

Oklee Precipitation

By Einar Kvasager

	Rain
June 2	0.23
June 3	1.00
June 4	0.11
Total in.	1.34

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Vol. 103, Number 42

Wednesday, June 10, 2015



Catherine Johnson from ICCC receiving a food shelf donation from Cenex Harvest State's Kent Bergerson. Thank you to all who donated and contributed to make the Harvest for Hunger event so successful, it is very much appreciated!

Red Lake County Cancer Awareness

The Red Lake County American Cancer Society Volunteer Board would like to offer a reminder of important health care screenings to raise cancer awareness. Each month ACS focuses on a "good health" screening reminder or important cancer fact. That

information may be found at the American Cancer Society website, cancer.org.

JUNE is Men's Health Cancer Awareness Month and the week of June 7-13 has been declared National Men's Health Week by ACS.

Prostate Cancer: Men should

make an informed decision with a doctor starting at age 50 about whether to be tested for prostate cancer. If you have a father or brother who had prostate cancer before age 65 you should have this talk with a doctor starting at age 45.

Please go to cancer.org for more information from the American Cancer Society or call the ACS toll free phone number, 1-800-227-2345.



Taylor Hanson, Community Manager and Kayla Hawkinson, Senior Manager, both from Relay For Life of the American Cancer Society were at the Oklee Community Hall this past Friday, May 29th to honor survivors and caregivers and also speak to Red Lake's 2014 prestigious national award. The American Cancer Society awarded the Relay For Life® of Red Lake County with the 2014 Nationwide Per Capita Award, ranking them #5 in the nation in the 0 - 9,999 population category. If you are interested in volunteering or starting a team for the 2016 Relay, please contact Taylor Hanson, Community Manager at taylor.hanson@cancer.org or 218.779.5279

Speaking from the Heart

by:Cathy Seehuetter
Compassionate Friends,
Minnesota Regional Coordinator

I was a late bloomer when it came to connecting to the digital world of Facebook. While Facebook was all the rage and others talked about how they found old friends, great new recipes, shared photos with family, and more, I really wasn't interested. However, one day I was looking over my son-in-law's shoulder as he perused his Facebook page and showed me photos shared by one of his Facebook friends who lived on the other side of the country, all made available because he had a Facebook page. Being

able to keep in contact with my friends from all over the USA was very appealing to me, especially those I had met while attending The Compassionate Friends' National Conferences throughout the years. Suddenly it was very appealing; my son-in-law put a Facebook page together for me and I have been shamelessly hooked ever since!

The advent of Facebook opened new doors for organizations such as The Compassionate Friends, giving them an extraordinary opportunity to be able to reach out in new ways to bereaved parents, siblings and grandparents through the convenience and speed of the

Internet. It was particularly advantageous for bereaved families who lived too far away from a Chapter meeting of The Compassionate Friends and therefore had little to no communication with other bereaved parents, siblings or grandparents. Through The Compassionate Friends/USA Facebook page, members could connect with other bereaved families who understood this most difficult grief journey; one that only another grieving heart could. They now had someone to freely share their child's story, as well as empathetic friends to bring comfort, understanding, support and hope with the reminder that we do not walk alone. I know that many of the friendships I have made from being a part of The Compassionate Friends Facebook pages--though I may never meet them in person--will continue to be my cherished friends for many years to come.

The Compassionate Friends main Facebook page, now with over 151,000 Facebook "likes", is an open group and began in June of 2009. Our first closed Facebook group, Loss to Substance Related Causes, began in August of 2014. Closed Facebook groups differ from the main TCF/USA open page because you must ask to join the group. From there, the administrator of that group will ask the person requesting approval a few questions, and then allow them entrance if they qualify for that particular closed group. Once they are a member of a closed Facebook group, only they and the other approved members of that closed Facebook group can see the contents of what is posted,

Red Lake County Rebels Section 8A Going to State!



The Rebels beat the Win-E-Mac Patriots 2 to 0 in eight innings for the right to go to the State tournament. Front row: Talon Porter, Ben Cardinal, Bailey Schmitz, Tristan Knott, Alex Erickson, Devin McGlynn, Mason Hanson, Nathan Hofstad. Back row: Coach Alex Carlson, Coach Gary Casavan, Kurt Larson, Drake Engelstad, Taylor Kenfield, Chase Schmitz, Josh Casavan, Bradon Klipping and Coach Chris Nelson. Courtesy of Marlys Schmitz.

Red Lake County Fair Events June 26-27-28

In a few weeks it will be time for the Red Lake County Fair in Oklee. The dates are June 26-27-28 and the Red Lake County Fair board has many events scheduled.

