

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The “Old Fashioned Sunday School” at the Gossen School. The kids had a great time discussing the past and how it affects our future.



4-Her’s look forward every year to the Minnesota State Fair. Area teens that displayed and showed at this year’s fair are front (l-r): Karlie Brekken, Breanna Kressin and Clara Meyer. Back (l-r): Grant Balstad, Jordan Lessard, Brylee Lessard Anna Huck, Eliza Meyer, Hannah Rolf, Mallorie Sundeen and Olivia Huck.

Depot Fresh Express is now open in Winger



Now serving fresh and fabulous sandwiches is the newest venture for Depot C-Store owner, Quinn Olson.

The sandwiches are ordered at the counter in the store and picked up in the former restaurant area. There is no wait staff, but you are able to sit and enjoy your sandwich there.

You can order your sandwich by stopping in, calling 938-4146 or online at DepotFreshExpress.com or 9384146.com. Fresh sandwiches are available from 10:00 am to 2:00 pm any day of the week.

There is a variety from which to choose, roast beef with horseradish cheddar on a multigrain roll, chipotle turkey melt inside rosemary focaccia bread, wild rice cranberry bread filled with chunky chicken salad, or create your own toasted or not.

Soups and salads will be around soon!



Quinn Olson, owner of the Depot in Winger, has opened Depot Fresh Express, a sandwich shop with custom made and ready to order fresh, flavorful sandwiches. You can order Monday through Sunday from 10:00 am to 2:00 pm.

Come to Mac for Craft & Market Day this Saturday



This Saturday, September 17th, there will be a lot of fun happening in McIntosh for Craft and Market Day.

Starting at 9:00 am there will be many vendors selling along the streets of town, in the Community Center and in the Fire Hall.

There will be many vendors including beautiful craft items, along with seasonal produce including pumpkins and gourds! Voxland Pumpkins will be available on the north side of the Bakery building.

While you are shopping, make sure to stop in to the Fire Hall for a piece of pie and a cup of coffee. The member’s of the McIntosh Community Club will be on hand to serve you up a piece of pie and there will be lots of friends and neighbors to visit with.

At 9:30 am, McIntosh Senior Living will be hosting a 5K Run/Walk with the top three male and female participants receiving medals. The top six children ages 5 to 12 will also each receive a medal. There will be refreshments after the

race and money earned will be used to purchase a Blanket Warmer for the residents of McIntosh Senior Living.

You can register in advance by calling 218-563-2715 or emailing tricia@macseniorliving.com or sharlene@macseniorliving.com. There will also be registration available the day of the race starting at 8:30 am.

The annual LARL library book sale will take place at the McIntosh Library in the Community Center room 10:00 am to 1:00 pm. There will be books for all ages available at super great prices. The book sale will be set up at the library the following week as well, but shop early to get all your winter reading!

The Kiddie Pedal Pull, which was originally scheduled for Tractor Day, will take place on 1st Street, just south of the Community Center starting at 11:00 am. The event is sponsored by and hosted by The Polar Beach Snowmobile Club.

Cow Pie Bingo is back! The pen will be set up again on Cleveland Avenue and 3rd Street (near Wertish’s). The event is sponsored by McIntosh Senior Living and you can purchase a “square” anytime between now and Market Day at either McIntosh Senior Living or at Jered’s Grocery in downtown McIntosh.

B-B Cafe, along with other businesses will have great Market Day specials going on for the event as well, so make sure you check out our local businesses too.

Craft and Market day is sponsored and hosted by the McIntosh Community Club. If you would like to join or volunteer, please contact Phil at First National Bank.

Make sure you bring your family for a fun day in McIntosh this Saturday, September 17th.

See you there!

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ECFE Spirit Night

Parents bring your kids ages 0 to 12 to Win-E-Mac Spirit Night!

Meet the cheerleaders, make a spirit stick, learn a cheer! Meet in the Commons on Thursday, Septmeber 22nd from 6:00 pm to 7:00 pm.

Participants are invited to help cheer at the home FB game on September 23rd!

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Steve Stark to tell of Fur Trading during program in Mac

Favorite Nell Presenter returns September 28: Artist and Historian Steve Stark tells of “Fur Trading on the Dakota Frontier”

Fargo cartoonist/historian Steve Stark will give his Illustrated History presentation on “Fur Trading on the Dakota Frontier” at the McIntosh Community Center on Wednesday morning September 28, beginning at 9:30 am.

Award-winning cartoonist, actor and writer Steve Stark will illustrate his tales of fur trading in Dakota Territory on a 20-foot roll of paper. Stark combines storytelling and lightning fast drawings in presentations he calls Illustrated History. The Minnesota native, now Fargo, ND citizen, has presented a variety of history based presentations to thousands of people of all ages across 28 states and Washington DC.

Steve was born and raised in Excelsior, Minn. and after earning a B.A. at North Dakota State University, he received an M.A. from the University of Wisconsin/Superior. Steve was the publisher of the Lake County News Chronicle in Two Harbors where his wife Gwen taught high school before they moved to Fargo in 1980. He has had a varied career path including time as an NDSU Extension Service Communica-

tions Specialist, county historical society executive director and advertising agency copywriter and creative director. Stark has presented a wide variety of historical programs in schools, universities, government agencies and private business events.

Known by school children

NELL... Continued on page 2 ...



Historian Steve Stark will present a program at the McIntosh Community Center on Wednesday, September 28th, as part of the NELL fall series.

