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McINTOSH

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McIntosh, Minnesota



Kim Bjerke, new owner of The Club Bar & Grill in McIntosh, recently celebrated her new venture with a Grand Opening celebration.

Relay for Life fundraiser showcases local talent

On Friday, June 5th at Win-E-Mac School, a few local, talented individuals performed for a crowd during the Relay for Life fundraiser, Erskine's Got Talent.

Participating in this years show were Cali Campbell, Carly Simonson, Andrew Hanson, Jayden and Erich Gensburger, Jake Hertwig, Lexi Ostenaa, Aaron Weik and Rob Jensen & Philip Lee.

Voting took place by donations for Relay for Life in the bucket of each audience members favorite act, raising over \$1,477.

1st place went to Carly Simonson who tap danced to "Fabulous"; in 2nd place was Aaron Weik who performed on the piano; and 3rd place went to Rob Jensen and Philip Lee who sang and played "Broken Hallelujah".

Erskine's Got Talent is a fundraiser to support the American Cancer Society and is organized by the Grace Lutheran Church Relay for Life



Lexi Ostenaa sang "Flashlight" for the Relay For Life fundraiser last Friday evening at Win-E-Mac School.

Grace Lutheran has been a dedicated team for Relay for Life for over 15 years raising over \$15,000 for the American Cancer Society. Visit www.gracerealy.org for more information and a listing of fundraisers the team is involved in.



There was an Open House held on Wednesday, June 3, 2015 at the East Polk Soil and Water Conservation District office to honor Gary Lee and Ruth Mandt for their years of dedicated service to the District. There were many friends and local residents who stopped in for some cake and coffee and to wish them both a Happy Retirement.

Doeden to sign copies of new cookbook at Mac Bakery

Across the country, communities are looking for ways to help increase and support local bee populations. Never has honey, aptly described as "liquid gold," seemed more precious.

Culinary educator, novice beekeeper and Bemidji resident, Sue Doeden will sign copies of her new cookbook, *Homemade with Honey*, at McIntosh Bakery, Saturday, June 13th from 10 am-12 noon. (McIntosh Bakery, 120 Cleveland Ave SW, McIntosh, MN 56556) Stirred into tea or spread onto toast, honey is a familiar tableside condiment, but in *Homemade with Honey*, Sue Doeden applies this ambrosial ingredient to a wide variety of dishes— from enchanting sweets like Glorious Harvest Cupcakes with Honey Cream Cheese Frosting and Ricotta Pancakes with Honey- Baked Bananas and Pecans to savory enchantments like Honey Balsamic Black Bean and Mango Salsa and Hot and Sweet Peruvian Steak Salad. Flavorful beverages include a Lemon, Honey, and Herbs Cooler and delicious twists on toddies and smoothies. A gen-

erous and thoughtful guide, Doeden offers tips for storing honey during its unlimited shelf life and for rescuing honey that has crystallized. And she empowers home cooks to go beyond her seventy- five recipes by offering a primer on different varieties and explaining how to substitute honey for sugar. Honey is sustainable, natural, and wholesome, and local varieties are abundantly available. Buzzing with endless possibilities for your kitchen, *Homemade with Honey* helps you make the tastiest use of this precious ingredient. A popular cooking instructor and food writer, Sue Doeden is host of Good Food, Good Life 365 on Lakeland Public Television. The creativity she brings to healthy cooking for family and friends is enhanced by the fruits of her backyard hive. Published by Minnesota Historical Society Press.

The Club Bar & Grill gets a new owner

There is a new owner at The Club Bar & Grill in McIntosh. Recently, Kim Bjerke, a long-time community member, bought the business.

Kim moved to McIntosh from North Dakota in 1988. She was working at Arctic Cat in Thief River Falls when she started bartending part-time a few years back at The Club.

In September of 2014, Kim took a huge step and left her job at Arctic Cat, after 15 years, to start managing the bar and restaurant.

Deciding she loved the bar and her customers, she made the decision to purchase the business from Rusty Peterson.

Kim celebrated this step in her life with a Grand Opening celebration on Friday, May 30th at The Club. There was a large crowd at the event to hear *The Bad Campers* play and congratulate Kim on her new venture. "I appreciated

everyone; family, staff and customers that have supported me," said Kim.

The Club Bar & Grill offers lunch and dinner specials. The kitchen is open from 11:00 am to 10:00 pm Monday through Saturday.

She has added homemade pizza to the menu, which has been a huge hit. The Club offers home delivery of their menu items within the city limits of McIntosh during kitchen hours as well.

Bingo takes place at The Club every Thursday all year long at 6:30 pm. The proceeds from bingo go to the McIntosh Fireman's Relief Association, with 75% of the proceeds going out to the winners.

