

Leader-Record



\$1.00

CONTINUING THE GONVICK RECORD AND CLEARBROOK LEADER
Serving the Communities of Clearbrook, Gonvick, Gully, Leonard and Trail

Looking back at events for the year 2016

January – Good Samaritan welcomed a new employee, Shair Baratono... Clearbrook-Gonvick first grade class made cookies for the Christmas party... Many people attended the Clearbrook-Leonard Senior Center's New Year's Eve party... Gerald Dyrda Memorial Races had many winners, Corey Davidson of Newfolden, Lance Efteland of Thief River Falls, Re Wadena of Dilworth and many more including a helmet won by Myles Ilstrup... Clearwater County appointed Neal Illies, Chairman and John Nelson as Vice Chairman... Bagley author, Jeremy Davies released new novel, "Rows of Steel"... Bagley School class tours Richards Publishing... Gonvick Lions sent donated eye glasses to Haiti with Lance Bergstrom, MD... Oklee Inn and Fitness Center has a open house... Bryan & Stephanie Ramsrud of Clearwater County are nominated for Red River Valley Emerging Leadership Program, Stephanie & Krist Olson for Pennington County and Jeremy & Sarah Hovde for Polk County Representatives... Bucks for Ducks campaign is a success at Clearbrook-Gonvick High School... Sanford Bemidji named new Cancer Center for Joe Lueken of Bemidji... Jana M Galloway, Director of Quality Performance Improvement at Sanford Health, selected recipient for the 2016 Becky Nelson Leadership Fellow Award... Liz Bodenstener reached her 1,000th point for her basketball team at Clearbrook-Gonvick High School... Gonvick American Legion Auxiliary hosted the United Blood Service Drive at the Gonvick Community Center, Gordy Olson of Clearbrook donated over 10 gallons of blood & received a plaque to recognize his dedication...

We lost...Marjorie Yager, Franklin Berg, Sr., Marlys Silbraugh, Harold Elroy Vasend, Ervin Hanson, Ruth Larson, Gudrun C. Fredensberg, Steve Gulbranson, Mike Mamerow, Alair (Thompson) Quickstad, Rose Alma Bregier, Larae J Churness, Everett Noyes, Norma Hazelton, Dennis Paul Lundmark, Wilford (Bud) Julian Sorenson, James Ole Prestebak, and Robert Anderson.

February -Check for car project in Industrial Technology Class at Clearbrook-Gonvick High School was given in memory of Jim Vordebruggen...Lou Nylén estate leaves \$10,000 to Clearbrook-Gonvick School... John DeVries is top speller at the Spelling Bee...Clearbrook-Gonvick Theater One Act Play earns second place trophy...Jim Torgerson named as managing partner of Stool Rives LLP law firm...New three-phase Recreation Project in Clearbrook approved...Marvelous Mosaics enjoyed by many children at the Clearwater Life Center... Sixth annual Backbreaker's Vintage Snowmobile Show... Iron Chargers from Grygla High School invited to the VEX Robotics World Championship in Louisville, KY...41st Annual Ag Arama at U of M Crookston students recognized for achievements...Sanford Bemidji announces Bryan Nermoe as new president...Maria Sjodin joins Cornerstone Veterinary Service as a new Veterinarian...Gonvick Jubilee donates money to various organizations...Dr. Lisa Newland shared her experience in Cape Town, South Africa... John Swanson originally from Mentor elected to the Corn Growers Association...Red Lake High School Basketball honored as "Dream Team of the Week"... Tammie Ehlers reached million miles delivering mail for the Clearbrook Post Office...Fargo start up PRX Performance appears on Shark Tank...IMPACT students at Clearbrook-Gonvick held a fund raiser for Bricks for Haiti...

We Lost -Keith Lorentzen, James P. Jaeger, Ruby Doris Bardwell, Sylvia E Molstre, Marvin Thompson, Lorraine D Madison, Carl "Gene Teigland, Janice Marie Lillo, John Olaf Birkeland, Lester Tom Waling, Bud Sorenson, Renee Engstrom, Loretta B Thoreson, Agnes Rolf, Mary Helen (Holmes) Sletten, Charles Bachand, Rory Austad, and Andy G Allen.

March – FFA was featured at Clearbrook-Gonvick board meeting...Bemidji Mayor, Rita Albrecht to speak at First Lady Event...Veterans honored at Good Samaritan Center...Red Lake Tribal buildings tap sun for solar energy project...Clearwater County Food Shelf will re-



Maria Sjodin, new at Cornerstone Veterinary Service.



Gonvick Lions Rodeo sheep riding.



ceive matching funds for March contributions...Scandinavian/American music at Timbers Event Center...Clearbrook-Gonvick Bears, Girls & Boys honor their parents at game night...Clearwater Historical Society presents traveling exhibit "Coming of Age"...Eileen Lien named First Lady of the county...Clearbrook-Gonvick school serves donuts for dads & grandpas and moms & grandmas...Win-E-Mac's Madison McKeever honored with State AAA Award...Second annual Spring Shoot-Out Radar Run held on Pine Lake...Clearbrook-Gonvick River Watch Team places second at Red River Basin River Watch Forum...Clearbrook Community Club donates to local projects...Gully Tri Coop held their annual meeting...4-H members honored at Polk County...Senior citizens learn Tai Ji Quan...Emma Satran celebrates her 97th birthday...Minnesota Jr. Duck Stamp Contest titled "Spread Your Wings"...

We Lost.Dax Wayne Derby, Delano Harold Fore, Roy Westlake, Albert Lowell Rasmussen, Burnett Bud Sims, Pearl Anderson, Patricia Julin, Olga Black, Roland Klamar, Maxine Wittenberg, Kelly Allan Aakre, Eugene Melander, Verna Blaha, Evelyn Hanson, Ellen Beggs, Ethel C Fisher, Gordon A Olson and Patsy A Anderson.



