



McINTOSH

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McIntosh, Minnesota

Winger Fire Department hosts a street dance for community



The Winger Fire Department hosted a Fireman's Street Dance on Friday, July 28th at Liquor Pigs on Main Street. They also honored the bar owners, Jessica and Ben Hogishimer as honorary members in appreciation of all the time they put into the community and community events. Winger Fire Department members that were present are: Front row: Andrew Hillstad, Camerson Herriman, Jordan O'Brien, John Hillstad, Jessica & Ben Horgeshimer (honorary members); Back row: Matt Balstad, Bailee Burcham, Steve Massmann, Marco Rodriguez, Abby Hillstad, Mike Thompson and Vance Kaupang.



Joel Strom with his 1956 Chevrolet BelAir he brought to the 14th Annual Fosston Car Show hosted by the Highway 2 Cruisers. The show took place on Saturday, July 29th and showcased a wide variety of automobiles. See more pictures in this weeks Canary section.

BACK TO SCHOOL

Win-E-Mac Back - to - School Open House

Make plans to attend the Win-E-Mac Open House with your student on Wednesday, August 30th from 5:00 pm - 7:00 pm.

Save the Date: McIntosh Tractor Day

The Annual McIntosh Tractor Day will take place on Saturday, August 26th. The day will start with a pancake breakfast at the McIntosh Fire Hall served by Fire & Rescue Squad. The Antique Tractor Parade will begin at 11:00 am down the Main Street of McIntosh. Tractors will line up beginning at 9:00 am in Erickson Park. Following the parade, there will be a Kiddie Pull in front of the Fire Hall, followed by the Tractor Pull on the old football field promptly beginning at 1:00 pm. More information to come in upcoming edition of the McIntosh Times.



The Class of 1961 met at the Ostenson farm on July 20th for their 80 birthday party. After a morning brunch they shared humorous memories and enjoyed each other's company. Later on, following cake and ice cream, a catered meal from Erickson's Smoke House arrived. Pictured L - R front row are Karen Johnson, Faye Horn, Carol Burshiem, Darlene Hulteen, Lois Carlson. Second row L - R are Mary Nell Preisler, Bonnie Peterson, David Grundyson, Amy Schaefer. Third Row L - R Grant Oppegaard, Ben Ramse, Maury Ferden, Bob Higdem, Don Ostenson, Carol Fox, Wayne Swanson, Paul Molstre, David Benish. Not pictured is Gerald Eggers.

Minnesota celebrates National Farmers’ Market Week

Farmers’ markets across Minnesota will be celebrating National Farmers’ Market Week from August 6 - 12, 2023; a time when produce in the state is at its most abundance. The week will culminate in a public event on Saturday, August 12th, at the Winona Farmers’ Market in honor of its 50th anniversary.

“Farmers’ markets play a vital role in Minnesota’s local food system, helping connect consumers with fresh, local, and nutritious foods in their communities,” said Minnesota Department of Agriculture Assistant Commissioner Patricia Bailey. “The Minnesota Department of Agriculture thanks those who make these markets possible, and we look forward to celebrating their hard work and contributions during National Farmers’ Market Week.”

Throughout the week, a social media photo contest will spotlight the farmers, vendors, and market goers that make up the vibrant market community. The theme of this year’s event is “Farmers’ markets are leading the way! Community, Culture, Land.” Agriculture is a foundation of Minnesota’s economy, and a record number of 375 farmers’ markets are currently located in all corners of the state.

“During National Farmers’ Market Week, we take the opportunity to celebrate and extend our heartfelt appreciation to the exceptional individuals who drive the success of farmers’ markets — from the dedicated farmers, food entrepreneurs, crafters, and market organizers to the unwavering support of our loyal customers,” said Minnesota Farmers’ Market Association Executive Director Kathy Zeman. “In Minnesota, farmers’ markets proudly lead the way in strengthening the local foodshed, sustainable land practices, and fostering a strong sense of community. These markets are not just about transactions; they are about cultivating meaningful relationships between farmers and customers, nurturing a thriving local food ecosystem, fostering connections among friends and new acquaintances, and ensuring that everyone has access to wholesome, locally grown food.”

Sandy Dietz of Whitewater Gardens Farm in Altura, Minnesota, is a vendor at the Winona Farmers’ Market and a farmer member of Land Stewardship Project. She says, “Farmers’ markets are a crucial part of our community and supporting our local farmers. For many, these markets are our main source of income, and they are an important way to get fresh, healthy food to our communities and support a resilient food system.”