Community Calendar

Wed. Sept. 14: 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. Sept. 15: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Fri. Sept. 16: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Sat. Sept. 17: Craft & Market Day in McIntosh

Mon. Sept. 19: McIntosh Library 10am to 3pm; Children’s Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; E. Polk Farm Bureau Annual Meeting @ Community Center 6:00pm

Tues. Sept. 20: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Wed. Sept. 21: 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. Sept. 22: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Fri. Sept. 23: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Mon. Sept. 26: McIntosh Library 10am to 3pm; Children’s Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; B-B Cafe Public Meeting @ Community Center 7:00pm

Tues. Sept. 27: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Mac Library Annual Book Sale

This fall the McIntosh Public Library will host a used book sale at the library, located at 115 Broadway NW. The sale will be held Saturday, September 17 from 10 a.m.-1 p.m. in conjunction with McIntosh's Craft and Market Days, and will run Monday, September 19 through Friday, September 23 during the library's open hours: Monday from 10:00 a.m.-3:00 p.m., Tuesday and Thursday from 5:00-8:00 p.m. and Wednesday and Friday from 12:00-5:00 p.m.

A great selection of used books and other items will be available for purchase. All proceeds will help support programming at the library.

The McIntosh Public Library is a location of Lake Agassiz Regional Library, which is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office

at 218-233-3757 or online at www.larl.org.

Funds available through USDA Rural Development

USDA Rural Development currently has funds available for very-low and low-income residents of rural Minnesota that are interested in purchasing a home or for current homeowners in need of essential repairs.

Interested in purchasing a home? Rural Development's single-family housing Section 502 program offers subsidized loans with affordable monthly payments in rural areas. Home loans may be used to purchase a new home, existing home or build a new home. To qualify, applicants must meet Rural Development's income limits, have adequate and dependable income, have an acceptable credit history, be unable to obtain sufficient credit from other sources, and show repayment ability.

Is your home in need of repairs? Rural Development's single-family housing Section 504 program assists lo-

cal homeowner's complete essential repairs and removes health or safety hazards from their home. To qualify, applicants must own and occupy the home; applicants must meet Rural Development's income limits.

For loan eligibility, applicants must also have an acceptable credit history, show repayment ability, be unable to afford a conventional loan and live in a community with a population of 20,000 or less. The maximum loan is \$20,000, repayable over 20 years with a 1% interest rate.

Grants are limited to elderly homeowners over the age of 62, and grant funds can only be used to remove health or safety hazards or remodel dwellings to make them accessible to household members with disabilities. The maximum grant is \$7,500.

For more information, contact the local Rural Development office in Thief River Falls at (218) 681-2843, ext. 4.

More information is also available at www.rurdev.usda.gov/mn.

East Polk County Farm Bureau Annual Meeting

Monday, September 19, 2016

Meal will be served at 6:00 with the meeting to follow
McIntosh Community Center

Guest speaker will be
DICK ROUE, Fosston, MN,
speaking on the US Constitution

All voting members
are encouraged to
attend.

M25C

SANDBERG SEMI-ANNUAL RUMMAGE SALE

Sat., September 17th
from 8:00am - Noon

Erskine Community Center

Men's, young mens, girl's, teen girl's, women's clothing. Toys, purses, jewelry, knick-knacks galore and many misc. items. M25C

NELL...

Continued from page 1 ...
as "Mr. History," Steve is a favorite presenter at NELL programs.

For more information contact NELL coordinator Tamara Edevold at 218-694-2856

Notice of Public Hearing

Notice is hereby given that the City of McIntosh will meet in the Community Center at 7:00 PM on September 26th, 2016, to evaluate the progress of BB Café, since the August 29th, 2016 meeting. Such persons who desire to be heard with reference to the BB Café will be heard at this meeting.

Melissa Finseth
Clerk/Treasurer
City of McIntosh

M25-26C



B-B Cafe Menu

Wed. Sept. 14: Country Fried Steak, Mashed Potatoes & Gravy, Corn, Roll, & Dessert

Thurs. Sept. 15: BBQ Ribs, Baked Potato, Mixed Vegetables, Roll, & Dessert

Fri. Sept. 16: Hot Hamburger & Dessert

Mon. Sept. 19: Taco Salad, Garlic Toast, & Dessert

Tues. Sept. 20: Hot Turkey, & Dessert

Wed. Sept. 21: Grilled Ham & Cheese, Cream of Tomato Soup, & Dessert

Thurs. Sept. 22: Roast Beef, Mashed Potatoes & Gravy, Carrots, Roll, & Dessert

Fri. Sept. 23: Chicken ala King over Biscuits, & Dessert

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. M52-27C

Community Birthday and Anniversary Calendar

Wed. Sept. 14: Amy Bartz, Mary Pulford, *Tom & Heather Hegre

Thurs. Sept. 15: Elaine Burslie, Josh Vettleson, Michael Gensburger, *Matthew & Rachell Finseth

Fri. Sept. 16: Rudy Finseth

Sat. Sept. 17: *Mark & Karen Thompson

Sun. Sept. 18: Mark Langemo, Melissa Finseth, Eric Ostenson

Mon. Sept. 19: Orlett Hedlund, Zachary Simonson

Tues. September 20: Annie Lian, Mikkell Ostenson, Julie Christianson, *Jeff & Heidi Haaven, *Bud & Clellie Kiecker

Did you know?

Come autumn, many foods seem to take on a unique flavor exclusive to the season. That's thanks to the ubiquitous "pumpkin spice," which each fall is a specially featured ingredient in everything from cream cheese to marshmallows.