Clearwater-Polk Electric meeting



Clearwater Trail Blazers



Gully Tri-Coop

Races set for Saturday and Sunday on Pine Lake

Lance Efteland topped a field of 30 riders to win Semi-Pro Stock in last years snowmobile races on Pine Lake. This year he is donating a ZR120 snowmobile to the races that will be held on Pine Lake January 7 and 8, 2017 just south of Gonvick. The Gerald Dyrda Memorial Pine Lake 200 is part of the USXC, United States X-County Snowmobile Racing circuit that starts on Pine Lake.

Lance Efteland stated, "Well it's that time of your again! I hope everyone has been enjoying their Christmas! I'd like to go ahead and share a story

with everyone. I remember a long time ago when I got my first kitty cat! It was one of the best gifts I'd ever gotten, not only because it's a kitty cat and what kid wouldn't want one, but because it sparked a passion for snowmobiling at such a young age that I've never lost to this day! That passion for snowmobiling has taken me to a ton of places and introduced me to a lot of great people in the past few years while racing cross country that I'm very thankful for! So with that being said, this year, I'd like to put some emphasis on a motto from a brand that

supports all of us who love the sport of snowmobiling! That brand is Arctic Cat and their motto is "Share Our Passion"! So now the fun part, this year at the Gerald Dyrda Memorial 200 on Pine Lake on January 7th and 8th I'd like to go ahead and "share my passion" by giving this ZR120 I picked up at Dakota Cat in Fargo to one of the youngsters that come out to the races! So help spread the word and come on out to enjoy a weekend of USXC racing and put your name in the bucket for a chance to win this sled!"

Snow shoveling heart risks, tips to stay safe

We now have winter in the Tri County Canary area as the weekend storms dumped many inches in some places. As people dig out, there are some health hazards to keep in mind. The American Heart Association is reminding people that winter weather and common activities such as snow shoveling can increase a person's risk of a heart attack. The combination of colder temperatures and physical exertion increases the heart's workload.

Heart-related incidents and deaths occur more often in winter.

People who are outdoors in cold weather should avoid sudden exertion, such as lifting a heavy shovel packed with snow. Even just walking through heavy, wet snow or snow drifts can strain the heart because most people are not conditioned to the physical stress of simple activities when temperatures drop.

The American Heart Association reminds the public to prepare for the outdoors, even if it is just a few minutes of exposure to the cold weather, by wearing layers of clothing. Air is trapped between layers, forming a protective insulation for your body. Also, wear a hat

or head scarf as body heat can be lost through the head, and ears are especially prone to frostbite. Wear gloves or mittens on your hands and thick socks on your feet as hands and feet also tend to lose heat rapidly. Always change out of wet clothing. Dressing improperly can lead to hypothermia, a potentially deadly problem that means the body temperature has fallen below 95 degrees. It occurs when your body cannot produce enough energy to keep the internal body temperature warm enough.

Children and the elderly are at special risk in winter weather as well as people with a history of heart-related problems.

To help make snow removal safer, the American Heart Association offers these practical tips for heart-safe snow shoveling and outdoor activities:

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during the breaks.

- Don't eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.

- Use a small shovel or con-

sider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible, simply push the snow.

- Learn the heart attack warning signs and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

- Don't drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a person's sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.

- Be aware of the dangers of hypothermia. Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat because much of your body's heat can be lost through your head.



Aos on Honor Flight to Washington, DC

Dick Aos of Gonvick spent an all-day Honor Flight trip to Washington, DC. The day was spent touring several landmarks including the World War II Memorial, Vietnam Veterans Memorial and Arlington National Cemetery, before the veterans and their guardians flew back to Fargo that night.

The trip is completely free for the veterans. All meals and snacks as well as air and bus transportation are provided. It's paid for by Honor Flight which runs solely on donations.

"That's one trip I'll never forget," Aos said. "The most memorable was the Changing of the Guard at the Tomb of the Unknown Soldier."

90 percent of the people on the flight were Korean War Veterans. There were a few World War II and some Vietnam veterans. Through Washington, DC they had a police escort and did not have to stop at any lights. There were four buses that took them to various places. Over 200 people greeted them when they arrived back at the airport in Fargo, North Dakota.

Priority is given to World War II veterans and veterans who are terminally ill, followed by Korean War veterans and then Vietnam War veterans. Each veteran can take the trip only once.



Dick Aos is in the first row on the far left.

Community Calendar

Mission Friends Meeting Thursday
Elim Mission Friends will meet at Elim on Thursday Jan.12 at 2:30PM. Marilyn Shamp will give the meditation followed by the election of officers. Hostesses will be Lynette Bakke and Diane Johnson. All ladies are invited!

Clearwater Trail Blazers meeting
Clearwater Trail Blazers Snowmobile Club will have their first meeting of 2017 in the their new Shop/Meeting place in downtown Leonard. Come join the club Monday night, January 9th at 7:30 PM.

Sons of Norway meeting January 12
Granlund Lodge 240 Sons of Norway will meet at 4:30 p.m. on Thursday, January 12th, at the Embassy Center, 603 3rd St NE, Fosston, MN.