“Farmers’ markets are important community assets. When you shop at a farmers’ market, you are not only supporting family farmers who live in your community, but you’re also supporting your community by keeping dollars local,” said Minnesota Farmers Union President Gary Wertzish. “In addition, food bought directly from farmers is fresher and tastes better.”

National Farmers’ Market Week is a yearly celebration sponsored by the United States Department of Agriculture (USDA), which highlights the value markets bring to communities and the important role they play in the U.S. food system. Each year, farmers’ markets across Minnesota participate in the event by creating their own independent celebrations. This event is being presented in partnership by the Minnesota Farmers’ Market Association, Minnesota Grown, Minnesota Farmers Union, and Land Stewardship Project.

About the MFMA:
The Minnesota Farmers’ Market Association (MFMA) provides services, programs, and leadership that support

and promote farmers’ markets across Minnesota. The organization works to foster a community of vibrant, profitable, and professionally managed Minnesota farmers’ markets that cultivate, nourish, and inspire a vibrant local foods landscape. The MFMA vision is to create greater accessibility to local, farm-fresh foods and to allow opportunities for local food producers to thrive and grow. Find their statewide map of markets at www.mfma.org.

About Minnesota Grown:
Minnesota Grown is a program of the Minnesota Department of Agriculture to promote products grown and raised in Minnesota. The program has connected consumers with local farmers, farmers’ markets, and other producers of agricultural products near them for over 35 years. The Minnesota Grown Directory at minnesotagrown.com is a searchable map of over 1,000 local farms, markets, and producers all across the state. The program also licenses the use of the Minnesota Grown label to Minnesota producers and retailers. Anywhere you see the Minnesota Grown logo, you can have confidence that product was grown or raised within the state. Find local near you

Helpful tips for picking and cutting watermelon

Watermelon is a summer-time staple. Each summer, stores and farm stands have an abundance of watermelons on display, and many people feel no picnic or barbecue is complete without watermelon.

Watermelon is a refreshing option on hot days. It’s ideal sliced and served, or can be included in fruit salads, smoothies or even “spiked” cocktails. The key to a tasty watermelon is knowing how to pick one that is ripe, while serving watermelon comes down to understanding some easy cutting strategies.

• **Choose a watermelon** that has a firm, symmetrical shape. Avoid melons with bumps, dents or cuts.

• **Watermelons should be** relatively heavy. They’re 92 percent water, and that juiciness should be reflected in a substantial weight for the melon’s size.

• **Watermelon.org advises looking** for a creamy yellow spot on the underside of the watermelon. This is called the “ground spot.” It indicates where the melon sat on the ground and ripened in the sun. Once cut from the vine, a watermelon has about three to four weeks to be consumed.

• **All parts** of the watermelon are edible, including the seeds and rind. The rind can be pickled or cut up to use in stir-fry dishes.

When bringing watermelon to an event, it is a courtesy to bring it already sliced or cut up. This ensures the host or hostess does not have to tackle what can sometimes be a chore. Here are three techniques to cut a watermelon easily.

- Cubes**
1. Cut both ends off of the watermelon.
 2. Stand the watermelon on one sliced end. Use the knife to slice down and cut off the rind.
 3. After removing the rind

What are watermelon fries?

Maybe you have seen this new fun trend for summer fun? Maybe you are curious? Well watermelon fries are named because this snack is a fry in shape only. All you do is slice watermelon into fry-like sticks using a crinkle cutter. They’re juicy, refreshing and super fun to eat—especially when served with a dipping sauce.

Are you looking for a few simple sauces to bring your watermelon fries to the next level?

Try one of these easy dips and enjoy this fun summer snack with your friends and family.

Cream cheese marshmallow dip
4oz (115g) cream cheese, at room temperature
3oz (100g) marshmallow creme

in our directory of over 1,000 farms and markets at minnesotagrown.com.

About Minnesota Farmers Union:
Minnesota Farmers Union works to protect and enhance the economic interests and quality of life of family farmers and ranchers and rural communities. MFU is a nonprofit membership-based organization. Membership is open to everyone. Learn more and join at www.mfu.org, and follow MFU on Facebook, Twitter, and Instagram.