On Friday, June 26th, the opening ceremony will be held at RLCC High School in Oklee where a short program and the American Legion will raise the flag to open the 2015 Red Lake County Fair.

4-H and Open Class will bring in their items for judging and judging continues through out the day. 10:00 a.m. is Rabbit Class judging; 10:30 a.m. is Sheep & Swine; 11:00 Beef, Dairy and Goats will be judged and 12 noon, Horse Show judging will start. From 2:00 p.m. to 6 p.m. 4-H non livestock judging will be held. Other Friday events will be the Medallion Hunt which starts at 11:00 p.m. The prize is worth \$200.

The Seniors will gather at the Oklee Hall at 1:00 p.m. for the Senior Program. The Outstanding Senior award will be given.

Inter County Community Center (ICCC) will have Sensory Tables set up from 3:00 to 5 p.m. for kids of all ages for the children to explore.

The evening is full of entertainment starting with a Variety of Talent Show featuring Magician Brady Grove and the musical talents of John and Tanya Kimbal and more will be held at the Hall. At 9:00 p.m. "Plum Crazy Entertainment" will be featuring music and karaoke for the whole family at the Oklee Community Hall.

On all three days, Judd Nelson, metal working and blacksmith demonstrations will be held at the Melby Building behind D & R Grocery.

Saturday starts off with Double Header Events so you will have to chose which one to attend.

In the City of Oklee:
9:00 a.m. the 3rd Annual 5K Run/Walk for Autism begins. If you want to register or get more information call 218-280-2985.

There will vendors in the RLCC High School ready for business at 10:00 a.m. Chainsaw Carving will be

featured a number of times during the day starting at 10:00 a.m. The other times will be 2 p.m. and 5:30 p.m. and located by the Fair Barns.

Musical entertainment will be provided by the Fleming Fold Family with three shows during the day at the Hall - 11 a.m., 3 p.m., and 7:00 p.m.

If you like Basketball, whether you play or watch, 3

Drags at 11:00 a.m.

The Baja races are scheduled at 2:00 p.m. and 4 cyl., 6 cyl., and 8 cyl. classes will run. There is also a chance to race a car yourself, just purchase a chance to drive a pre-built Baja Car. Contact information and rules : Bernie DeHate at 218-684-0157.

There is a 100% payout on all Mechanical Mayhem events. Sunday is the last day of the fair and has Double Header Events too!

Food, beverages vendors and portapotty facilities will be available at the South Park location on both days.

Sunday Events:

In the City of Oklee, things start with a Farmer's Market at 9:00 a.m. outside the school and Bingo at the Hall.

10:00 a.m. bring a Chainsaw Carving demonstration. Two other times for demonstration are at 2:00 p.m. and 4:30 p.m.

From 11 a.m. to 2 p.m. come have lunch and support Red Lake County Sports.

The Mary Hall Nostalgic Novelty Show will be at 11:00 a.m. A second show will be held at 3:30 p.m. if you miss the first one.

A favorite of kids of all ages is the Mini Tractor Pull which starts at 11:30 a.m.

Cupcake Decorating contest will be at 2:00 p.m. and this if for kids and adults. You could be a winner!

At South Park Mechanical Mayhem continues with events, a Demo Derby registration beginning at 9:00 a.m. and the Demolition Derby is scheduled for 1:30 p.m. Rules are available on the Mechanical Mayhem Facebook page or by contacting Bernie DeHate at 218-684-0157.

A great place to get information on the Red Lake County Fair is to go to: www.co.red-lake.mn.us. Then click on "Local Attractions" and then go to: "Red Lake County Fair."

Some new equipment has been purchased and built for seating at the different events - 42 feet of portable bleachers, 10 feet of handicapped accessible seating area included.

The Barrel Train is scheduled to be here for all three days of the Fair.



person teams will by happening at 11 a.m. at the Tennis Courts.

The Cookie Contest will be held at 2:00 p.m. and this year the cookies that qualify are rolled and drop cookies. Bring your entry to the contest, you may walk out the winner!

At 4:00 p.m. a Community Auction will be in the Barn with Eric Mickelson as auctioneer, will be held. This is a donation/consignment auction and you can contact Mike Dessellier at 218- 416-0995 or Bernie DeHate at 218-684-0157 if you have things to put on the auction.

At 6:30 p.m. the 4-H Awards program will be held at the Oklee Hall. The kids always do such a good job on all their projects.

At the evening ends with a dance with the band "Urho" at the Fair Barn in town. If you haven't heard Urho, don't think they are only a young person's band, they sing everything.

At South Park:

Now on to the events for Saturday's Mechanical Mayhem 2015.