We will be working on the programs for 2017 meetings; so come and share your ideas with us. Bring used postage stamps if you have saved them as we will be cutting stamps for Tubfrim.
Come and share your Scandinavian heritage.
Lunch will be provided. (Please note the change of time due to cold weather)

Steve Maanum kicks off the Master Storytelling Series
Steve Maanum will be at the Farm By The Lake on Sunday Jan. 8th at 4:00 pm. Open to the public and free of charge

Steve Maanum has always been a storyteller. He made it a regular part of his classroom day and following retirement, he has continued to interject stories into his nature photography workshops and his nature writing presentations in schools and at Young Author Conferences.
Through his monthly column called, "My Endless Childhood" in Minnesota Boomers he shared many of his situations and embarrassing moments with readers.
"I have chosen to combine three different artistic disciplines (writing, wildlife photography, and storytelling) into many of my presentations because they are all connected. I think it demonstrates that creativity is not always limited to a single area and that disciplines can be blended together with positive results."

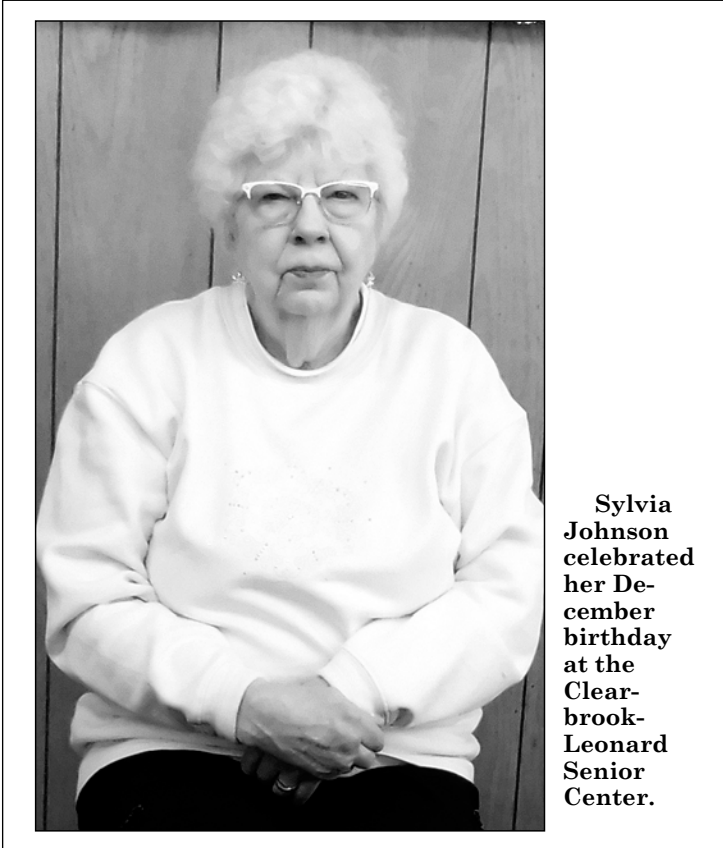


Christmas Carolers went to Summerfield Apartments in Clearbrook on Wednesday, December 14. They were Pastor Bob Kirchman, Allison Lewis, Brody Johnson and Savannah Rankin.

Snowmobile Safety course
"The Clearwater County Sheriff's Office will be holding a Minnesota DNR Snowmobile Safety Course for youth age 11-15 years old on Saturday, January 7th in Bagley. Pick up an information sheet from the Sheriff's Office, Bagley High School, Bagley Elementary School, or the Clearbrook-Gonvick School Office for full details and prerequisites."

Clearbrook-Leonard Senior Meals

Wed. Jan. 4 - Italian Shredded Beef, Oven Brown Potatoes, Cole Slaw, Bun, Cookie, Milk
Thurs. Jan. 5 - Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Pumpkin Dessert and Milk.
Fri. Jan. 6 - Creamed Chicken/Biscuit, California Blend Veg. Fruit Cup, Pudding and Milk.
Mon. Jan. 9 - Scalloped Potatoes & Ham, Corn, Bread, Applesauce, Cookie and Milk.
Tues. Jan. 10 - Roast Beef, Mashed Potatoes, Peas, Dinner Roll, Pudding Dessert and Milk.
Wed. Jan. 11 - Liver or Pepper Steak, Buttered Boiled Potatoes, Carrots, Bread, Fruit Crisp, Milk.
Meals are served daily at 11:30 at the Clearbrook site except for evening meals served at 5 p.m. They are subject to change. Please register for meals at least the day before.
Call 776-3154 to sign up.



Sylvia Johnson celebrated her December birthday at the Clearbrook-Leonard Senior Center.

WIC schedule
WIC will be held the first Friday of each month at the Clearwater County Nursing Service from 9:00 a.m. to 3:00 p.m. and the 4th Thursday at the Clearbrook/Gonvick School from 1:30 to 3:30 p.m.
Call 1-888-881-7801 or 218-333-8140 to make an appointment.

The family of Diane Brunsberg would like to extend our gratitude and appreciation to everyone who showered us with encouraging words, food, treats, visits, cards and monetary gifts and donations. Diane expressed on countless occasions how much she loved and appreciated everyone's constant support. We would also like to thank the First Baptist Church for their hospitality. We are forever grateful for everyone's generosity and encouragement.

In loving memory of Shane Eck, who passed away 19 years ago, January 10, 1998.
We feel a warmth around us like your presence is so near, And we close our eyes to visualize your face when you were here, We endure the times we spent together and they are locked inside our hearts, For as long as we have those memories we will never be apart.
Sadly missed by Mom & Dad • Storm & Sam Logan & Christy Troy, Les, Dawson, Savannah & Mason

Love Lights a Tree
Thank you to everyone who donated to the American Cancer Society with memorials for Love Lights a Tree this year. Thanks again to Linda Knutson for the beautiful new sign.
For more information from the American Cancer Society, to get help, or to donate or volunteer, visit cancer.org or call us anytime, day or night, at 1-800-227-2345.
This weeks last memorial is in memory of Bob and Erlys Clarin from Pamela O'Connell.