About Land Stewardship Project:
The Land Stewardship Project (LSP) is a grassroots nonprofit organization founded in 1982 to foster an ethic of stewardship for farmland, to promote sustainable agriculture, and to develop healthy communities. LSP is dedicated to creating transformational change in our food and farming system. LSP’s work has a broad and deep impact, from new farmer training and local organizing, to federal policy and community-based food systems development. At the core of all our work are the values of stewardship, justice, health, community, and democracy.

from all sides of the melon, cut into discs about 1/2-inch in thickness.

4. Then cut those discs into cubes.

Slices

1. Cut the watermelon in half lengthwise.

2. Take one cut half and place it cut-side down.

3. Cut the watermelon into

Resurfacing on highway's in NW MN begins August 14th

Motorists will see short-term lane closures, delays and flagger operations.

The Minnesota Department of Transportation announced today a resurfacing project beginning on August 14. Construction crews will resurface three locations in northwest Minnesota:

- Highway 11 from the eastern limits of Baudette to mile marker 120 west of Baudette.
- Highway 59 from Highway 175 to Canada.
- Highway 75 from Warren to Euclid.

The contractor for the \$2.2 million dollar project is Asphalt Preservation Company, Inc. The project will be completed under traffic, and flaggers will guide motorists through the single-lane construction zone. It is expected to be complete by early September, and will create a smoother, safer driving surface.

Important reminders for motorists regarding work zone safety:

- Slow down when approaching every work zone, then navigate through with care and caution.
- Stay alert; work zones constantly change.
- Watch for workers and slow-moving equipment.
- Obey posted speed limits. Fine for a violation in a work zone is \$300.

In a bowl, combine cream cheese and marshmallow creme. You can also use a hand mixer to ensure the mixture is smooth. Cover and refrigerate until ready to serve.

Lime Tajin Dip
½ cup plain Greek yogurt
1 teaspoon lime zest
1 lime juiced
1 Tablespoon honey
3 mint leaves, finely minced
Tajin or chili powder and salt, to taste

In a small bowl, combine the yogurt, zest, lime juice, honey and mint leaves. Mix well.

Place the watermelon on a serving plate and sprinkle with the Tajin or a little bit of salt and chili powder if desired. In a small bowl, combine the yogurt, zest, lime juice, honey and mint leaves. Mix well.

Discover local history through the lens of early Fosston newspaper

Ed Lavelle, editor of the The Thirteen Towns, will discuss the history of the paper and highlight favorite stories uncovered during the digitization of issues from 1891-1900.

Those interested in regional history, journalism history and genealogy research are welcome to attend and join the discussion.

This program is offered free-of-charge thanks to funding from the Minnesota Arts &

New law bans non-compete agreements in MN

Among the many laws passed by the 2023 Minnesota Legislature is one prohibiting the use of most non-compete agreements by employers in the state.

The new law was effective July 1, 2023. Here’s a summary:

The ban on non-compete agreements is not retroactive. In other words, it only affects agreements entered into on or after July 1, 2023; non-compete agreements that were entered into before July 1 remain valid.

The law covers any person who lives or works in Minnesota, and it applies to both employees and independent contractors, regardless of what they are paid.

Only agreements restricting slices.

4. Repeat for the other cut half.

Strips

1. Cut the watermelon as you would with the slices. Rather than leaving it in large slices, turn the watermelon and cut the same size slices in the opposite direction. This creates strips that are easy for kids to grab and maneuver.

2. Repeat with the other half of the watermelon in the same manner.

LEGAL NOTICE

NOTICE OF HEARING

Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2024 General Fund Budget at 9:15 a.m., August 24, 2023, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2024 proposed budget:

PROPOSED 2024 BUDGET	
Manager's fees and salaries	\$40,000.00
Board of Managers' expense	24,200.00
Staff salaries	551,515.00
Payroll taxes	42,191.00
Employee benefits	178,097.00
Travel and meetings	7,500.00
Audit	10,400.00
Legal	16,000.00
Office supplies	20,000.00
Office equipment	30,000.00
Appraisers and Viewers	2,000.00
Professional services.....	25,000.00
Dues and subscriptions.....	10,000.00
Insurance and bonds.....	40,000
Repairs and maintenance-building	15,000.00
Utilities	12,000.00
Advertising and publications.....	4,000.00
Telephone.....	11,000.00
Vehicle expense & maintenance.....	15,000.00
Engineering supplies	3,000.00
Engineering equipment.....	40,000.00
TOTAL	\$1,096,903.00
LESS: ESTIMATED OVERHEAD	(827,272.50)
LESS: MISCELLANEOUS REVENUE	(3,000.00)
PROPOSED 2024 GENERAL FUND BUDGET	\$266,630.50

CAPITAL PROJECTS FUND

An ad valorem tax of .0003627 times the taxable market value for 2023, collectible for 2024, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.