Mechanical Mayhem is held at the South City Park. On Saturday is 4-Wheeler Water

shared, and responded to. In brief, if someone is not an approved member of the closed Facebook group (such as other Facebook friends from your personal page), they cannot view or read anything that you or anyone else has posted on that Facebook page, making it virtually private.

We presently have 10 closed Facebook groups which include Loss to Suicide, Loss to Homicide, Grandchild Loss, Sibling Loss, Infant and Toddler Loss, Loss to Miscarriage and Stillbirth, Loss to Cancer, Loss to Drunk/Impaired Driver, Loss to Substance Related Causes, and Sibling-Loss to Substance Related Causes. In the coming days and weeks, we will be adding many more closed Facebook groups.

The following comment came from a bereaved mom who states, "Being a part of the closed

group, The Compassionate Friends - Loss to Suicide, has helped me in so many ways. I am able to talk about my child and the tragic circumstances of his death without judgment or any stigma attached because they all have gone through this much maligned cause of death. They truly understand my intense pain and sorrow, the shock and the constant 'whys', and offer me comfort, friendship and support. It is a safe place where we--these people who are now my dear friends-- are all in this together--helping each other every step of the way."

We are honored to bring our members of The Compassionate Friends another means to connect with other bereaved families in order to support, comfort and bring hope to each other through the digital world of Facebook. Our closed Facebook group members grow

daily, and we will continue to bring our members newly formed groups throughout the very near future. Here is a link to The Compassionate Friends closed groups: http://www.compassionatefriends.org/Find_Support/Online_Community/Closed_Facebook_Groups.aspx

In compassionate friendship, Cathy Seehuetter, Nina's and Chris's mom Minnesota Regional Coordinator

Find the North Star facebook page at: https://www.facebook.com/TheCompassionateFriendstOfNorthStarMinnesota

The local North Star chapter meeting the third Tuesday of every month at 7 pm at the St Joseph Parish center in Red Lake Falls. Call for directions 218-689-1184 or Questions: call Kathy at 253-2272 or Mary Jo at 253-4160.

Calendar of Events

Wed, June 10:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. - Bridge.
Thu, June 11:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 12:30 p.m. - Bingo.
Fri, June 12:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, June 13:
-Support your local business - Shop Locally!
Sun, June 14:
-Worship at the church of your choice.
Mon, June 15:
-LSS Sr. Meals 11:30 a.m.
Tue, June 16:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. - Cards.
-7 pm at Compassionate Friends at St. Joseph Parish Center in RLF.
-Senior Potluck at Café -

5:00 p.m.
Wed, June 17:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. - Bridge.
Thu, June 18:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 12:30 p.m. - Bingo.
Fri, June 19:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, June 20:
-Support your local business - Shop Locally!
Sun, June 21:
-Worship at the church of your choice.
Mon, June 22:
-LSS Sr. Meals 11:30 a.m.
Tue, June 23:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. - Cards
Wed, June 24:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. - Bridge.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Margaret Jacobus
Wed, June 11: 7:00 p.m.
Salem Board meeting.
Sun, June 14: 9:00 a.m.
Worship at Zion. 10:30 a.m.
Worship at Salem.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth
Oak Park - St. Petri
Pastor Joseph Abrahamson
Sat, June 13: 8:30 a.m.
Mt. Olive.
Sun, June 14: 8:00 a.m.
St. Petri. 9:00 a.m. Oak Park.
9:00 a.m. Nazareth.

OKLEE-BROOKS CATHOLIC PARISH
St. Francis Xavier
St. Joseph's - Brooks
St. Joseph's - RLF
Fr. Bill DeCrans
Sat, June 13: 5 p.m. Mass
at St. Joseph Brooks with 4:30 p.m. Reconciliation.
Sun, June 14: 8 a.m. Mass
at St. Francis Xavier Oklee
with 7:30 a.m. Reconciliation.
10 a.m. Mass at St. Joseph
Red Lake Falls with 11 a.m.
Reconciliation.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Wed, June 10: 6:30 p.m.
Immanuel Council.
Sun, June 14: 9:00 a.m.
Worship at Ebenezer. 10:30 a.m. Worship at Immanuel.
Mon, June 15: 9:00 a.m.
Quilting.
Tue, June 16: 7:00 p.m.
125th Anniversary Planning
meeting.