Naturally, pumpkin spice is also a key ingredient when preparing pumpkin pie. But just what does pumpkin spice contain? Pumpkin spice is a combination of several different ground spices.

It typically includes cinnamon, cloves, ginger, and nutmeg. It also may include allspice. Pumpkin spice is the name given to the blend in the United States.

In the United Kingdom, pumpkin spice is known as "mixed spice," which is a similar but not exact blend as that used to create pumpkin spice. Both feature cinnamon as the dominant flavor.



Grace Church to hold food shelf meeting

Grace Food Shelf meeting at Grace Lutheran Church in Erskine on Thursday September, 22, 2016 at 7:00 pm.

September is Hunger Action Month to raise awareness to the fact that millions of Americans go to bed hungry each day.

Anyone interested in the action of the food shelf in our area, please come join us for an informative meeting.



Prior to Highway 2 becoming a four-lane road, the West Hotel stood on the south side of McIntosh. Here is a picture that Jane Aakhus has of the downtown area about 1900. The hotel was purchased in 1901 by Jane's great-grandparents, Eliza and Michael O'Brien. The hotel was taken down when the four-lane highway was built.



The kids at the Gosen Sunday School event learn about the past in the old Gosen Schoolhouse.



Winger Township: The early Days

The area of Winger Township, once Chippewa (Ojibwe) territory, has a very limited documented history prior to the formation and settlement of the Thirteen Towns. Located

east of the Red River Cart Trail from Pembina, there is no documentation of any known explorer traversing the Sand Hill River and no records showing Winger on any routes traveled by the early explorers.

John Winger homesteaded the NW quarter of the SW quarter of Section Eight; the present day site of the city of Winger and is believed to be the namesake of the Township as well as the Town. Emigrating from Norway, the Scandinavian took his name from his home place called "Vigerum".

Swedish settlers in the area had offered the name of "Lima Township" in tribute to their homeland, but lost out in a vote to the name from Norway.

The township of Winger was organized in the spring of 1844, with Ole Groven, Olaus Bjugstad, Ole Erickson, Ole Laknes, Nils Hauger, and Herman Wold as its first officials.

Source:
•The Saga of the Thirteen Towns
•The Centennial History of the Thirteen Towns

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McINTOSH Times

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"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH Fosston

Fr. John Suvaakeen, Pastor

Wed. Sept. 14: 1:00pm Mass at McIntosh Nursing Home
Fri. Sept. 16: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Tues. Sept. 20: 3:30pm Mass Cornerstone, Bagley
Wed. Sept. 21: 11:30am Mass at St. Mary's, Fosston
If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou Supply Pastor

Gordon Syverson

Sun. Sept. 18: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Sept. 25: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor

Gordon Syverson

Sun. Sept. 18: 11:15am Worship Service
Sun. Sept. 25: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book:

Gosen Church

Wed. Sept 14: 1:30pm Bible Study at The Country Place.

Sat. Sept. 17: 8:00pm Prayer Meeting
Sun. Sept. 18: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Sept. 20: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Sept. 21: 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.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Sun. Sept. 18: 9:30am Worship Service; 11:00am Sunday School

Sun. Sept. 25: New Member Sunday; 9:30am Sunday School; 11:00am Worship Service; 12:00pm Potluck Dinner

Mt. Carmel:

Wed. Sept. 14: 7:30pm Bible Study and Prayer

Thurs. Sept. 15: 7:00am Men's Breakfast

Sun. Sept. 18: New Member Sunday; 9:30am Sunday School; 11:00am Worship Service; 12:00pm Potluck Dinner

Wed. Sept. 21: 7:30pm Bible Study and Prayer

Thurs. Sept. 22: 7:00am Men's Breakfast

Sun. Sept. 25: 9:30am Worship Service; 11:00am Sunday School

Thurs. Sept. 25: 7:00am Men's Breakfast

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Sept. 18: 9am Worship

Sun. Sept. 25: 9am Worship

DOVRE FREE LUTHERAN

Pastor Don Edlund

Wed. Sept. 14: 7:15pm Bible Study: Old Testament Tabernacles

Sun. Sept. 18: 10:00am Worship Service

Wed. Sept. 21: 7:00pm Bible Study: Old Testament Tabernacles

Sun. Sept. 25: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. John Anderson, Pastor

Wed. Sept. 14: 6:00pm Confirmation
Sunday, Sept. 18: 9:00am Divine Worship with Holy Communion, 10:00am Sunday School

Wed. Sept. 21: 6:00pm Confirmation
Sun. Sept. 25: 9:00am Worship Service

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Winger News

by Linda Pulskamp

Hello again to a very soggy Winger and Union Lake areas where we have had some rain again during the past several days, there is water standing in ditches, and many fields have water standing in them. Harvest for the farmers is looking to be rather difficult in some places, reports have it that some potato crops and sugar beet crops are rotting in the ground in areas that have been drenched far more than we have.

With the turn of the calendar to September and the Labor Day holiday behind us things seem so have settled down some although the students are busy with sports and so the world turns.

HAPPY BIRTHDAY DORIS! Last Tuesday afternoon those who helped Doris Krogstad celebrate her 93rd birthday at her home were Betty Lou Myhrum, Carol Stordahl, Elmyrna Kaupang and Gerri Balstad. they all enjoyed a delicious lunch and birthday cake. Blanchard did a good job of being the waiter!

Mark and Betty Syverson were visitors at the Pioneer Home at Erskine with Helmer and Verlys Homme last Sunday.

