Hicks Langerud, Gunda Pederson, Petra Nigl, Bertha Kenyon and brother Knute Larson and great-grandsons Trenton, Shane and Justis.

CASKETBEARERS: Dan Elleson, Jeff Hunt, Brian Hunt, Terry Hunt, Scott Ingram, Jeremy Johnson.

HONORARY CASKETBEARES: Greenleaf Memory Care Staff

SPECIAL MUSIC: Greg Dally and Paula Adamson

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Barb Nelson served a delicious fresh peach dessert at our August WELCA meeting and she graciously agreed to share the recipe with us.

Barb's "Fresh Peach Delight"

Melt and cool:

18 large marshmallows

1/2 cup milk

Add to above mixture:

3/4 cup cream whipped (Barb uses 2 cups Cool Whip and no sugar)

1 tbsp. sugar

Add:

1/2 tsp. vanilla

1-1/2 cups fresh peaches, cut into small pieces

Pour into a 9x13 graham cracker crust. Top with crumbs and chill.

(Barb doubled the filling recipe in order to make the 2" high serving we enjoyed. If you want your servings to be thinner, use the recipe as is.)

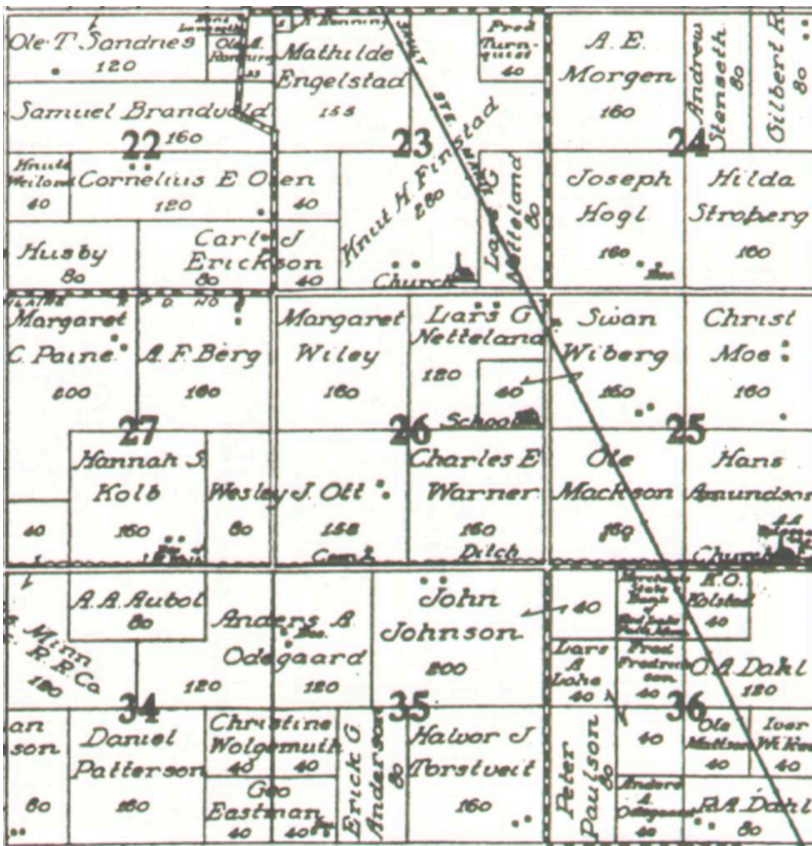
Where was the Hamar Church located?

The Hamar Congregation joined with St. Pauli Church in 1917 and their church records containing baptisms and weddings were turned over to St. Pauli at that time. The last Hamar baptism was Earl Paul Engelstad, son of Paul and Olive Engelstad on May 28, 1917. The last Hamar wedding was Helmer and Mildred Finstad on July 27, 1917.

Older members of our congregation recall that the church was located near the Finstad farm and this is borne out by the 1911 map of the southeast corner of Rockbury township. A church is noted in Section 23 in the SE corner of the property belonging to Knut H. Finstad. If anyone has a photo of the Hamar Church, we would love to add it to our website.

You will also see St. Pauli's location in the SE corner of Section 25 on land originally belonging to Hans Amundson.

This map reminds us, too, that when conducting genealogy searches, names are often misspelled, incorrect, or different from what we are expecting. Note the spelling of the property in Section 25 belonging to Ole "Mackson."