GOODRIDGE AREA LUTHERAN PARISH
Bethany-Ekelund-Faith
Robert W. Dahlen, Pastor
Wed, June 10: 7:30 p.m.
Services at Bethany.
Sun, June 14: 8:30 a.m.
Ekelund. 9:45 a.m. Faith. 11:00 a.m. Bethany.
Wed, June 17: 7:30 p.m.
Services at Bethany.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
w w
newjourneyfosston.com
Wed, June 10: 6:30 p.m.
Youth Group.
Thu, June 11: 12:00 p.m.
Rotary meeting.
Sun, June 14: 9:30 a.m.
Worship. Baby & Child
dedication. 10:45 a.m. Church
Leaders lunch.
Tue, June 16: 9:30 a.m.
Bible Study. 10:30 a.m. Quilting.
Wed, June 17: 9:30 a.m.
Christian Women's Club.
6:30p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, June 10: 2:00 p.m.
Lund WELCA.
Sun, June 14: 9:00 a.m.
Lund. 10:30 a.m. Sand Valley.
Wed, June 17: 2 p.m. Sand
Valley WELCA.

BETHEL ASSEMBLY Fosston
Jon Marx, Lead Pastor
Seth Johnson, Assist. Pastor
Sun, June 14: 10:00 a.m.
Worship.

Red Lake Falls Library News

The library is open on Monday from 10:00 am until 5:00 pm, Wednesday from Noon until 8:00 pm, Friday from 10:00 am until 5:00 pm, and Saturdays from 10:00 a.m. to 3:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/r/f.htm at anytime, where they can create their own patron accounts to browse, request and renew materials all from their home computers. The 2015 winners of the 27th Annual Minnesota Book Awards have been announced: Children's Literature - "Winter Bees & Other Poems of the Cold" by Joyce Sidman and Rick Allen; General Nonfiction - "Harriet Beecher Stowe:

A Spiritual Life" by Nancy Koester; Genre Fiction - "The Secret of Pembroke Park" by Julie Klassen; Memoir & Creative Nonfiction - "Tailings: A Memoir" by Kaethe Schwehn; Minnesota - "Her Honor: Rosalie Wahl and the Minnesota Women's Movement" by Lori Sturdevant; Novel & Short Story - "A Brief History of Seven Killings" by Marlon James; Poetry - "Dangerous Goods" by Sean Hill; and Young People's Literature - "West of the Moon" by Margi Preus. All of these titles are available by request through the Northwest and Lake Agassiz Regional Library branches, on online at www.nwrlib.org.



Senior Site News & Other Things

By Volunteer Iona Berry

It has been a very pleasant day. This past week has produced some more rain, but not so much that we have to struggle with bad roads. We needed some rain so now it can give us a rest from too much.

I had a call from Suellen and she told me all about Scott and her two week trip to Europe. They visited several countries. Their first visit was Italy. They stayed 3 days in Venice and did many walking tours. They next went to Milan and on to Lake Lomo. While there they visited Switzerland. They left for Portofino Peninsula on the Italian Riviera and visited a National Park and stayed on the French Riviera. Next they spent some time in Paris and visited the many interesting spots there. The last few days they went to Amtwerp where they stayed with their good friends who live there. These friends gave them a tour of Belgium which included the city of Bruges which Angie and I had visited and were very impressed with the old town. They spent their final day in Amsterdam where they boarded a plane to California. I visited my sister-in-law at the Nursing Home in Fosston

Tri-Valley

Public Transportation

To reserve a seat, please call by 3:00 p.m. the day before - 1-800-951-9363.

All routes will arrive approximately between 10 and 11 a.m. at the destination.

All routes need at least five persons signed up.

Thu, June 11: Fargo/Moorhead - Thief River Falls.

Fri, June 12: Bemidji - Crookston, Fertile, Winger, Erskine, McIntosh, Fosston.

Help Wanted at the Oklee Herald

IF you are:

High School student between the ages of 16 - 19 years, living in the area and likes working on the computer and taking pictures, this may be the perfect summer job for you!
20 hrs a week, flexible \$8.00 an hour

Call: 796-5181

today. I also stopped in for a minute to visit with Orlan Sollie who is there.

Dates to Remember

June 14 - Flag Day
June 16 - Pot Luck 5:00 p.m.
June 18 - Site Council Meets
June 19 - Birthday Meal

Words of Wisdom

People will treat you the way you allow them to treat you.

Know more than the next fellow and he'll never catch up.

Joke Time

A young couple had a fatal car accident on the way to their wedding. When they met St. Peter at the Pearly Gate, they asked if it was possible for them to marry in heaven. He said he would make some inquiries and get back to them. A year later, St. Peter found the couple and told them they could get married. "Could we get a divorce if it doesn't work out?" They wanted to know. "Good grief!" St. Peter exclaimed. "It took me a whole year to find a preacher up here - and now you want me to find a lawyer."