Milton Carlson keeps busy as he visits with Fern daily in Fosston as she continues to do rehab and is improving a little at a time. Children and Grandchildren keep up their frequent visits to see Fern.

Last Saturday night Lucy Brtek along with Dave and Elaine Hendrickson of Minnetonka, "Bud" Hendrickson and his daughter of Vergas along with many other family and friends gathered at the Bejou Community Center to help Darlene Lhotka celebrate her 80th birthday.

Last Friday evening Butch and Linda Pulskamp along with many other family and friends attended a surprise retirement party to Bev Helgaas at Glenwood. Following a pontoon ride on Lake Minnewaska, they all gathered at the Craig and Bev Helgaas home for vis-

iting, refreshments and lots of good food.

Sheldon and Rita Trandem visited on Labor Day at the Pioneer Home at Erskine with Helmer and Verlys Homme.

Richard and Betty Brtek of Blaine were last Sunday visitors at the Lucy Brtek home.

Enjoying an early supper at Moran's last Saturday evening were Tanner and Erin Christianson, David and Sue Christianson and Carol Stordahl.

Dean Henney of Texas spent a few days here visiting with his Mother Martha Henney and other family and friends. Sunday Dean took Martha to the farm where she visited with the late Basil Henney's daughter Diane who was here visiting along with Orton and Joyce Stardig of Bemidji, Miles and Renee Henney of St. Hilaire. Craig and Bev Helgaas of Glenwood stopped by the Henney home for a visit that afternoon. Martha was treated to supper at Moran's also during the week end.

Betty Myhrum joined Lucy Brtek and family for supper on Monday, others visiting were Tyler, Alex, Toni and Justis Brtek of Bagley.

Monday afternoon visitors at the Reha Sanstead home in Erskine were Tom, Terrill and Bailey Bradford of Mentor, Butch and Linda Pulskamp and Marv Engesether of Plummer.

Sunday afternoon Craig and Bev Helgaas of Glenwood visited briefly at the Pulskamp home on their way to Gully to spend the week end with Bev's Sister Cindy Johnson.

Janet and David Grundy of Reedsport, OR formerly of Park Rapids spent a few days at the end of August visiting with sister Camilla Aasen Pearsall in Minnetonka. Camilla will soon be hosting her brother Noel and his wife Sherri of Reedsport. While the family was here Camilla had a gathering of family for food and visiting.

Until next week and in closing, happiness is not something ready-made, it comes

from your own actions.

From the Manor:

Andy came up to spend a couple of days with his brother Bun. While visiting he headed over to Fosston to watch Tennis and Lori Balstad's boys Trent and Lance play football. He reported that their team looked tough against East Grand Forks shutting them out.

Dale, Grandma Joyce, Uncle Dick, Aunt Karen, Grandpa Floyd, Gerri and proud parents David and Shawn watched 12 year old Everett play 7th grade football against Lake Park-Audubon in Fertile last week. Everett scored four touchdowns to help his team win the game 32-12. He also played in the eighth grade game where he met his match playing against the bigger boys. They hit him harder and he was rested for the duration. Good Job Everett!

Dick, Karen and Joyce attended the funeral for Sidney Ostenna in McIntosh last Friday. Condolences go out to the family.

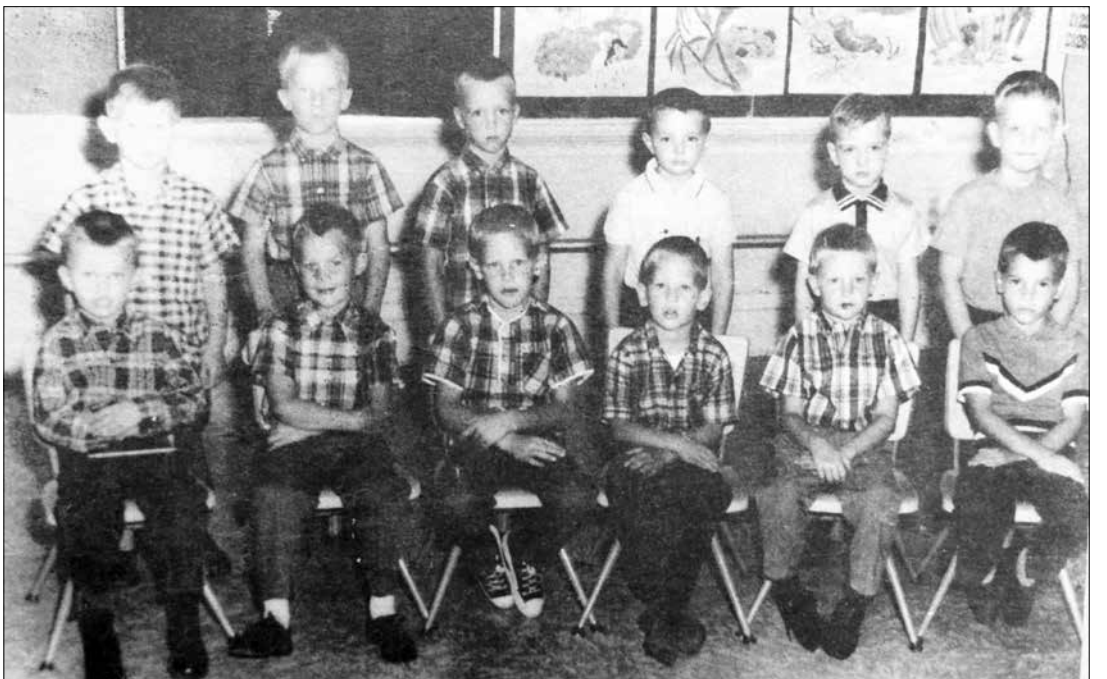
Bun ran into Dick, Karen, Joyce and Dale having supper on Saturday night in Morans. He joined them after they were done eating and found Bun entertaining which lasted over an hour. Dale told Bun latter that Dick and Karen enjoyed his company. They must be hard up if they enjoyed his company. Dick bought, letting Joyce off the hook again. Although Joyce did buy an after dinner beverage for everyone.