Kim and her staff have added a prime rib dinner special to the menu the first Friday of every month and there are bar-beque ribs every Saturday at The Club.



Jayden and Erich Gensberger sang "In Better Hands Now" during Erskine's Got Talent last Friday evening at Win-E-Mac school.



Singing and playing together again were (l-r) Rob Jensen and Philip Lee on Friday, June 5th at Win-E-Mac School for the Relay for Life's, Erskine's Got Talent show.

Decision to Grant Certificate of Need to Sandpiper Project

On Friday, June 05, 2015, the Public Utilities Commission granted a certificate of need, allowing the Sandpiper Pipeline Project to move forward. Rep. Dan Fabian (R-Roseau) and Rep. Deb Kiel (R-Crookston) co-signed a letter to the Public Utilities Commission (PUC) earlier this week, urging support of the Sandpiper Pipeline Project, and are pleased it is moving forward.

A certificate of need, which was mandated by state law, was the next step required to build this planned pipeline.

"This announcement by the

Public Utilities Commission to advance the Sandpiper Pipeline is a win for Northwestern Minnesota," said Rep. Dan Fabian. "This will bring thousands of jobs to our area, alleviate rail traffic in small towns and provide the safest possible transport of light crude oil from North Dakota. This is a worthwhile investment that will bring new jobs and increased economic prosperity to our communities. What's more, building this pipeline will generate an additional \$25 million in property tax revenue for our local governments."

Council Meeting Rescheduled:

The McIntosh City Council Meeting has been rescheduled for Monday, June 15, 2015 at 5:30 pm at the Community Center.

3rd Annual Memorial Ride

The 3rd Annual Ordell Aanenson Memorial Ride will take place this Saturday, June 13th, starting at The Club Bar & Grill in McIntosh.

Friends and family of Ordell Aanenson and his family will join together to celebrate his favorite pasttime, riding motorcycles. A great day of riding is planned for all who want to join.

On Saturday, June 13th, riders will meet at The Club Bar & Grill for registration in late morning with the ride starting at 1:00 p.m.

After the ride there will be dinner around 5:00 p.m. at Garnet Aanenson's home in McIntosh, where those who did not ride can also join in and have dinner and visit with the riders as well.

Riders and non-riders alike can take part in the day, to come out and remember Ordell, support the Aanenson Family Foundation, and spend time with family and friends, old and new.

The proceeds from the ride will go to the Foundation for a donation to The Patriot Assistance Dogs Organization in Detroit Lakes, MN.

You can learn more about this organization online at: patriotassistance dogs.org.

Community Calendar

Wed. June 10: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Thurs. June 11: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. June 12: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. June 13: Ordell Aanenson Memorial Ride @ Club Bar & Grill 1:00pm

Mon. June 15: McIntosh Library 10am to 3pm; Splashy Flashy Frogs @ McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm

Tues. June 16: McIntosh Library 5pm to 8pm; Children's Story Time at McIntosh Library 6:30pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston

Wed. June 17: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. June 18: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Fri. June 19: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Erskine's Got Talent 7:00 pm @ Win-E-Mac Gym

Sat. June 20: McIntosh Community Wide Rummage Sales and Flea Market

Mon. June 22: McIntosh Library 10am to 3pm; Dazzling Dave at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. June 23: McIntosh Library 5pm to 8pm; Children's Story Time at McIntosh Library 6:30pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Flag Day

A reminder to all McIntosh residents to be sure to fly your flag on June 15, Flag Day. A Certificate will be awarded by the VFW Auxiliary #6891 each business that flies the Flag.

Mac Community Sales & Flea Market

The McIntosh Community Club will host a flea market during the McIntosh Community Garage Sales on Saturday, June 20th. If interested in a spot at the Flea Market, please contact Phil at 563-2865.

If you are interested in listing your sale on the city map that will be included in the newspaper the week of the sale, please contact the City Clerk at 563-3043. Deadline to be included in the map is Friday, June 12 at noon.



The Win-E-Mac Patriots boy's varsity baseball team played last week in the Minnesota Section 8A high school baseball tournament at Northland Community College in Thief River Falls, where they defeated Bagley 11-1 on Wednesday, June 3rd. Thursday, June 4th they met Red Lake County for the Championship Game where they lost in the 8th inning with a final score of 0-2.

MSL Hi-Lites



Tricia Hove DON awarding Emily Munter as McIntosh Senior Living's May Employee of the Month. Emily has worked at MSL for 11 months in the nursing department. She was born in Bemidji however raised in both Fosston and Bagley. Emily has been married to her husband Paul for 6 years with 3 children. When asked what her favorite thing about working at MSL is she responded "just everything; the residents and my co-workers." She also said that she has too many good memories to list since being here that she is unable to pick one favorite. Emily chose to work in the nursing home setting as she likes helping people and here feels like she makes a difference. Emily plans to attend Northland in Thief River Falls this Fall to become a nurse. Congratulations Emily, we are all very proud to have you here as a part of our MSL family!