Church News

ELIM LUTHERAN BRETHREN CHURCH Clearbrook
Pastor Adam Krog
Wed., Jan 4. - 5:30 p.m. Confirmation; 6:30 p.m. Youth Group, 7:30 p.m. Bible Study and Prayer.
Thurs., Jan 5. - 9:30 a.m. Bible Study and prayer.
Sun., Jan. 8 - 9:30 a.m. Sunday School, 10:30 a.m. Worship Service.

KINGDOM HALL OF JEHOVAH'S WITNESSES
Sand Lake Ave & 5th St. Bagley
Thursday: 7:30 p.m. Bible Study; 8:00 p.m. Theocratic School; 8:30 p.m. Service Meeting.
Sunday: 10:00 a.m. Public Bible Talk; 10:35 a.m. Bible Study.

REDEEMER EV. LUTHERAN CHURCH - LCMS
Church Location: Corner of Hwy. 2 & Red Lake Ave. SW Bagley, MN
Pastor Linden B. Wendzel
Sunday Divine Service: 9:30 a.m.
Sunday School / Adult Bible Study: 10:45 a.m.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS - Clearbrook Branch
305 Lake Ave. E.
Sacrament Meeting: 10:00-11:00 a.m.; Sunday School: 11:20 a.m.-12:00 p.m.
Priesthood/Relief Society: 12:10-1:00 p.m.; Young Women's: 12:10-1:00 p.m.; Primary: 11:20 a.m.-1:00 p.m.

ST. JOSEPH'S CATHOLIC CHURCH
Bagley 218-694-6416
Pastor: Fr. John Melkies Svavkeen
Terri D, Parish sec.
Sunday Mass: 10:30 AM
Call for weekday Mass times.



Leader-Record papers available at many locations including online
Clearbrook: Y92 Convenience Store, Bakkens Market, Thrifty White Drug
Gully: Gully Co-op, School House Grocery
Leonard: Strands Grocery Store
Bagley: Ortons, Kubiak's, Galen's, Bagley Co-op, Thrifty White
Red Lake: Red Lake Foods
Gonvick: Northern Bait and Convenience, Leader-Record office Richards Publishing
And Online! Go to www.TriCoCanary.com

Clear Waters Life Center Happenings...

This week: Friday Night Out, Jan. 6, 5-7 PM, featuring French Onion Soup, Beef Burgundy with sides, and Plan for dessert to round out your dining experience. Call in your reservations at 218-776-2789 or take a chance and just drop in. Restore It! will be open until 8:00 PM for your shopping convenience.
Senior Connection Adult Day Services has openings for new participants. Start 2017 with supportive, loving care for your loved one and a little time for yourself. To learn more, call Marilyn, 218-487-5290, Ext.1.
Celebrate Recovery Support Group: 7 PM, Thursday, 256 2nd Ave., SW, Clearbrook. Open to men & women. Confidential.

Create It! Art Studios: Mentors available to familiarize new members with studio protocols, Mon., 1-5 PM. Membership information available on website.
Youth Connection & Kingdom Extreme: Free & open to youth in grades 4th-12th, Tuesdays, 3:30-5:30. Snack provided.
CWLC-Clearbrook: 256 2nd Ave., SW. Shop-at-the-Top hours: Mon. - Fri., 10-4 and Sat., 10-3. CWLC-Gonvick, 226 Elm St, open Mon. thru Fri., 9-4 & Sat., 9-12: Create It! Art Studios and Restore It! Furniture Shop. Senior Connection, adult day services, is open M-W-F, 10-3

CWLC is a 501(c)3 nonprofit organization providing a variety of free and low-cost programming and services to northern Clearwater County and surrounding area.
For programs and services, visit us at: www.clearwaterslife.org, www.mustardseedhomes.org, or www.adultdayervicesgonvick.org and our Facebook pages.

This ad is sponsored by: Home at Heart Care Personal Care & Homemaking

GOOD SHEPHERD LUTHERAN CHURCH CLEARBROOK & OUR SAVIOR'S LUTHERAN CHURCH LEONARD
Pastor Robert Kirchman
Good Shepherd
Wed., Jan. 4th & 11th 6:30pm Choir Practice; 7:30pm Handbell Practice
Sun., Jan. 8th - 9:00am Worship/Communion; 10:00am Sunday School/Coffee Hour
Sun., Jan. 22nd - 11:00am Good Shepherd Annual Meeting (note time change).
Joint
Wed., Jan. 4th & 11th 6:00pm Confirmation
Our Savior's
Sun., Jan. 8th - 9:45am Sunday School; 10:30am Coffee Hour; 11:00am Worship/Communion
Sun., Jan. 29th - 11:00am Our Savior's Annual Meeting

FAITH BIBLE CHAPEL OF CLOVER
Leonard, MN
Sunday: 10:00 a.m. Worship Service.

FIRST BAPTIST CHURCH
Pastor Verlyn Strenge
Assoc. Pastor Jim Galloway
Clearbrook
Wed., Jan. 4 - 6:30 p.m. Awa-na.

Thurs. Jan. 5 - 6:00 p.m. Cottage Prayer meeting at Marilyn Nelson's home.
Fri. Jan. 6 - 6:00 p.m. Cottage Prayer meeting at Vic Thompson's home.
Sat., Jan. 7 - 7:00 a.m. Men's prayer breakfast and Bible Study at the church.
Sun., Jan. 8 - 9:30 a.m. Sunday School, 10:45 a.m. Worship Service.