Ann Vesledahl enjoyed her birthday by spending the day shopping with her daughters Kylie, Heidi and three of her grand daughters. Her parents Adella and Harold also stopped by to wish well. They sure look good for their age. Annie is taking after her folks.

Carsten and Joanne Zahl went to Roseau on Tuesday, to attend the funeral for Carsten's sister, Margaret Eklund. She passed away on August 31, at the age of 91 years. She was born here, near Winger, graduating from McIntosh High School. She married Paul Sabourin in 1946, and they moved to Roseau in 1953. Paul passed away in 1981, and Margaret married Howard Eklund in 1985. She and Paul had 4 children including one set of twins, 13 grandchildren, and 27 great-grandchildren.



50 years ago...1966: Girls of McIntosh's first full year kindergarten class are: Shelly Hanson, Donna Kaye Johnson, Janet Svalen, Susan Owens, Chris Ann White, Carolyn Aakhus, Carol Thompson Barbara Berg, Karen Shurson, Nancy Burslie, Carol Ann Christofferson, Karen Eggers, and Lori Raben.



50 years ago...1966: Boys of McIntosh's first full year kindergarten class are: Victor Bly, Barry Berg, Kevin Ekeberg, Stephen Frohrip, Peter Tranby, David Heldeman, Mark Hoganson, Donald Quam, Jerry Moen, Paul Kiecker, Alan Johnson, and David Rolf.

Regional Ag News

Ray Bisek,
Extension Educator

National Farm Safety and Health Week is Sept. 18-24, 2016

America's farmers provide us with an abundant food supply. But farmers are exposed to a unique, sometimes hazardous workplace. Agriculture continues to rank as one of the most dangerous occupations in North America and across the globe. National Farm Safety and Health Week is September 18-24, 2016 with this year's theme "Farm Safety .. A Legacy to be Proud of".

The National Education Center for Agricultural Safety (NECAS), UMASH, Agrisafe network, US Agricultural Centers, along with other groups all have good information on farm safety. Below I'll highlight UMASH with a few clips taken from their website and the Agrisafe Webinars scheduled during the farm safety week.

UMASH is the acronym for the Upper Midwest Agricultural Safety and Health Center based at the University of Minnesota.

Working in agriculture today is complex. We recognize that there are many factors at play when it comes to health and safety, and we use this understanding to help you stay ahead of the industry's changing hazards and risks. We're UMASH – the Upper Midwest Agricultural Safety and Health Center.

We have free resources, some in both English and Spanish, on our website at umash.umn.edu. Needlestick prevention videos, dairy animal handling videos, MRSA study findings, safety curricula and zoonotic disease fact sheets are examples of free and easy educational bites that make great employee training tools. We want what you and everyone else wants – safe affordable food, safe and healthy workers, and a productive and sustainable agriculture industry.

UMASH has developed a 5-part video series on Dairy

Stockmanship. The videos are an educational resource intended for farmers, ranchers, farm employees, veterinarians, human resources training staff and those involved with worker health and safety training/education. The videos demonstrate stockmanship principles when working with dairy cattle. They include: Using Predictable Animal Behavior to Increase Milk Production, How a Cow Uses Her Senses, Working with the Pressure Zone, Moving Cows More Effectively, Making the Milking Parlor a Happy Place.

Agrisafe Webinars

AgrisaSafe Network will be conducting daily webinars to inform professionals, as well as Agricultural producers on important agricultural occupational health and safety topics. The AgriSafe Network, a non-profit national membership organization, represents health professionals & educators who are concerned about the health & safety of farm families. These are free webinars and are open to the public. Go to the AgriSafe website to register for the webinars.

Respiratory Protection for Agricultural Producers - Monday, September 19, 2016, 12:00pm - 1:00pm CDT: Presenter: Carolyn Sheridan, RN, BSN. Summary of program: Determining the type of respiratory protection that provides adequate protection from the multiple respiratory hazards in production agriculture can be a difficult process. The Respiratory Protection for Agricultural Producers program will help clarify that process and remove some of the guess work.

Promoting Total Farmer Health: Tuesday, September 20, 2016, 12:00pm - 1:00pm CDT, Presenter: Charlotte Halverson, BSN, COHN-S. Program summary: In 2011, the National Institute for Occupational Safety & Health launched the Total Worker Health program. Integrating work-related safety and health practices are founded on research and the belief that suc-

cessful programs include both employer and employee responsibility and collaboration. In an effort to reduce farm and ranch injuries and illnesses, these worksite principles can be adapted and integrated into agricultural health and safety protocols.