McIntosh Senior Living residents Brian Jevne, Elaine Loberg-Kendall, Ben Lopez, Clayton Salvhus, and Vicki Ledding had a great time at Erskine's Got Talent at the Win-E-Mac School the evening of June 5, 2015.



Enjoying coffee and visiting during the retirement party for Gary Lee and Ruth Mandt on Wednesday, June 3 at East Polk County Soil and Water Conservation Office were (l-r) Clifford Bartz and Ron Roed.

Fundraiser for Grace Mission Trip

The 2015 Mission Trip Group from Grace Lutheran Church in Erskine is collecting aluminum cans and old batteries as a fund raiser for their mission trip to Denver this summer. Please call 218-280-3760 if you have any items to donate to the group.

RiverView Health to offer free prostate cancer screening

Other than skin cancer, prostate cancer is the most common cancer in American men. According to the American Cancer Society, in 2015 about 220,800 new cases of prostate cancer will be diagnosed and about 27,540 deaths will occur because of prostate cancer.

Prostate cancer is a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today – many because of early detection screenings like the annual event scheduled at RiverView Health July 16th.

In honor of Father's Day and Men's Health Week, RiverView Health will once again hold its Father's Day Prostate Awareness and Free Screening Program for men in the area. The screening will be held on Tuesday, June 16th from 4:30 – 7:30 pm in RiverView's North Clinic in Crookston.

"Through this annual event, many men have found that they needed additional testing which validates the importance of investing and hosting this event, and the critical need for men to be screened," said RiverView Foundation Director Kent Bruun. "It's sobering to realize that so many men have received feedback and undesired test results. But I am confident that these patients are extremely grateful that we offered these screenings. With our positive influence, they became aware of their health conditions and were able to deal with them in a timely proactive manner."

The free screening clinic is made possible through RiverView's Foundation, North Clinic, Urologist Dr. Steven Schultz, Dr. William Noyes, a radiation oncologist at the North Dakota Cancer Center and Foundation Board President Kurt Heldstab.

As a colon cancer survivor, Heldstab is passionate about cancer screenings and dedicates his annual Foundation donation to this cause.

"Personally, in December of this year it will be 19 years since I was diagnosed with colon cancer," Heldstab shared. "I thought I was healthy but that turned out not to be the case."

"I want to encourage men 50 and older to attend the screening event June 16th at RiverView. I know you are busy, it will probably be a beautiful day, but it is free. I am fortunate to be a cancer survivor. When I look at my family and now my two granddaughters, I realize an hour or so of my time

to attend this event is really worth it. I hope you will do the same for your family."

General Facts about Prostate Cancer

The prostate is a male sex gland about the size of a walnut and is located below the bladder. Prostate cancer develops from the cells of the prostate gland.

Not all prostate cancers are the same. Many grow slowly and do not cause any harm. Others grow quickly and cause serious health problems or death.

Prostate cancer is slow growing in the majority of men who have it. Most men will die with prostate cancer rather than from prostate cancer.

Men who have prostate cancer can remain symptomless for years, and most cases of early prostate cancer cause no symptoms. However, men should talk with their providers if they:

- Urinate frequently or can't urinate
- Have trouble starting or holding back urination
- Have a weak or interrupted urine flow
- Feel frequent pain or stiffness in the lower back, hips, or upper thighs

Prostate Cancer Testing

Prostate cancer can often be found early by testing the amount of prostate-specific antigen (PSA) in a man's blood. Another way to find prostate cancer is through a physical exam with a provider.

If the results of either one of these tests are abnormal, further testing is needed to see if there is a cancer. If prostate cancer is found as a result of screening with the PSA test or through the physical exam, it will probably be at an earlier, more treatable stage than if no screening were done, according to the American Cancer Society.

Prostate cancer is very rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age

Screening...

Continued on page 4...