GONVICK LUTHERAN PARISH MEMBERS OF NALC
Pastor Kris Snyder
Cell: 218-358-0162
gonvickparish@gmail.com
SAMHOLD LUTHERAN CHURCH
Wed., Jan. 4 - 7:30 a.m. Men's Bible Study, 9:30 a.m. Women's Bible Study, 6:30-8 p.m. Confirmation.
Sun., Jan. 8 - 9:30 a.m. Sunday School, 10:30 a.m. Worship Service.
UNITED LUTHERAN CHURCH
Sun., Jan. 8 - 9:00 a.m. Worship Service, 10:00 a.m. Sunday School.

COUNTRY FAITH CHURCH
1 mile south of Clearbrook, 2 miles west on Cty. Rd. 6
Senior Pastor Larry Dorman
Associate Pastor Jim Binder
Children's Minister Nikki Ubert
www.countryfaith.org
218-776-3367
cfchurch@gvtel.com
Sunday: 9:00 a.m. Sunday School (Sept.-May) 10:00 a.m. Worship Service 7:00 p.m. Youth Night (check church website for dates or Elevate Youth Facebook Page for up to date information)
Every Tuesday: 6:30 a.m. Men's Prayer
*Wednesdays: Care groups in various homes

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed. Jan. 4: 5:00 p.m. Wednesday School/Confirmation.
Sat. Jan. 7: 9:00 a.m. Mt. Olive.
Sun. Jan. 8: 8:00 a.m. St. Petri, 9:15 a.m. SS. 9:45 a.m. Oak Park, 8:00 a.m. SS. 11:00 a.m. Nazareth, 10 a.m. SS.
Wed. Jan. 11: 5:00 p.m. Wednesday School/Confirmation.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Jan. 4: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Jan. 5: 12:00 p.m. Rotary.
Fri, Jan. 6: 8:45 a.m. Friday School.
Sun, Jan. 1: 9:30 a.m. Worship. 10:50 a.m. Sunday School.
Tue, Jan. 10: LSS Staff meeting.
Wed, Jan. 11: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Sun, Jan. 8: 9:00 a.m. Worship at Lund. 10:30 a.m. Worship at Sand Valley.

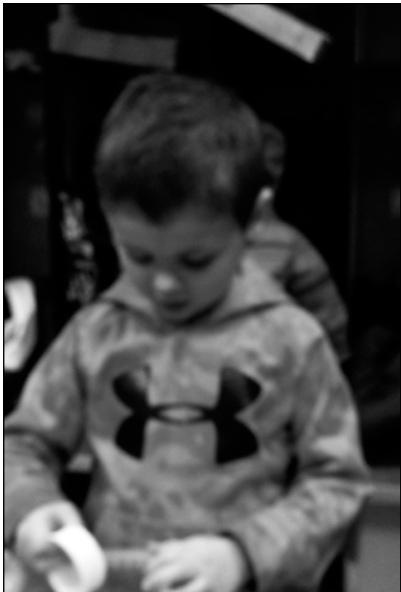
BETHEL ASSEMBLY
Fosston
Seth Johnson, Interim Pastor
Sun, Jan. 8: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

The Leader Record
Published by Richards Publishing Co. Subscription rates \$25.00 per year in Clearwater County and East Polk County cities of Fosston, Gully and Trail and \$30.00 per year outside the county. Continuing by consolidation the Olberg Journal, established in 1901, The Clearbrook Leader, and the Gonvick Record.
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USPS 307 630 POSTMASTER: Please send address changes, Form 3579, to The Leader-Record, PO Box 159, Gonvick, MN 56644.
(218) 487-5225
Corrine Richards, Editor
Richard Richards, Publisher
Editorial office Gonvick, MN 56644
email: richards@gvtel.com
MEMBER MNA AND NNA
Periodical Postage Paid in Gonvick, MN 56644
PRINTED WITH SPOY INK

Today In Banking
Some "Straight Talk" On Banking Today ... That Can Make Banking Better For You...
It Just Makes Sense To Rent A Safe Deposit Box
More than half of all U.S. households store their important documents and valuables in a bank Safe Deposit Box. It's an affordable way to protect Birth Certificates, Marriage Licenses, Rare Coins, Jewelry, and other important items from fire, theft and loss.
See us soon about renting a Safe Deposit Box. You'll sleep better knowing your important papers and valuables are safe and secure.
BANKING On A First Name Basis
Making Banking Better For You!
The Northern State Bank
GONVICK, MINNESOTA 56644 • PHONE 218-487-5244
www.nsbgonvick.com
MEMBER FDIC A FULL SERVICE BANK
Martin Luther King, Jr. Day is Monday, January 16.
The Northern State Bank will be OPEN.



Monday, December 12th was the Early Childhood Holiday Fun Night held at the Clearbrook-Gonvick School. Everyone got in the holiday spirit as they made ornaments, Christmas decorations and gingerbread houses. The event ended with a special visit from Mr. and Mrs. Claus. The children sang Christmas songs and Santa and Mrs. Claus had a gift for each child to take home!



BEAR TRACKS

Clearbrook-Gonvick School Menu

Wed. Jan. 4 - BBQ Riblet on bun, Sun Chips, Fresh Fruit and Vegetable Choices, Milk.

Thurs. Jan. 5 - Chicken Noodle Soup with Tuna or Egg Salad on a VG Bun, Fruit and Vegetable Choice, Milk.

Fri. Jan. 6 - Spaghetti with Meat Sauce, Garlic Bread, Fresh Fruit and Vegetable Choices, Milk.

Mon. Jan. 9 - Dunkers with Sauce, Green Beans, Fresh Fruit and Vegetable Choices, Milk.

Tues. Jan. 10 - Chicken Patty on WG Bun, Tri Tater, Fruit and Vegetable Choice, Milk.