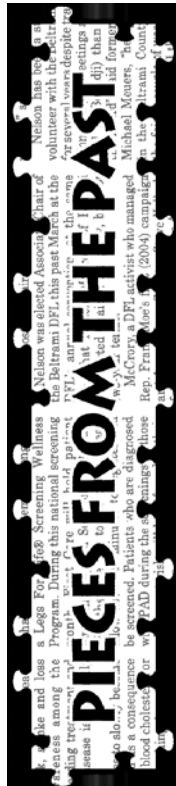
Youth Agricultural Safety: Cultivating a Lasting Legacy: Wednesday, September 21, 2016, 12:00pm - 1:00pm CDT, Presenters: Bryan Weichert, PhD, Project Scientist, National Children's Center for Rural and Agricultural Health and Safety and Mark Mews, BS, Vice-president, Financial Strategies of Wisconsin. Program summary: Cultivating a lasting legacy is something that few do well. Fewer and fewer Americans are donning overalls and work boots to take on the job that their dad, grandpa, and great-grandpa did. Active farm owners are faced with the harsh reality that they may be the last of their line to till the soil, milk the cows, or tend the vines. Transitioning the operation to the next generation is a process that often takes years to be successful, and it also takes years of safeguarding those who are likely to take it on - our children.

Protecting Young Adults in the Agricultural Workforce, Wednesday, Sept 21 1:30-2:30pm CDT, Presenter: Charlotte Halverson, BSN, COHN-S. Program summary: Physical and psychological developmental factors to consider when employing and training young adults in the agricultural sector, hazards young adults may face, regulatory standards and actions plans to prevent injury and reduce illness in the ag sector.

Confined Space - Grain Bin Entry, Thursday, Sept 22 12-1pm CDT, Presenter: Dan Neenan, MBA, Paramedic. Program summary: The Confined Space Grain Safety program is intended for workers and man-

Bisek...

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40 years ago...1976: The McIntosh Jr. and Cadette Girl Scout troop enjoyed a weekend of camping August 21st through the 23rd. The girls included Kim Bjerke, Lynette Carer, Tammi Knutson and Anna and Kelly Thompson.



30 years ago...1986: The "Minnesota Girls" in Switzerland during the American Musical Ambassador's tour of Europe. Pictured left to right are Kristi Swanson, Kristen Tangen, Annette Finseth, Susan Russ and Lisa Espelin.

Superindents Notes

By Randy Bruer

Bullying

Bullying is a common and potentially damaging form of violence among students. Not only does bullying harm both its intended victims and the perpetrators, it also may affect the climate of schools and the ability of all students to learn to the best of their abilities. This inappropriate behavior is also linked to delinquent and criminal behavior in both the victim and the one doing the bullying as they grow into their teen-age years.

Bullying among students is recognized as repeated, negative acts committed by one or more students against another. These negative acts may be physical, psychological or verbal. Some examples are hitting, kicking, teasing, taunting, manipulating friendships, threats, theft, sexual and racial harassment, public humiliation, using technology and destruction of the victims' property.

There are some thoughts and beliefs about bullying that needs to change in order to reduce the frequency of it happening. It is not uncommon to hear that bullying is just a "normal" part of childhood. It has been mentioned that students who bully simply suffer from low self-esteem and that victims really ought to figure out how to stand up for themselves. Comments are also made that victims bring the bullying on themselves. Research of bullying is relatively new, but does show that bullying occurs more frequently on school grounds than on the way to and from school. The extended time that students are together in school provides the bully the opportunity to aggressively pursue their victim.

Our teachers, paraprofessional personnel, bus drivers and principal in our school deal with individual cases of bullying as they see it come up. They watch for and address the early phases that take place in the bullying of students. Some of the early signs are put downs, insults, trash talk, threats, fighting and harassment of all kinds. The Win-E-Mac school personnel want to stop the negative behavior of bullying in the school setting before it gets to a point that may be very dif-

ficult to handle. We need your help to be aware and identify potential, repeated issues you see your child bringing home, so please let us at the District know because kids will not always report incidents.

The Win-E-Mac School Board has also taken a very proactive approach by supporting the school personnel in their efforts to stem the inappropriate behavior of bullying. We ask parents to be proactive in addressing the behaviors of victims and perpetrators with your child. We do not want anyone getting hurt from this behavior. The policy addresses the behaviors and consequences of bullying among students. The language in the policy will not only address the obvious bullying behavior, but also recognizes cyber bullying. Cyber bullying through technology such as emails, chat rooms and text messages is becoming a growing problem our modern society will need to be dealt with.

Pre-K Programs

Win-E-Mac's application for funding a Pre-K Program was approved on August 3rd this year but we lost the approval the same day. An e-mail from the Dept. of Education awarded the District with funding a Pre-K program for the 2016/2017 school year but a phone call a few hours later from the Commissioner of Education informed us that a few applications were not considered and needed to be funded. The Dept. of Education had a Priority list of schools who could potentially receive funding and our district was on the third page of applicants. Part of Governor Dayton's legislative agenda was to get funding Pre-K programs in Minnesota and he received some money to get it started. We can predict the Governor will look for more funding for schools this legislative term and Win-E-Mac is next in line. Our school board and administration will be reviewing ideas to free up some room for additional education space for this program.

Save those receipts when back to school shopping!

ST. PAUL, Minn. – With the new school year just beginning, the Minnesota Depart-



ment of Revenue is reminding parents that most school supplies could qualify for valuable K-12 tax benefits on their 2016 Minnesota return.

"Parents spend more money than ever on school supplies as school lists grow longer and technology needs increase," said Revenue Commissioner Cynthia Bauerly. "Keeping the receipts for these purchases can help parents save when it comes time to file taxes."

There are two tax benefits that help Minnesota families pay expenses related to their child's education: the refundable K-12 education credit (income limits apply) and the K-12 subtraction (no income limits).

Both programs reduce the tax parents pay and could provide a larger refund when filing a 2016 Minnesota income tax return. To qualify, parents must have purchased educational services or required materials during 2016 to assist with their child's education. The child must also be attending kindergarten through 12th grade at a public, private, or home school and meet other qualifications. Remember to save your receipts to claim the credit or subtraction.