Permitting system
Benchmarks
Flood Control studies/projects
Stream gauging
Water quality studies/projects
Rivers
Watershed hydrologic analysis
Lakes
Bank stabilization

Cultural Heritage Fund.

Programs will be held at the following libraries:

Fosston Public Library:
Thursday, August 17 at 2:00 p.m.

Fertile Public Library:
Thursday, August 24 at 2:00 p.m.

Gonvick LINK Site:
Thursday, August 31 at 2:00 p.m.

For more information on this and other LARL events and

ing employees and contractors from working for a competitor over a specific period of time are covered by the law.

Employers can still enter into agreements with employees and independent contractors to protect the company’s other employees, customer relationships, goodwill, confidential information, trade secrets, and intellectual property, by using non-solicitation, confidentiality and intellectual property covenants.

The new law does contain an important exception that allows non-compete agreements to be used when entered into pursuant to the sale of a business.

LSS Meals Menu 687-2262

Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. August 14: Baked Chicken - Mashed Potatoes - Green Beans - Breadsticks - Fruit Cocktail - Milk

Tues. August 15: *Bingo* Sweet - n - Sour Meatballs - Carrots - Wheat Bread - Lemon Cake - Milk

Wed. August 16: Baked Ham - Baked Potato - Broccoli - Canteloupe - Wheat Rolls - Oatmeal Raisin Cookies - Milk

Thur. August 17: *Bingo* **A.S. Bank Day: Prgram at 10:45am Subject: Fraud Prevention** Tuckey - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Roman Apple Cake - Milk

Fri. August 18: Tator Tot Hotdish - Mixed Vegetables - Peaches - Wheat Rolls - Milk



Wed. August 9: Ryan Schow, Derrick Haugen, *Jay & Leah Mahlen

Thurs. August 10: Lily Breckel, Damien Andress, Maxwell Rue, *Clayton & Carol Bartz

Fri. August 11: *Shawn & Tamera Ostenaa

Sat. August 12: Marly Halland, *Paul & Diana Lindseth, *Davin & Amanda Swanson

Sun. August 13: Curt Bartz, *Chad & Janelle Haas

Mon. August 14: Breelyn Hegre, Alex Shaver, *Bruce & Diane Grundyson

Tues. August 15: Nathan Vigoren

McINTOSH Times

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"Serving the Win-E-Mac area"

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services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.

Grace Community Food Shelf

August Shopping Days
Thursday, August 10th from 3:00 - 7:00 pm;
Thursday, August 17th from 10:00 am - 2:00 pm.



ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Wed. August 9: 11:30am Mass at St. Mary's, Fosston
Fri. August 11: 8:30am Mass at St. Mary's, Fosston
Sun, August 13: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Tues. August 15: 5:30pm Rosary; 6:00pm Mass at St. Mary's, Fosston (Assumption of the Blessed Virgin Mary)
Wed. August 16: 11:30am Mass at St. Mary's, Fosston
Fri. August 18: 8:30am Mass at St. Mary's, Fosston
Sun, August 20: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Pastor Rene Mehlberg Synodical Authorized Minister Katie DeMarais

Sun. August 13: 10:00am Coffee Hour; 10:30am Worship Services
Sun. August 20: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Interim Pastors John Anderson and Phil Rokke

Sunday Services
9:30am Mt Carmel
11:00 am Trinity

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

Sun, August 13: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, August 15: 10:00am. Sunday worship service telecast on GVTV--30

Wed, August 16: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC) McIntosh PastorLee Laaveg

Sun. August 13: 9:00am Worship
Sun, August 20: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC Erskine Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

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Hunting regulations,
hunting licenses available online

Deer hunters will have more ways to hunt in Minnesota this fall. And deer hunting licenses can be purchased now.

We encourage all hunters to review the new hunting regulations and make a plan for hunting success. Here are some highlights of what's new with the regulations this year.

- Crossbows are allowed for all deer hunters with an archery license. Hunters will be asked whether they harvested their deer with a crossbow or vertical bow when they register their deer.
- Synthetic ground blinds on public lands are required to have blaze orange covering. The change on ground blinds requires that fabric or synthetic blinds on public land must have a blaze orange safety covering on top of the blind that is visible from all directions, or a patch made of blaze orange that is at least 144 square inches (12x12 inches) on each side of the blind.
- Some chronic wasting disease zones have changed.
- Nontoxic ammunition will be required for special hunts in state parks or in scientific and natural areas where hunting is allowed.
- Some harvest limits are reduced in northeast and north-central Minnesota while most areas have similar bag limits as last year.