Regular Council Meeting

McINTOSH
Mon., June 15, 2015,
5:30 PM
— COMMUNITY CENTER —

CALL TO ORDER:
PLEDGE OF ALLEGIANCE:
ROLL CALL:
DETERMINATION OF QUORUM:
AGENDA ADDITIONS:
APPROVAL OF MINUTES:
a. REGULAR COUNCIL MEETING – MAY 14, 2015
PUBLIC CONCERNS:
OLD BUSINESS:
a. POPLAR MEADOWS
b. PERSONNEL POLICY REVIEW
c. CLEAN UP DAY
NEW BUSINESS:
a. POLK COUNTY NURSING
b. MARIAL HARBOR
c. EAST POLK COUNTY SOIL AND WATER CONSERVATION DISTRICT
d. REHAB LOAN – URGENT NEED
e. RESOLUTION – ACCEPTING BEITO DONATION
f. MACMAIDS
g. AVENUE NAMES
h. COMMUNITY CENTER MICROWAVE
i. ADMINISTRATIVE FEES
j. PROJECT PRIORITY LIST
k. RENTAL AGREEMENT
APPROVAL OF MONTHLY BILLS:
COUNCIL & STAFF REPORTS:
NOTICES & CORRESPONDENCE:
ADJOURNMENT: M11C

The McIntosh Times Office Hours

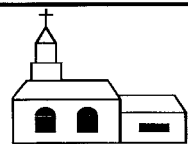
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH

Fosston
Rev. Manny Sundaram,
Pastor

Wed. June 10: 12:00pm - 8:00pm Adoration at St. Mary's, Fosston
Fri. June 12: 5:30pm Holy Mass at St. Joseph's, Bagley; 7:00pm Holy Mass at St. Mary's, Fosston
Sun. June 14: 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley
Wed. June 17: 12:00pm - 8:00pm Adoration at St. Mary's Fosston

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou
Interim Pastor

Melody Kirkpatrick

Sun. June 14: Calvary worship 10:30am; Immanuel worship 9:00am; Immanuel Auction & Bake Sale
Wed. June 17: Immanuel WELCA Supper 4:30pm-6:00pm; Immanuel Council 8:00pm

Sun. June 21: Calvary worship 10:30am; Immanuel worship 9:00am

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Interim Pastor

Melody Kirkpatrick

Mon. June 15: Ruth Circle at Poplar Meadows 9:30am

No worship during the month of June. Worship will resume in July Sunday's at 9:00am

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. June 10: 1:30pm Bible Study at The Country Place

Sat. June 13: 8:00pm Prayer Meeting

Sun. June 14: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. June 16: 10:00am: Sunday worship service telecast on GV Cable TV - Channel 2

Wed. June 3: 1:30pm Bible Study at The Country Place

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of HWY 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.



With my humbleness and gratitude, I thank the "Quilt of Valor"

committee for being a chosen recipient. I share this Honor with my fellow Vietnam veterans. Welcome Home to my fellow Marines "Semper Paratus"

Craig Burslie M11P

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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These piano students presented a recital in May at the Vernes Church in rural McIntosh. (L-R) Back: Mavis Finseth, Carl Johnson, Adrianna and Jesse Quam, Senora and Eli Albrecht, Kia and Cari Bachand, Ciara Albrecht, Tabitha and Topanga Bratager and Sarahanna Svalen; Front: Malachi Albrecht, Nadalie Quam, Jayden Gensburger, Max Johnson, Amera Carlson and Karlie Schow.

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Community Birthday and Anniversary Calendar

Wed. June 10: Jackie Salvhus

Thurs. June 11: Silas Lee, Toby Strom, Calvin Skeie, *Josh & Katie Roed, *Tom & Wendy Reitzeier

Fri. June 12: Janelle Graff, Dinah Opdahl, Tamera Ostenaar, Robert Hegland

Sat. June 13: Cliff Fischer, Sherman Tranby, Samantha Lee, *Dean & Anita Roy

Sun. June 14: *Calvin & Donna Skeie

Mon. June 15: Ellen Burslie, Carey Burslie, Kaitlin Marshall, Dianne Christopherson, *Virgil & Mary Lerfald, *Nathan & Siri Vigoren, *Scott & Jackie Salvhus

Tues. June 16: Twila Rolf, Mya Strom, *Jon & Cindy Lecy, *Kevin & Tanya Ek

Winger News

by Linda Pulskamp

Greetings once again from Winger and the Union Lake areas, where we have definitely been having some soggy weather, but then again we have been luckier than some and have not gotten the down pours and the heavy rain other areas have gotten. By Marcoux Corner on Wednesday on my way to work, there was water over Highway 2 and water in the fields as far as one could see.

If you have spent any time at all outside lately maybe you have noticed that the wood ticks are abundant, make sure you check for them when you are done outdoors and check your pets too.

The gardens are up and looking very nice, flowers are blooming, crops too are up and looking good, now we need some warmer temps which look like they are on the way.

Tuesday June 2nd Gail Johnson of Karlstad visited with her Mom, Martha Henney at Martha's home in McIntosh. Lucy Brtek along with Betty Lou Myhrum and Sue and Orrie Flermoen and John and Carol Fjellstul of Walker were just a few of the family members and friends that gathered at the Larry and Carol Sollie home at Lengy to honor Keshia Sollie on getting her doctorate degree. She will be leaving shortly for the Denver area to practice.