Extra

Curricular Activities

Please take the time to visit our school, enjoy our student activities and get to know our staff. The district has many extra-curricular activities and sports taking place after school. Catch the Patriot Spirit and come out and enjoy Football and Volleyball activities this fall at the Win-E-Mac School!

"Go Patriots"

WEM School Announcements

Financial Aid Night

For Juniors, Seniors and their parents
Sept. 22, 2016
Financial Aid Night
Presentation by: Northland College Representative
WEM Media Center
5:30 p.m. - 6:30 p.m.

Attention: Sophomores and seniors – Josten's will be here Monday, October 24th to discuss class rings and senior information – sophomores will meet from 2:20-2:40 and senior will meet from 2:40-3:07. Room to be determined. Jostens will be back on October 27th to take orders during lunch hour.

WEM Patriot Decals (\$5) are being sold by the Student Council. You can put them

Bisek...

Continued from page 3

agers in agriculture. This includes Coop's, farm operators, employees, and agriculture business owners. The major focus of the program is on safety in confined space work areas.

811 Before You Dig: For safety's sake, Friday, Sept 23 10-11am CDT, Panel Members: Khrysanne Kerr, Common Ground Alliance, Deanna Centurion, Cyera Strategies/Pipeline Operators for Ag Safety, Chris Thome, Rhino Markers/Pipeline Ag Safety Alliance and Kesley Tweed,Enbridge. Program summary: Using a multimedia, interactive approach, this webinar will explain 811, how it works and why it's critical to protecting the lives and livelihood of farmers. The webinar will feature testimonials from farmers who have learned the value of 811 the hard way. Social media stars, the Peterson Brothers, will share why 811 is critical on the farm. The webinar will also cover free resources for sharing the 811 message with others.

Optimizing Employee Health in Agribusiness, Friday, Sept 23 12-1pm CDT, Presenters: Michael Keenan, Senior Ag Safety Consultant, Natalie Roy, MPH, AgriSafe Network. Program summary: Agribusinesses have a responsibility to prevent injuries and illnesses before they occur as well as to effectively manage injuries and return employees to work. This webinar will equip agribusinesses with tools

and strategies to optimize employee health and productivity.

More Waterhemp Sightings in the Northern Red River Valley

Below is an article from U of MNDSU Extension weed specialist Tom Peters. I've mentioned both being on the lookout for palmer amaranth and evaluation of one's 2016 weed control program in soybeans in past articles. This article focuses on waterhemp as there are also still many fields that are absent of waterhemp in northern MN. One also needs to consider cultural control of weeds by making sure combines and tillage equipment are cleaned before entering a field. Early detection and subsequent removal might save weed control options for future years.

Soybean are well past flowering, producing two and three seed pods on tens of nodes per plant. In a few weeks, soybean will begin to senescence as the plant completes its lifecycle.

Waterhemp also is growing in soybean fields and now is visible above the soybean canopy. Waterhemp was identified in three locations in Pembina and Walsh Counties, North Dakota, and in Marshall County, Minnesota in July.

Waterhemp was recently identified in fields near Grafton and Fordville in Walsh County, Inkster in Grand Forks, County, Bathgate in Pembina County and Vang in

Cavalier County. There also are additional fields in Marshall County, MN with waterhemp. A common feature in many instances are plants growing in the low lying areas of fields, areas of the field that retained moisture well into the summer.

How can I determine if a weed is waterhemp? First look for the smooth stem. Waterhemp plants typically have no hairs on leaves or stem. Leaves are very dark green in color with a glossy sheen. Leaves typically are very smooth to the touch. There is a tremendous amount of plant-to-plant variation beyond these physical features, including leaf size and shape, plant height, stem color, and color and shape of the flower.

What should I do if I suspect a weed is waterhemp? We recommend positive identification so that we can map to county and township within county. Contact your county agent, your ag-retailer or crop consultant for positive verification. We recommend pulling waterhemp if there are not many plants and carefully placing them in garbage bags and ensiling or drying/burning plant material. Pulling must be down in a timely manner as waterhemp (or any pigweed) identified in a field can produce viable seed in 10 to 14 days after flower initiation. Waterhemp plants are either male or female plants

Polk County 4-H kids at the State Fair

Nearly 7,000 4-H exhibits from across Minnesota were judged and displayed during the 12 Days of the Minnesota State Fair, including 27 Polk County 4-H members. They earned the right to exhibit by being selected in the top of their division at the Polk County Fair held July 6th-10th at the Polk County Fairgrounds.

All members exhibiting at the state fair receive either white, red or blue awards for their projects. Of those, about 25 percent statewide received the added honor of earning a Purple Award, the Minnesota State Fair's highest award.

Youth receive individual time with professionals in their specific project area. Youth share their knowledge and skills gained in the project, and judges offer constructive critique, suggestions for improvement, and praise.

"Conference judging allows youth to demonstrate their mastery beyond just what the exhibit may show. The final awards are based both on the execution of the project work and the interview process."

In addition to the project work, the member's knowledge of the project figured into the final score.

Enrollment for the new 4-H year begins Sept. 15th. To learn more about enrolling in 4-H, one may call University of Minnesota Extension's local office at 218-563-2465.