Wed. Jan. 11 - BBQ on Bun, Baked Beans, Oven Fries, Fresh Fruit and Vegetable Choices,

Sunday Afternoon Open Gym

Begins January 8, 2017
The high school gym will be open for recreation January 8-March 12 from 2:00-4:00 pm for grades 4th-adult. 3rd grade & under may attend only with an adult.

There will be a \$2.00 fee per time or you may buy a pass good for all 10 Sundays. Pass prices are: Individual=\$15.00, Family pass=\$25.00. Parents are free if they attend with their child/children.

Passes may be purchased in the Community Education office or when you come to open gym. NO STREET SHOES.

If you have questions or concerns about fees, please talk to Judy Engebretson (776-3112 Ext 102) NO REGISTRATION REQUIRED.

With articles submitted by the staff, administration and students at the Clearbrook-Gonvick Junior and Senior High Schools

Milk.
BREAKFAST MENU-
Monday- Breakfast Pizza, Graham Snacks, Fruit, Juice and Milk.
Tuesday- Biscuit w/Gravy, Fruit, Juice and Milk
Wednesday- Breakfast Sandwich or Mini Bagel's w/ Yogurt, Fruit, Juice and Milk.
Thursday- Pancakes, French toast, Sausage, Fruit, Juice and Milk
Friday- Breakfast Roll, String Cheese, Fruit, Juice and Milk.

Cereal choice available daily as a 2nd option.

School News

ACTIVITIES:

Thursday, Jan 5 - Basketball: Boys 7th & 8th Game vs Win-E-Mac (Home) Nonconference Opponent: Win-E-Mac 7th at 4:30, 8th at 5:30. 4:30 PM
Location: Clearbrook-Gonvick High School, Community Center Gym

Thursday, Jan 5 - Basketball: Girls Var/JV Game vs Cass Lake-Bena (Home). Nonconference Opponent: Cass Lake-Bena. JV at 6:00, Var. at 7:30.
Clearbrook-Gonvick High School, HS Main Gym

Friday, Jan 6 - Boys Var/JV Game vs Kelliher/Northome (Away). Nonconference Opponent: Kelliher/Northome Games in Northome. JV at 6:00, Var. at 7:30. Kelliher/Northome High School.
5:45 pm to 7:15pm: 4th, 5th, 6th grade basketball practice at Clearbrook-Gonvick School.

Saturday, January 7 - 4th, 5th, 6th grade Basketball games at Bagley. No busing, please share rides if needed.
Be there 20 minutes before your scheduled game time. 9:00 AM at Bagley.

Position Opening
Position: Extended Day Program Para Address Letter of Interest: Jeff Burgess, Principal, Email: jburgess@clearbrook-gonvick.k12.mn.us Application Submission: Please send or e-mail your letter of application to Jeff Burgess. Application Deadline: ASAP or until filled. Dates: Jan 3rd-end of school year. Job Description: The Extended Day program para would be responsible for the extended day program. Duties include: program planning, student supervision, and communication with parents. Hours would be from 3:00-5:30 p.m. The program provides after school supervision for students K-4.

COUNSELORS CORNER:
Scholarship information, college/career representatives visiting the school, elementary and high school involvement, Ramp-Up to Readiness program, classroom counseling, and other important information and events can be found on the School Counselor website: School Counselor Website
Get up to date information over the school year including scholarships, financial aid, tips, college representatives, career fairs, articles, and some fun stuff :) Follow me on Twitter! @CounselorMegang Follow me on Instagram! counselor-megang
Megan Godtland mgodt-

land@clearbrook-gonvick.k12.mn.us 218-776-3112 x406

EVENTS ANNOUNCEMENTS:

Parents: Please check your lunch accounts regularly so you can keep up to date. You can find the links to check your account and to pay on the school web site (see address above) under District-Food Services.

Learning Locators for MCA practice can be accessed HERE Knowledge Bowl Rehearsals are Tuesdays during first lunch/Thursdays 7:45 am-8:15 am in Mr. Carter's room.

Youth Connection every Tuesday: Check here for information

Listen to the school news every Tuesday at 2:05 on KKCQ 96.7 or if you miss it listen online at: <http://www.rjbbroadcasting.com/index.cfm?page=school-news>

Please turn in all BoxTops, Campbells Labels for Education UPC's, Loaves for Learning UPC's, ink cartridges, and old cell phones for recycling.

Toddler Open Gym

Do your little ones need a place to use up some energy this winter? We have just the place! Starting Sunday January 15th and running every Sunday until March 12th, come to the Elementary Gym for Toddler Open Gym!! This is a special time for our 0-5 year olds and their parents to come and run, jump and play during the cold winter months when it is often difficult to do so. We will have equipment and activities just for little ones. Come any time from 2:30-4:00. Stay as long as you like. To help maintain the program, a free-will donation will be accepted.

Sponsored by Community Education. NO REGISTRATION REQUIRED.

Clbk-Gon Elem Gym Sun., Jan. 15 - Mar. 12
Donations Encouraged 2:30-4:00 pm

Regional Ag News

Ray Bisek - U of M Extension Educator- Interim
Polk and Clearwater Counties
bisek001@umn.edu - cell 218-280-1129
McIntosh office: 218-563-2465
Bagley office: 218-694-6151



Farm Pesticide Applicator Workshops Scheduled

Farmers with Private Pesticide Applicator (PPA) Permits that expire on March 1, 2017, must use option 2) or 3) to be certified. The "Private" Applicator's Permit is for farm operators who are applying restricted use pesticide products on their own fields. This includes some herbicides, insecticides, fungicides, and other pest control products that are labeled "Restricted Use." Pesticide Safety Education programs are aimed at safety for applicators and their families along with the general public, the crop, the environment, the community and food supplies.