Thursday the 28th of May Lonnie and Judy Gieseke were visitors with Fern and Milton Carlson at the Carlson home. That evening Paul and Donna Carlson were visitors at the Carlson home with Fern and Milton.

Sheldon and Rita Trandem visited with Helmer and Verlyrs Homme at the Pioneer Home last Friday and again on Sunday.

Linda Pulskamp visited with Donnie Johnson of Maple Lake and Nola Abele at the Abele home in Fosston.

Lucy Brtek was among many other family members and friends that attended a bridal shower for Kjerstie Haugen at Calvary Church in Winger last Saturday.

Donna Carlson and Jasmine Benesh were Sunday visitors at the Fern and Milton Carlson home.

Wednesday morning May 27th on their way back from Fertile, Bruce and Lonnie Benbo stopped in at the Wayne Benbo home. They visited for an hour or so while discussing many different topics.

Lucy Brtek visited last Sunday and again on Monday with Wilma Wang at Wilma's home in Fosston. While there Wilma had Lucy doing some errands for her.

Interesting story from Lucy's Old McDonald farm, seems like this week she had to refer-

ee a pheasant fight, she stated that the pheasants were fighting so the feathers were flying so she stepped in and stopped the birds.

REMEMBER JUNE 27th! Write it on your calendars so you won't forget Winger Appreciation Day, activities will get under way at noon with a Car show, an Antique tractor show, a Farmers Market/Flea Market. This is also Winger Fire Department's 100th year anniversary and they will be having a Firemen's Ball that evening, and not to forget the Winger Lion's 31st annual fish fry will also be held. Any questions or to enter contact Jerry or Kathy Kaupang at (218) 694-3158 or on Facebook at Fosston Farmers Market. Let's all come out and make this a day to remember.

Until next week may yours be a good one.

From the Manor:

Brother Andy left for home from the manor on Thursday after spending a few days with Bun. Their friend Bill Montgomery from the Denver came up to spend sometime visiting and fishing. They caught some nice sunnies and made shore lunch one day. Andy caught another large Walleye but that was all.

Bun took his friend Bill up to lunch at Ness Café so he could show him his favorite waitress Dani. He was impressed by the service among other things.

Bun enjoyed lunch with Joyce and his buddy Bert on Friday. He stopped by the Stewarts on the way home and Hollie gave him some fresh rhubarb cake that she had made. Very tasty!

Floyd and Gerri Balstad hosted Sunday dinner at there place for Paul, Travis, David, Shawnn, Grant, Everett, Dale and Joyce Balstad. The occasion was to give Travis a send off. He is going to Georgia to boot camp for the National Guard. Good luck in your new adventure Travis.

Steve and Lorri returned home after surviving another relative graduation party back home.



Think about winter when planting your garden

If you're growing some fruits or veggies in your backyard, on your patio, or even indoors now that the weather is starting to turn a warmer, now is the time to plan out what you want to grow. Plan your garden with canning for the cold weather months in mind—that way nothing you grow will go to waste.

Think about the things you've been eating over the past few months, they suggest, and plant those types of veggies. Sure, your summer and fall gains will be delicious when they're fresh, but now's the time to think about growing things you might want to put in cans or jars and store for the fall and winter too. If you wait much longer, what you plant may not have enough time to really grow before you have to harvest and can them anyway.

Also growing for the freezer, and considering vegetables that keep well over the long months sealed in plastic baggies on ice, like snap peas, peppers, and onions. Then, when the winter comes, pull them out of the freezer instead of spending money at the grocery store and toss them into whatever you're making.

There are many fun ways to incorporate home canning into



Food Preservation: Exploring the options workshop

You Google a recipe to can pumpkin and find one on a food preserver's blog. Your Grandma gives you her favorite pickle recipe. Are these credible and safe canning recipes? Find out by attending the Food Preservation: Exploring the Options workshop on June 19, 2015 from 9:00am to 11:00 am at the C'Mon Inn in Thief River Falls.

Join the University of Minnesota food safety extension educator, Suzanne Driessen, for a 2015 update on safe home food preservation methods and research based resources. You will learn the safest and most current ways to preserve foods by canning, freezing and pickling. Whether you are new at preserving food or have been preserving for years, Food Preservation: Exploring the Options workshop is for you.

Cost is \$10.00 per person and pre-registration is required by June 12.

For registration information contact Connie at the U of M Extension Regional office Marshall at 507-337-2819 or 888-241-3261 or schwa047@umn.edu or go to extension.umn.edu/food-safety.

your garden planning Here are a few ideas to help you plan your spring garden and add to your canning calendar:

Salsa Garden – a staple for many canners, salsa has a variety of ingredients which can be grown in the home garden. Setting aside space in your garden or devoting a raised bed to incorporate these delicious ingredients will help ensure you have plenty of fresh produce on hand to make your favorite salsa blend. Items such as bell peppers, jalapenos, cilantro, onions, tomatillos, and tomatoes will create the perfect Salsa Garden.

