

# Volunteer

## SPOTLIGHT

JULY 2009



### Betty Varholdt

Betty was born on April 25th to Ed and Ruby Brasseth near Westbury, MN. She has one brother and three sisters. Betty and her siblings attended Lake Park District 10 School through the 8th grade and then attended Lake Park public school through 12th grade graduation. Right after High School, Betty met a man named Lloyd Varholdt at a dance at Cormorant Lake. The couple was married in 1952 and were blessed with two children Glen and Jeanette, three grandchildren and three great-grandchildren. Shortly after marriage, the couple moved to Omaha, NE where Lloyd did Heating and Air

Conditioning work. In 1963 they moved to Crystal, MN where Betty attended Florian Beauty Academy in Robinsdale, which was a one-year program. During college Betty worked as a cook at the Robinsdale School. She graduated in 1964 and started her own salon named *Hair Affair*, which she operated until 1978. The couple made one more move, this time to Detroit Lakes in 1978 where they still reside today. Betty moved her salon there which she ran until 1995. Another business adventure they took was purchasing the Four Corners Restaurant and Gas Station in 1985. Betty moved her salon into that building and the couple operated both businesses until 1995. Betty wore many different “hats” during these years, including bookwork, cooking, and hair. They sold the business and retired in 1995.

Betty began her volunteer career at St. Mary's in 1996; apparently being retired just wasn't for her! She has been working in Hair Care for the past 13 years. Just think of how many rollers she has rolled! She was also a member of the St. Mary's Auxiliary. Betty has contributed almost 900 hours of volunteer time!

Over the years, she has kept busy with many other things as well. As a member of Lund Lutheran, Betty helps with funerals, cooking for fundraisers, and anything else that needs to be done. While her children were small, she was a Den Mother for the Girl Scouts. She has belonged to the Pride and Joy Homemakers for 10 years; this group makes lap quilts and donates them to the Crisis Center, St. Mary's, etc. She has belonged to the same card club for the last 30 years! She also is an avid bowler.

The couple has traveled all over the United States, but her favorite vacation memory is Washington, D.C. Betty said the Memorial Gardens were just amazing and there was just so much to see with all the historic landmarks, buildings, etc.

**When asked why she enjoys volunteering, she replied, “When I started, I wanted to help with hair because I enjoyed it so much. But then I got to know the residents; just their smiles and visiting with them keeps me coming back week after week.”**