1) Attend a "Renewal Workshop" conducted by U of M Extension staff. Bring an official picture ID like a driver's license; and your current Permit Card if you have it. Bring a check to pay the \$75 permit fee. You must arrive on time and stay for the whole workshop. Attend any workshop that is convenient for you. Workshops are listed in mailed flyers and at the UMN Pesticide Safety website listed below.

2) Work through the written exam that is available now at County Extension Offices. Use the 19th Edition Manual that was new 5 years ago, as a reference. If needed, the cost of the manual is \$10. Mail the \$75 permit fee along with your test answer sheet in the addressed envelope provided. You can ask County Extension staff about mailing these items to you. They may ask you to prepay for the manual and postage.

3) Work through the exam on line by going to <http://z.umn.edu/ppatprogram>. The \$75 fee is paid by credit card. The manual can be viewed online. The online test should be running by mid-January of 2017.

People getting the Private Applicator's Permit for the first time, or those with permits that expired PRIOR to March 1, 2017, must use option 2) or 3) to be certified. The "Private" Applicator's Permit is for farm operators who are applying restricted use pesticide products on their own fields. This includes some herbicides, insecticides, fungicides, and other pest control products that are labeled "Restricted Use." Pesticide Safety Education programs are aimed at safety for applicators and their families along with the general public, the crop, the environment, the community and food supplies.

For questions about the PPAT process, call your County Extension Office. In Polk County call 218-563-2465. In Clearwater County call 218-694-6151. Cell phone contact is 218-280-1129. Please call ahead before picking up PPAT testing materials as both county offices have limited staffed hours of operation.

The Farm Information Line at 1-800-232-9077 has this information also. The Farm Information Line is answered from 8:30 am - 1:30 pm M-F and will record a message for weather related changes after hours when possible. Always use your best judgment with the weather. Listen to local radio stations or call the coordinating U of M Extension Office before getting on the road.

Renewal Workshops in NW Minnesota include:

Comstock - January 23rd - 1:00 pm - 4:00 pm, Community Center

New York Mills - January 26th - 10:30 am - 2:30 pm, Ottertail Co. Offices Bldg

Gary - February 7th - 9:00 am - 12:30 pm, American Legion

Roseau - February 8th - 8:30 am - 12:30 pm, Roseau City Center

Crookston - February 9th - 1:00 pm - 4:30 pm, NWROC at UMC

Thief River Falls - February 15th - 1:00 pm - 4:30 pm, NCTC Auditorium

The Commercial and Non-Commercial Applicator certification process is different. For these licenses contact MN Dept. Ag. at 651-201-6615, search online for Minnesota Department of Agriculture, or call the County Ag Inspector. There are renewal workshops for these early in the New Year. Most classes for commercial applicators are in southern part of the state for 2017 as part of their normal rotation of class offerings.

Business & Professional Guide

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Open 9:00-5:00, Mon.-Fri.
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Bagley, MN

Complete Prescription Service
Home, Health & Convenience Services

Phone 694-6210

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OPEN 9:00-5:30 M-F • Sat. 9:00-noon

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Construction on Highway 92 by the Sylstad Farm east of Gonvick in 1930. The photo of Ruben Synnes the driver of the Dodge water truck was taken by Albert Synnes.

Now hear this...

by Harry Hutchens, Clearwater County Veterans Service Officer

VA grants full practice authority to advance practice Registered Nurses. Decision follows Federal Register Notice that netted more than 200,000 Comments. WASHINGTON - The Department of Veterans Affairs (VA) today announced that it is amending provider regulations to permit full practice authority to three roles of VA advanced practice registered nurses (APRN) to practice to the full extent of their education, training, and certification, regardless of State restrictions that limit such full practice authority, except for applicable State restrictions on the authority to prescribe and administer controlled substances, when such APRNs are acting within the scope of their VA employment. "Advanced practice registered nurses are valuable members of VA's health care system," said VA Under Secretary for Health Dr. David J. Shulkin. "Amending this regulation increases our capacity to provide timely, efficient, effective and safe primary care, aids VA in

making the most efficient use of APRN staff capabilities, and provides a degree of much needed experience to alleviate the current access challenges that are affecting VA." In May 2016, VA announced its intentions, through a proposed rule, to grant full practice authority to four APRN roles. Though VA does have some localized issues, we do not have immediate and broad access challenges in the area of anesthesia care across the full VA health care system that require full practice authority for all Certified Registered Nurse Anesthetists (CRNAs). Therefore, VA will not finalize the provision including CRNAs in the final rule as one of the APRN roles that may be granted full practice authority at this time. VA will request comment on the question of whether there are current anesthesia care access issues for particular states or VA facilities and whether permitting CRNAs to practice to the full extent of their advanced authority would resolve these issues. APRNs are

clinicians with advanced degrees and training who provide primary, acute and specialty health care services; they complete masters, post-masters or doctoral degrees. There are four APRN roles: Certified Nurse Practitioner, Clinical Nurse Specialist, Certified Registered Nurse Anesthetist, and Certified Nurse Midwife. "CRNAs provide an invaluable service to our Veterans," Under Secretary for Health Shulkin continued. "Though CRNAs will not be included in VA's full practice authority under this final rule, we are requesting comments on whether there are access issues or other unconsidered circumstances that might warrant their inclusion in a future rulemaking. In the meantime, we owe it to Veterans to increase access to care in areas where we know we have immediate and broad access challenges." All VA APRNs are required to obtain and maintain current national certification. The final rule-making establishes professional qualifications an individual must possess to be appointed as an APRN within VA, establishes the criteria under which VA may grant full practice authority to an APRN and defines the scope of full practice authority for each of the three roles of APRN. Certified Registered Nurse Anesthetists will not be included in VA's full practice authority under this

final rule. VA is the nation's largest employer of nurses; as of July 2016 its workforce of approximately 93,500 nurses (RNs, LPNs, NAs) includes approximately 5,769 APRNs. For more information about openings for nurses or other health care positions at VA, visit Vacaareers@va.gov.