Root Crop Container – having a ready supply of root crops on hand during the winter months is easier than you think. Preserving these foods can be accomplished in many ways such as canning, pickling, dry storage, and freezing. Planning a specific space to grow a variety of the items you intend to preserve will round out your garden. Items such as carrots, potatoes and sweet potatoes, radishes, turnips and beets are excellent choices when planning a Root

Crop Garden.

Pickling Fun – yes it is true, you can pickle or ferment just about anything, so there are many different recipes you can use when planning what to grow in your garden space. Not everything to pickle starts and ends with a cucumber. Although cukes are an excellent choice and mainstay for many, consider fermentation when planning your garden. Incorporate items such as cabbage, carrots, Brussels sprouts, and asparagus into your pickling mix.

Combining your love for home canning and preserving with your adventures in gardening will ensure you have plenty of fresh produce on hand this growing season.

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

Recipe Corner

Sweet Pickled Asparagus

10 lbs. fresh asparagus
5 T. dill seed
5 t. mixed pickling spices

2 quarts water
3 c. cider vinegar
2/3 c. sugar
1/4 c. canning salt

Wash, drain and trim asparagus; cut into 5-3/4-in. spears. Pack asparagus into five 1-quart jars to within 1/2 in. of top. Place 1 tablespoon dill seed and 1 teaspoon pickling spices in each jar.

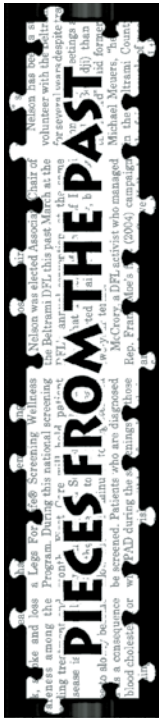
In a Dutch oven, bring water, vinegar, sugar and salt to a boil. Carefully ladle hot liquid over asparagus mixture, leaving 1/2-in. headspace.

Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight.

Process for 15 minutes. Yield: 5 quarts.



30 years ago...1985: Girl Scout Troop 199 and their leaders (L-R): Amber Vaughn, Marlyss Borud, Solveig Borud, Tracee Holen, Helen Johnson, Dana Hoiland, Kylie Horacek, Melanie Rivera, Sue Lee, Chris Hammer, Tiffany Haaven and Joy Bjerken. Absent from photo: Rose Syverson and Lori Lucken.



20 years ago...1995: (Back L-R) Darrel and Marvie Johnson and (Front L-R) Carolyn Lundquist, Geri and Bob Hulst were the friendly personnel serving the noon luncheon under the big top on Friday, June 16th. The First National Bank in McIntosh celebrated Minnesota Bank Week by hosting a customer appreciation meal of barbecues, beans, chips and ice cream sundaes.



10 years ago...2005: After 41 years in the classroom instructor, Win-E-Mac teacher Marilyn Malmanger is retiring. her children and their families hosted an open house in Marilyn's honor on June 11th at the McIntosh Community Center. Many freinds and co-workers attended the special event. Pictured: Marilyn (center, seated) (L sear) daughter, Kathy (Neil-np) Schmidt and children Alyssa, Trevor (np) and Kaili. (R-seater) daughter Kris (Dana) Engesether, (Standing) son, David (Debbie) and children, Abby, Elle and Benjamin; Son, Paul (Michelle) and children Brittany, Chelsey, Shelby and EMily.; Son, Mark (Julie) and their son, Jacob.

Regional Ag News

Jim Stordahl,
Extension Educator

Leaf Drop on Ash Trees

The most common call over the past week was related to leaf drop on ash trees. In many cases, ash trees dropped nearly all of their leaves over a few windy days, reminiscent of a fall day. The most typical reason for this out-of-season leaf drop is due to a disease common to ash trees, and a few others.

Ash anthracnose is a type of fungal leaf spot. The disease is caused by a fungus that survives the winter on infected plant tissue. During the spring and summer when the weather is cool and wet, spores are produced on infected tissue. These spores are spread by wind and blowing rain to buds, shoots and expanding leaves where new infections occur.

Although we have had an unusually dry spring, cool wet weather at the wrong time can cause the infection. Plus, the disease was aggravated by two hard frosts that likely encouraged the process. As most ash trees owners know, this species tends to be the last tree to leaf out in the spring and the first to drop their leaves in the fall.