The following are the area 4-H results from the Minnesota State Fair:

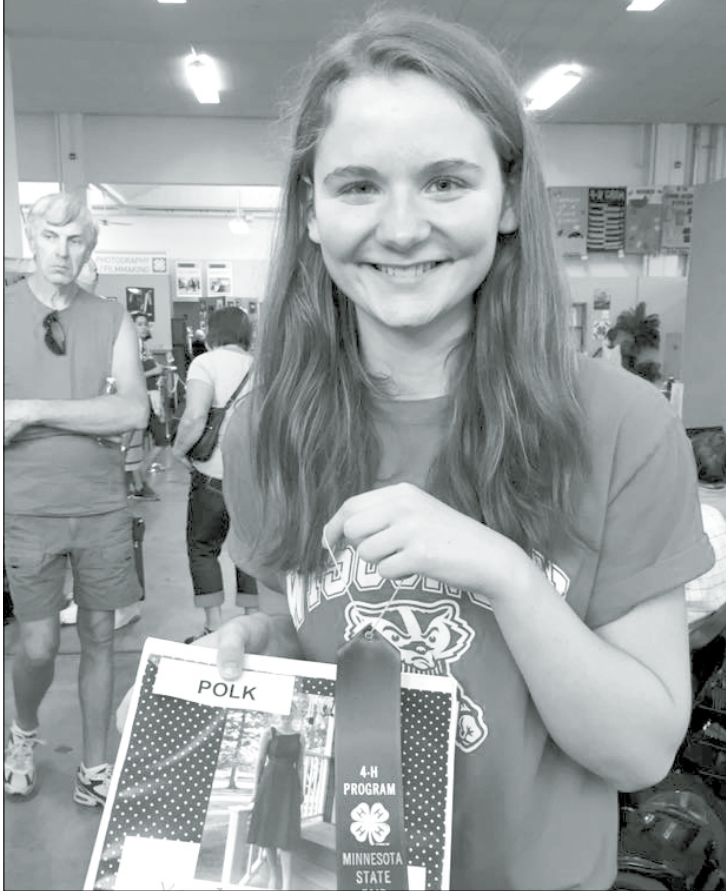
Rolf, Hannah, Dairy, Blue, Pine to Prairie 4-H; Erickson, Trinity, "Help Me" - Child Development, Marshmallow Shooters, Red, Climax Fisher 4-H; Vatnsdal, Courtney, How to make a Duck Tape Flower, Red, Climax Fisher 4-H; Erickson, Catie, market lamb, Blue, Fertile 4-H; Kressin, Breanna, Find it game - Bottle with rice - objects to find, blue, North Star 4-H; Balstad, Katlyn, Wrap around Navy/White Poke-a-Dot Dress - short sleeve, blue, Pine to Prairie 4-H; Rolf, Hannah, 4 different kinds of snails made with different things, blue, Pine to Prairie 4-H; Balstad, Grant, Deer Mosaic, purple, Fertile 4-H; Meyer, Clara, 3-D Origami, Blue, North Star 4-H; Fagerlund, Brita, Oil Painting - Tiger, Blue, North Star 4-H; Huck, Anna, 365 Days of the Red Lake River, blue, North Star 4-H; Eidenschink, Alyssa, Risotto Booklet, blue, Climax Fisher 4-H; Huck, Olivia, Apple Pie Jam, Red, North Star 4-H; Meyer, Eliza, Raspberry Jam, red, North Star 4-H; Rosendahl, McKinsey, Side Table - Off white/Dark Brown top, purple, Pine to Prairie 4-H; Erickson, Trinity, Refined Stool, Purple, Climax Fisher 4-H; Rosendahl, Olivia, Room Book - All in one many pieces of a puzzle, blue, Pine to Prairie 4-H; Brekken, Karlie, Cross stitch- Wedding photo of Grandparents, Blue, North Star 4-H; Vatnsdal, Courtney, Crocheted Hat - Multi Color - Pom-Pom on top, Blue, Climax Fisher 4-H; Johnson, Caidyn, Playing Piano - playing a piece the 4-Her's composed, blue, Fertile 4-H; Lessard, Jordan, Replica - Firearm Logo - Ducks Unlimited, blue, North Star 4-H; Lessard, Brylee, US Flag

- Painted Army Men/Action Figures, Purple, North Star 4-H; Rouland, Gracie, Experimented if nail polish effected the growth of nails, blue, Climax Fisher 4-H; Sundeen, Mallorie, Dog Bed made out

of Eastern Cedar, Blue, Paws and Pals 4-H; Theis, Gretchen, Horse Feed, Blue, North Star 4-H; Sundeen, Mallorie, Red, Paws and Pals 4-H; Erickson, Emma, Breeding Gilt, Blue, Fertile 4-H.



Clara Meyer with her 4-H Blue Ribbon at the State Fair.



Winning a Blue Ribbon at the State Fair is Sydney Balstad.



4-H winners at the State Fair were sisters, McKinsey and Olivia Rosendahl.

Random Things and Stuff



I Cannot Imagine Life Without... Music
By: Emily L. Ferden-Melott

Think about this for a minute...how often throughout the day do you hear music? Quite a bit I would imagine.

From listening to a radio, the television, a phone, or an iPod, music is something that is part of our everyday lives. The cool thing about music is that you don't need to necessarily have an instrument to make it.

You have your voice and your hands, this can be music in itself.

I couldn't imagine life without music because it is something that surrounds us every single day. It is something that can always turn to and it will fit our mood.

It is also something that can alter our moods. When you are feeling sad, you can turn on a happy song and just let go, start singing along and dancing; I am sure your mood will get better. Music is something that won't ever leave you, and can be there for the rest of your life.

Story to Share?

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