Deer hunting specifics can be found on the Minnesota DNR website. Electronic copies of all 2023 Minnesota hunt-



ing regulations are available now online.

This year the printed version of the regulations will be available later than expected, near the end August. To ensure hunters have the information they need to plan their hunt while awaiting printed

Hunters in most of Minnesota can expect a season similar to last year in terms of how many deer they can harvest. The lower bag limits in northeast and north-central Minnesota aim to allow deer populations to recover after back-to-back severe winters. Deer are resilient and we are

regulations, the DNR sent materials to hunting license agents across the state to distribute to customers. These materials highlight upcoming deadlines that some hunters may need to meet before the printed regulations books will be delivered.

The DNR increased the bag limit or lottery permits in 12 deer permit areas this year, 80 DPAs have the same designation as last year, and 38 DPAs have reduced bag limits or lottery permits. Information about specific DPA bag limits and other season information is available on the DNR website at www.dnr.state.mn.us

Overview of 2023 bag limits



Katelyn Delzer (North Star) with her Grand Champion project during the Polk County Fair.

Polk County 4-H youth exhibit
their best at the 2023 Polk County Fair

By: Katie Becker, Polk County 4-H Extension Educator

4-H youth from across the county showcased their learning at the 2023 Polk County Fair. The Polk County 4-H program had 88 youth participate in this year's fair held July 5-9. For 4-H'ers, county fairs are not just fun annual events. Every summer, tens of thousands of 4-H'ers take part in local county fairs throughout the state.

When youth show their projects, they are demonstrating the knowledge and skills they've gained throughout the year. Getting ready and par-

ticipating in the county fair teaches life skills such as problem solving, decision making, project management, communication and public speaking. This year Polk County 4-H'ers exhibited over 670 projects from poster projects, demonstrations and fashion revue, to many livestock entries.

Throughout the year, 4-H youth select project areas that reflect personal areas of interest, and pursue hands-on learning in both self-directed and guided environments. The results of their learning are exhibited at county fairs, and other showcase events across

the state. A collection of the best exhibits from each county fair and showcase are then brought to the Minnesota State Fair held August 24 - September 4, 2023.

Education is integral in the "learn by doing" philosophy of 4-H. Exhibiting project work and delivering public presentations at the county fair also provide youth opportunities to showcase their achievements and continue learning through the interactive conference judging and team experiences.

Congratulations to all of our 4-H'ers on a successful Polk County Fair.



4-H Cloverbud fair participants include (L to R): Eberley Wolfram (Fisher/Climax Flyers), Solveig Thorvilson (North Star), Luke Swanson (Fertile), Owen Sayette (North Star), Cadin Sayette (North Star), Rohan Ottinger (North Star), Paul Klawitter (Independent), Hadley Hanson (Fertile), Aiden Delzer (North Star), Beth Capistran (North Star), Brynlee Benson (Fertile) & Katie Becker (4-H Extension Educator) in the back row. Not pictured: Sage Carlson (Pine to Prairie), Oliver Carlson (Pine to Prairie), Jameson Dans (Paws and Pals 4-H club), Arthur Donarski (North Star), Aurelia Guzman (Independent - Polk County), Eden Hruby (North Star), Claudia Luckow (Pine to Prairie), Aiden Schiller (North Star), Anna Wagner (Fisher/Climax Flyers), Henry Vanyo (Willing Workers), John Vanyo (Willing Workers) & Ireland (Pine to Prairie).



4-H Horse Exhibitors included: (L-R) Front Row: Paul Klawitter (Independent), Hadley Hanson (Fertile) & Solveig Thorvilson (Northstar); Second Row: Paisley Wall (Fertile), Zane Klawitter (Independent), Vienna Vetter (Willing workers), Kandall Grunhovd (Fertile), Sydnie Nobles (Fertile), Kaitlynn Klawitter (North Star), Landon Klawitter (North Star) & Katie Becker (4-H Extension Educator); Third Row: Brittany Mosher (4-H Horse leader), Heidi DeBoer (Paws and Pals 4-H Club), Jacob Klawitter (North Star), William Klawitter (Independent), Karen Vetter (Willing Workers), Marlee Stortroen (Fisher/Climax Flyers), Ava Grunhovd (Fertile), Ella Thorvilson (North Star), Lillie Thorvilson (North Star), Brenda Grunhovd (Fertile, & 4-H Horse Leader).