The most notable symptom is leaf spots with irregular shape that appear brownish in color. Infections early in the season may result in large necrotic (dead) areas, blotching, and/or distortion of leaves. Leaf infections later in the season result in discrete ne-

crotic spots. In most cases, anthracnose is most severe on the lower and inner portions of the tree where the humidity and moisture levels are higher. This helps distinguish it from wilt diseases and root problems where symptoms develop first in the top of the tree.

In most cases, anthracnose does not cause permanent damage to established trees. However, trees stressed by root restrictions, drought, heavy insect infestation or other maladies are much less tolerant of anthracnose and may show decreased vigor after only a single season of severe anthracnose defoliation.

Cultural control measures should include proper watering, mulching, and sanitation procedures. Raking leaves in the fall and pruning out dead or dying branches help reduce the number of new infections the following year.

Fertilizing stressed trees in the spring may also help boost tree vigor.

There are several fungicides labeled for control of anthracnose, but seldom offers effective control. Fungicides do not cure plant disease; they only protect new growth. Plus, they add an unnecessary health risk to the applicator.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: UM Horticulture.

Random Things and Stuff



Puerto Rico Week 2

By: Emily L. Ferden

I have now been in Puerto Rico a little over two weeks! It has gone by even faster than I thought

it would. This second week we again had classes, which now we are at midterms! The workload has been pretty balanced, but enough to keep us pretty busy most nights. I am really enjoying the cultural class we are taking, since it has been getting into a lot of aspects of Puerto Rico we may have not realized if we had come to just vacation here. The geography here is extremely diverse having shorelines, mountains, and the rainforest. This has been pretty fun for me to experience since you see a little bit of all the geography every day.

We got the chance to go out more into Rio Piedras where we are staying and see the mercados, which are the little shops. It was fun going and mingling amongst the locals, who also have a sort of "Minnesota Nice" we are accustomed to. We got to see a lot of the areas that have been used in filming some movies and tv shows, most were abandoned buildings. We finally got the chance to go and explore Old San Juan, which is a lot bigger than I originally thought. The buildings are absolutely gorgeous with all of the varieties of color!

To get to all the places we want to go, we are having to take the public transportation system. We have chosen to take the buses for the most part. These are just like any other city bus system, and I find it interesting when we get to go through some of the other municipals of Puerto Rico. The driving here in Puerto Rico is very intense! Just crossing the streets you have to be very careful because some cars do not stop at all. You need to be a very aggressive driver while here. Even compared to driving in Minneapolis or Chicago, this is like ten times worse. The buses even are aggressive in their driving, which tends to make for a pretty interesting ride. Here the gas prices are 73 cents a liter, and all of the street signs are also in Spanish.

For our second excursion we got the opportunity to go to Ponce, Hacienda Buenavista, and La Guancha. Ponce is one municipal of Puerto Rico and its symbol is the lion, because of Ponce de Leon. It was a lot of fun going around the little square of Ponce and being amongst the locals. The local Puerto Ricans from Ponce are even friendlier than the others. They have a saying in Ponce, "Ponce is Ponce and everything else is parking". They are very proud of Ponce. The Hacienda Buenavista is a coffee plantation. We got to walk through the old home of the owner, see all of the machinery (which still works) to make the cornmeal run by water, and go through the forest to the beginning of the river. Our tour guide did an amazing job of describing how everything was back then, and pointing out very interest-

ing facts. He told us how the forest has a way of healing anyone, and when we got done going through it, he said we had all been changed. We then got to give a tree a hug and release our negative energies. He showed us also how to get in touch with our auras, and those of nature. It was a very interesting experience and something I had never experienced before. La Guancha was like a pier where boats were stored, and had a long boardwalk with different stands. We only had a short stop here, but it was fun to get something to eat and walk through.

This coming week we have classes and then our next excursion is to go on a boat and go snorkeling off an island! I will new sure to include all of my next adventures in the next article!

Win-E-Mac announces 4th quarter Honor Roll

The following Win-E-Mac Senior High & Junior High School Students have attained either an "A" or "B" average in academic subjects for the fourth quarter of the 2014-2015 school year. Congratulations! To be eligible for the "A" Honor Roll you need to have attained a 3.76-4.00 GPA and to be eligible for the "B" Honor Roll you need to have attained a 3.00-3.75 GPA.

Seniors

"A":

Megan Kangas

Amanda Lende

Kaysee Mandt

Zach Plante

Brittany Rolf

Adam Shaver

Maggie Spry

Madison Stuhau

Austin Tadman

Zac Tradewell

Hanna Wiersma

Jenna Wiersma

"B":

Samantha Burcham

Krystal Haugen

Karenmarie Hixon

Travis Kaster

Jacob Knutson

Hunter Plante

Hannah Rolf

Marea Schommer

Logan Simonson

Chloe Smeby

Kara Sonsteli

Chase Svalen

Matt Thompson

Juniors

"A":

Andrew Bryant

Megan Espeseth

Shayley Espeseth

Kinlee Faldet

Natalia Frolov

Jessica Kasprzak

Kelsey Knutson

Suzanna Martushev

Madison

McKeever

Indiana Nornes

"B":

Nathan Brekke

Justin Carlson

Amanda Farrell

Ashley McKinney

Rachel Morberg

Aaryk Neubert

Cecilia Peterson

Mikayla Vesledahl

Josh Young

Sophomores

Summer Rec Updates

With the addition of a second cadets team and a bantams team this year the practice schedule had to be totally redone. Game schedules remain the same.