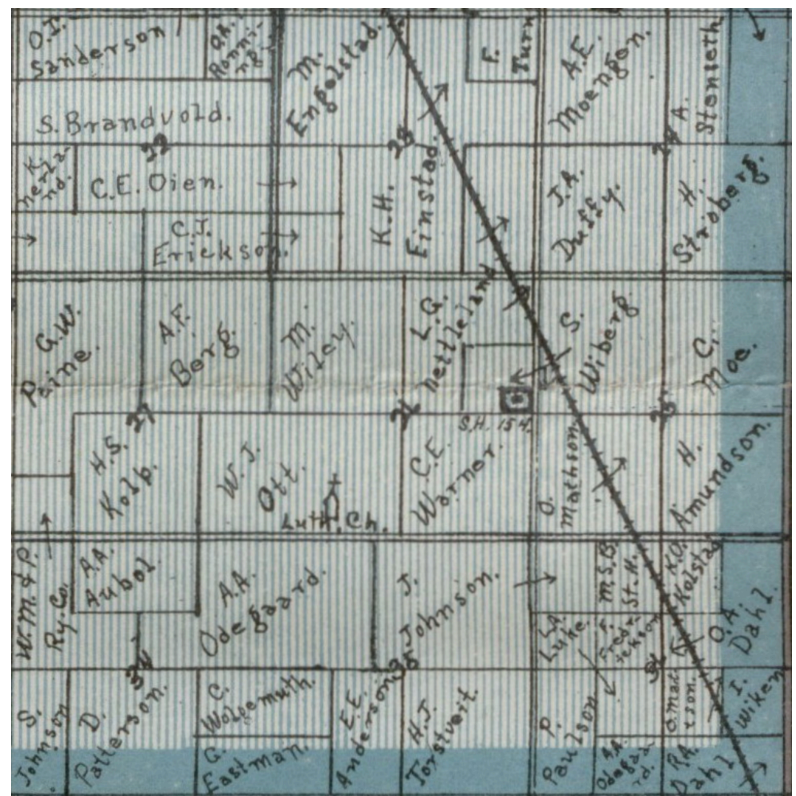
1911 Map, portion of Rockbury Township

In the map to the right below from 1909 for the same sections in Rockbury township, you will see that O. Mathson's name is spelled correctly, but that the St. Pauli church is located at the cemetery.

Hamar Church does not appear anywhere on this map. They do, however, have School District 154 (Cheerville) correctly identified on both maps.

An example of an unexpected name is found in the Smiley township maps (not shown here). Most of us know that Tollef Erickson had the farm where Ken Geske now lives. The 1909 map shows the owner as "T. E. Skredergaarden." *Gaard* in Norwegian means 'farm' and this could give a genealogist a clue as to where Tollef came from in Norway, but he or she wouldn't find either "Tollef" or "Erickson" on this map. On the 1911 map, however, the listing is "Tollef E. Skredergordon," which would help, but someone has now anglicized the spelling of *gaard*.

Does all of this make you curious? Township maps of Pennington and Red Lake counties can be found on the Pennington County Historical Society webpage: pville.org. Simply go to "Maps" and you will see a listing by township for 1909 and 1911.



1909 Map, portion of Rockbury Township

God's Marvelous Creation



THE BUZZARD

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

THE BAT

The ordinary bat that flies around at night, a remarkably nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.



THE BUMBLEBEE



A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

PEOPLE

In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up!



That's the answer, the escape route and the solution to any problem....just look up!

Sorrow looks back,
Worry looks around,
But faith looks up!
Live simply, love generously, care deeply, speak kindly,
And trust in our Creator, who loves us.

The Back Page

God gives us the gift of laughter

Verks 4 Me

Ole, a Norwegian fella, wanted a job, but the foreman didn't want to hire him, so he said he wouldn't hire him until he passed a little math test. "Here is your first question," the foreman said. "Without using numbers, represent the number 9."

"Witout numbers?" the Norwegian said, "Dat's easy," and proceeded to draw three trees. "What's this?" the boss asked.

"Vot! You got no brain? Tree and tree and tree make nine," said the Norwegian.

"Fair enough," said the boss. "Here's your second question. Use the same rules, but this time represent the number 99."

The Norwegian stared into space for a while, then picked up the picture that he had just drawn and made a smudge on each tree. "Dar ya go!" The boss scratched his head and said, "How on earth do you get that to represent 99?"

"You must be from New York. Each of da trees is dirty now. So, it's dirty tree, and dirty tree, and dirty tree. Dat is 99." The boss was getting worried that he was going to actually have to hire this Norwegian, so he said, "All right, last question. Same rules again, but represent the number 100."

The Norwegian fella stared into space some more, then he picked up the picture again and made a little mark at the base of each tree and said, "Dar ya go! Von hunerd!"

The boss looked at the attempt. "You must be nuts if you think that represents a hundred!"

The Norwegian winced, shook his head and said, "Uffda." He leaned forward and pointed to the marks at the base of each tree and said, "A little dog come along and pooped by each tree. So now you got dirty tree and a turd, dirty tree and a turd, and dirty tree and a turd, and dat makes von hunerd!"

"So, ven do I start?"

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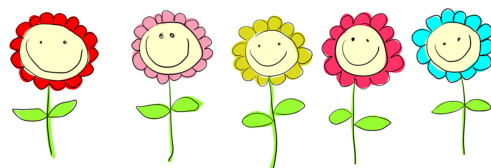
Three Old Guys

Three old guys are out walking.

First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday."

Third one says, "So am I. Let's go get something to drink."



Church Gossip

Irene, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his old blue pickup parked in front of the town's only bar one afternoon. She emphatically told George, and several others, that everyone seeing it there would know exactly what he was doing.

George, a man of few words, stared at her for a few moments and just turned and walked away. He didn't explain, defend or deny. He said nothing.

Later that evening, George quietly parked his blue pickup in front of Irene's house...walked home...and left it there...all night!

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Anger Management

A woman went to the Doctor, worried about her husband's temper.

The Doctor asked: "What's the problem?"

The woman said: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor said: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman came back to the doctor looking fresh and reborn.

The woman said: "Doctor, that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor said: "The water itself does nothing. It's keeping your mouth shut that does the trick."