4-H Poultry Exhibitors included: (L-R) Front Row: Owen Sayetta (North Star), Cadin Sayetta (North Star), Kaitlynn Klawitter (North Star), Paul Klawitter (Independent - Polk County), Landon Klawitter (North Star); Second Row: Katie Becker (4-H Extension Educator), Micah Pyles (North Star), Anna Noyes (North Star) & Jacob Klawitter (North Star). Not pictured are Rohan Ottinger (North Star) & Ireland (Pine to Prairie).



4-H'er (L-R):Ella Howard (Pine to Prairie) was crowned Queen with her romper she constructed for the 6-8 grade division. Sage Carlson (Pine to Prairie), who is a cloverbud which is grades K-2, constructed her sundress. Ava Grunhovd (Fertile) was crowned Queen with her dress she constructed for the 9+ grade division. Cosette Carson (Pine to Prairie) was crowned Queen with her sundress she is wearing for the constructed category and was crowned Queen for her purchased outfit that she is holding in the 3-5 grade division.



4-H Swine Exhibitors included: (L-R) Front Row: Hadlee Erickson (Fertile), Kora Benson (Fertile) & Brynlee Benson (Fertile); Second Row: Catie Erickson (Fertile), Tori Erickson (Fertile), Mya Erickson (Fertile), Grant Benson (Fertile) & Katie Becker (4-H Extension Educator).



It was Community Helpers week at The Clubhouse Childcare Center in McIntosh. The Clubhouse feels so lucky to be surrounded by such an amazing community with so many people willing to lend a hand when needed. This is such an important thing for kids to grow up and see, and the Clubhouse kids get to see it every day. They are learning life lessons without even realizing it! Thank you so much to Bruce Roed (pictured with the kids) for coming out and teaching everyone all about firefighters and showing how to stop, drop, and roll.

WEM Sprinting Back to School shoe drive

Win-E-Mac school would like to introduce something new to the start of the school year.

Like many of you already know, we have a Giving Tree during the holidays where you can sponsor a child and anonymously donate gifts to those in need. This year we would like to introduce the "Sole Tree."

This tree will have different shoes to pick from. Each shoe will have a child's size, age and gender on it for the community to select from.

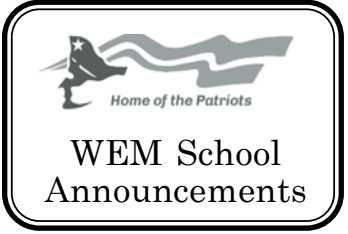
Like the giving tree, the sole tree will also be virtual. We ask that those who take a shoe number from the sole



tree, buy a pair of new tennis shoes that match the description and bring them back to the school with the shoe number attached.

Shoes can be dropped off at the school no later than Friday, August 25th. Thank you for your help and support with this awesome cause!

Please reach out to Cassie Subbert or Melissa Smeby with any questions at 218-563-2900.



Attention Win-E-Mac Football Players

Equipment handout for 9-12 grade players will take place on Thursday August 10 at 6:00 Practice will begin for all 9-12 grade players on Monday August 14.

Practice for 7-8 grade players will begin on Monday August 21.

Practice for 5-6 grade players will begin on Tuesday August 29.

For more detailed practice schedules, please refer to the team and school social media sites.

If you have questions please contact the following coaches - 9-12: Aaron Cook acook@win-e-mac.k12.mn.us

JH: Jason Svlaen jsvalen@win-e-mac.k12.mn.us

Elementary: Nate Johnson njohnson@win-e-mac.k12.mn.us

Win-E-Mac School Readiness and Head Start Early Childhood/Preschool screening will be held on Thursday, August 10, 2023.

Preschool/Early Childhood screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check:

- Vision and Hearing
- Height and Weight
- Immunizations
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at the Polk County Public Health (Bjella) building in McIntosh.

Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened by emailing hearsl@win-e-mac.k12.mn.us.

Fitness Room Renewal: Membership to the School Fitness Center is only good until August 31, 2023. You will need to renew the \$75 membership fee by that date, or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. Adult members of a family must have their own access card from the office. Parents can use their card supervising school aged children. Do not access the rest of the school after hours or an alarm will activate law enforcement. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.

Do you have a story to share?

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