June 10 Kloster Park League at Clearbrook 9:00

June 11 Both Cadets at Fosston 10:00; Bantams at RLF 10:00

June 12 Cadets practice 9:00; Mites and Midgets practice 10:30-12:00

June 14 Mites and Midgets at Clearbrook 2:00 NO BUS



Zach Plante tags a Red Lake County player during the Section 8A Championship game at Northland Community College last Thursday, June 4th.



Patriot Catcher, Chase Svalen played a great game during the Section 8A Championship against Red Lake County last Thursday.

Screening...

Continued on page 4...

50. About 6 in 10 cases of prostate cancer are found in men over the age of 65.

Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor. Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.

Men age 50 and older should discuss the uncertainties and possible risks and benefits of prostate cancer testing with their health care providers and decide whether testing is right for them.

Men at higher risk, or men who have a history of prostate cancer in close family members, should have this discussion at age 45.

Appointments are recommended, but drop-ins will also be accepted. Those with appointments will be given priority. To make an appointment, call 218-281-9595.

Reasons to Celebrate

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known

as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.



The science behind fireflies

Few things seem more whimsical and magical on a warm night than watching fireflies blink on and off and wondering where one will turn up next. At any given moment, there may be dozens of fireflies lighting up the night sky, providing the perfect opportunity for kids and adults to go outside and collect a few insects for a closer look.

The Smithsonian Institute says there are more than 2,000 species of fireflies, also called lightning bugs, around the world. Only some species produce adults that glow.

Fireflies are a type of beetle that use their illuminated bottoms to attract females. Often the males will fly around while the females wait in bushes and trees for their mates to arrive. Each species of the insect has its own language of flashing light. Some fireflies produce a green light, while others lean toward yellow or orange.

Two chemicals, called luciferase and luciferin, are present in a firefly's tail, and these chemicals account for the insects' bioluminescence. Luciferase is an enzyme that triggers light emission. Luciferin is heat-resistant, and it glows under certain conditions. Chemicals inside the firefly's body convert energy to initiate the glow in its tail. One hundred percent of the firefly's energy is emitted as light, making it a very efficient light producer. Because there is no heat generated from this light, it is known as cold light.

Although the glowing mechanism known to fireflies is largely exhibited by the adults flying through a summer sky, the larvae and eggs of some species also emit light. They use the light to deter predators and inform them that they do not taste good.

While fireflies are often seen in a pleasing light and as harmless bugs, they may not be so harmless within their social circles. Some fireflies are carnivorous. Larvae eat snails and worms. Some fireflies feed on other fireflies and will mimic the flashing pattern of a certain species to lure in a meal. But scientists have not observed fireflies eating other species of bugs and are not even sure if fireflies eat much at all.

WEM School Announcements

Community Ed Trip

There will be a Community Ed bus trip to Minneapolis on July 10 - 11 for youth going into grades 8 - 12. The bus will leave Erskine on July 10 and participants will see a Twins baseball game that evening. After staying over night, everyone will go to Valley Fair the next day, returning in the evening of July 11. Registration deadline is June 15. Cost is \$100. Please call 218-280-3760 to register

Win-E-Mac T-Ball

Come out for a fun experience with your children as they learn the fundamentals of baseball and softball. No prior registration is needed, just show up and play!

Please plan on being present with your child, do not plan on dropping your child off and returning to pick up.

T-ball will take place at the Win-E-Mac softball field on Monday nights starting June 1st through July 27th. Anyone ages 2 to Summer Rec age and their parents are welcome to join in the free fun starting at 6:00pm until 7:30pm.

Bring your baseball/softball glove, rubber spikes if you want, and all other material will be provided.

If you have any questions, contact Aaron Cook at 218-687-2148.



Carly Simonson tapped her way into 1st place last Friday during Erskine's Got Talent at Win-E-Mac School.



Playing "Beautiful City", Andrew Hanson wowed the crowd during Erskine's Got Talent last Friday evening.



Left: Cute as a button Cali Campbell sang "The Star Spangled Banner" for Erskine's Got Talent.

Above: Funny guy, Jake Hertwig made the crowd laugh as he had a great comedy routine last Friday.