I welcome your own personal comments. Constructive feedback on your own behalf (not anonymous) to our Commissioners is also a valuable gauge of how this office can better serve all veterans and their beneficiaries. Office(218)694-6618; Cell/Text(218)556-5340 Hutch

ida and buying a townhouse along the Gulf Coast. She said, "Today the temperature is 74 degrees and sunny! They look forward to seeing photos of your Winter Wonderland."

Minnesota Slogans

I came, I thawed, I transferred...

Survive Minnesota and the rest of the world is easy.

If you love Minnesota, raise your right ski.

Save a Minnesotan, eat a mosquito.

One day it's warm, the rest of the year it's cold.

Land of many cultures, mostly throat.

Land of two seasons: Winter is coming, Winter is here.

Minnesota: Theater of sneezes.

Minnesota: Official home of Jack Frost.

Land of 10,000,000 Peter-sons.

My goal for 2017 is to accomplish the goals of 2016, which I should have done in 2015 because I made a promise in 2014 and planned in 2013.

Being young means you're allowed to stay up late on New Year's Eve; being old means you're forced to.

A New Year's resolution is something that goes in one year and out the other.

Joke time...

Lena's cousin Greta who works in a busy office arrived early one morning and began passing-out cigars and candy, both tied with blue ribbons. When asked what the occasion was, she proudly displayed a diamond solitaire on her third finger, left hand, and announced, "It's a boy....six feet tall and 187 pounds.

Legal Notices

NOTICE OF ANNUAL MEETING AND ELECTION OF OFFICERS

Notice is hereby given to the qualified voter(s) of Eden Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 14, 2017. In case of inclement weather, the meeting and election may be postponed until the third Tuesday, March 21, 2017, and if inclement weather also postpones the election and meeting on the fourth Tuesday they shall be held on March 28, 2017. The meeting will be held at the Gully Lumber Yard office across from the Gully Elevator, Gully, MN.

Filing for township office opens on January 3, 2017 and continues until January 17, 2017 until 5:00 pm.

The Election Poll hours will be open from 5:00 pm to 8:00 pm., at which time the voters will elect:

1 – Township supervisor for a 3 year term.

The Annual Meeting will commence at 8:00 pm to conduct all necessary business provided by law.

Affidavits of candidacy may be filed with the clerk-treasurer, Dennis Erickson, 39741 320th St. SE, Gully MN 56646, phone 218 268-4590. A \$2.00 filing fee is required by law. R41-42C

Notice to Residents of Pine Lake Township

Notice is hereby given to the qualified voters of Pine Lake Township, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 14, 2017, at the Gonvick American Legion Bldg., north door.

Filing for township offices opens January 1, 2017 until 5 pm January 15, 2017. Offices to be elected are:

1 Town Supervisor for a 3 year term

Treasurer for a 2 year term

Affidavits of candidacy may be filed with the clerk at 47807 East Pine Lake Rd., Gonvick, MN 56644. A \$2.00 filing fee is required by law.

Richard Aos,
Pine Lake Twp. Clerk
218-487-5675 R40-41C

NOTICE TO WINSOR TOWNSHIP RESIDENTS:

The Winsor Town Board of Supervisors will hold the annual Audit Meeting on Monday, January 9, 2017, at 7:00 PM at the LeRoy Sundquist home. The regular January meeting will be held following the close of the Audit Meeting.

Louise Sundquist,
Clerk of Winsor Township R41C

Notice to Gully Township Residents

Notice is hereby given to the qualified voters of Gully Township, that the Annual Meeting and Election of Town Officers will be held on Tuesday, March 14, 2017 at the Gully Town Hall.

Filing for the township offices opens on January 3, 2017 and continues until January 17, 2017 at 5:00 pm. Offices to be elected are:

1 Supervisor for a 3 year term

1 Treasurer for a 2 year term

Affadavits of Candidacy may be filed with the clerk. A \$2.00 filing fee is required.

Carole Tharaldson,
Gully Township Clerk R40-41C

Notice: Clover Township

Notice is hereby given to the qualified voters of Clover Township, that the annual election of town officers will be held on Tuesday, March 14th at 4 pm at the Clover Town Hall.

Filing for township offices opens Jan. 3, 2017 and continues to Jan. 17, 2017, 5 pm. Offices to be elected are:

1 Supervisor - 3 year term

1 Treasurer - 2 year term

Affidavits of candidacy may be filed with the clerk for a \$2.00 filing fee.

Joel Wraa, Clerk R41-42C



Delbert and Mary Newby had many wood projects to show at the Clearbrook Santa Claus Day. They have been married for 66 years.



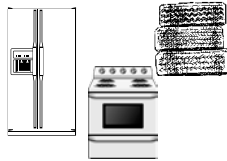
Barb Reese from Bagley at the Craft Show.



Elaine Lebeda from Bagley at the Craft Show.

Clearwater County Demolition Debris Landfill and Waste Transfer Facility

Accepting: Demolition Debris
Waste Tires
Major Appliances
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Furniture
Large Wood, Metal, Plastic Waste Items



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Saturday 8:00 am – 12:00 pm

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\$25⁰⁰ (year) in Clearwater County \$30⁰⁰ (year) out of Clearwater County \$15⁰⁰ (6 months) in Clearwater County \$17⁰⁰ (6 months) out of Clearwater County \$28⁰⁰ Snowbirds	Name _____ Address _____ City _____ State _____ Zip _____
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