Oklee Senior Site Dining

June 15 - 19

Call 796-5666 to order a meal.

If you are over the age of 60 and would like to eat with other seniors at the Senior Site, please call the Café at 796-5666 to reserve your meal. A \$4.00 per meal donation is suggested.

Monday: Grilled tomato & cheese sandwich, broccoli cheese soup, dessert and milk.

Tuesday: Cold beef sandwich, macaroni salad, dessert and milk.

Wednesday: French toast, sausage patty, 1-egg, fruit for dessert and milk.

Thursday: Taco on fried bread w/all the trimmings, ice cream for dessert and milk.

Friday: Birthday meal: Hamburger patty, hash browns, vegetables, toast, and birthday cake for dessert and milk.

Card of thanks

We want to thank the Oklee Men's Association for the sand in our sandbox. We really like it. William (age 4) Mostrom Dakota (age 3) Mostrom



Daphne Ellenson is so proud of her first fish that she caught in Warroad on Sunday. She takes after her grandparents in the love of fishing. She is the granddaughter of Jerome and Barb Novak. It was a nice crappie, but thrown back for future fishing.

LSS Caregivers Group meets April 9th

The Thief River Falls Caregiver Group will meet on Thursday, June 11th at 10:00 a.m. at the Heritage Senior Center located at 301 E. 4th St, TRF, MN.

These groups are open to all caregivers. If you know of anyone else who may benefit from these meetings, please call Brandi Halland, Program Coordinator 218-280-3773.

Sponsored by Lutheran Social Service MN & AmeriCorps Program. Funded by Land of the Dancing Sky AAA.

Red Lake County Commissioners Minutes

RED LAKE COUNTY Regular Meeting Held April 28, 2015

Pursuant to adjournment of its regular meeting the Red Lake County Board of Commissioners duly met in regular session at the courthouse in Red Lake Falls, MN on April 28, 2015 at 10:00 a.m. Chair Weiss called the meeting to order. All members were present. The Pledge of Allegiance was recited.

Helen Anderson, Connie Hagen, and Laura McGregor were present to review the several revisions to the current County Tobacco Ordinance. Sheriff Bernstein was also present. A question was raised on whether the county be responsible for issuing all retail tobacco licenses but it was agreed that the cities issue their own licenses and the county issue licenses outside of the city limits. Bernstein felt that only one minor change be made, and then recommended approval of the ordinance. Bernstein mentioned that cities could use the format to adopt their own individual ordinances. A public hearing is required to accept comment, and a publication of a summary of the ordinance be completed, before it becomes effective. The board requested that the County Attorney first review the document prior to scheduling the public hearing. Commissioner Lerohl moved, seconded by Sorensen and carried unanimously to approve the updated County Tobacco Ordinance, as presented, pending review by the County Attorney.

Tanya Hanson, SWCD Administrator, met with the board for approval of a permit for an individual to build a home within a county shoreland, as a county ordinance regulates any construction within the designated shoreland area. Hanson informed that the applicant has met all county requirements. Commissioner Simpson moved and seconded by Sorensen to approve the Shoreland Permit to Aaron Myhre, Terrebonne Township. Motion carried unanimously.

Environmental Officer Kurt Casavan met with the board and presented the 2015 land rental lease. Commissioner Lerohl moved, seconded by Sorensen and carried by unanimous vote to approve the 2015 rental agreement in amount of \$450.00 with Mike Wicks to lease 10 tillable acres in Lambert Township.

Casavan informed the board of a public health concern as two rural residents have an infestation of rodents on their property. One resident has been piling up garbage in their yard for the past year, and the other has rodents in and around a shed with open doors and stored with corn. Casavan commented that he will first be discussing with both owners asking them to cleanup, otherwise the county will complete and bill the individuals for cleanup costs. A follow-up report will be provided at the next board meeting.

Commissioner Lerohl moved, seconded by Flage and unanimously carried to approve the expenditures for the period as follows:

Revenue Fund:	\$1,053.87
Road & Bridge:	\$2,017.57
Total:	\$3,071.44

The motion includes the following added bills: \$355.60 to AT&T; \$117.50 to Insight Technologies; \$102.91 to Quill; \$82.86 to Sterling; \$112.70 expenses and \$280.00 per diem to John Lerohl; \$207.00 expenses and \$490.00 per diem to Chuck Simpson.

Commissioner Lerohl moved, seconded by Flage and unanimously

carried to approve the minutes from the regular board meeting held April 14, 2015 as presented.

The following Commissioner/Committee reports were shared:

Commissioner Simpson	Meeting/Report County Fair
Board reviewing finances and the fair events schedule; meetings of Economic Development and the Rural Business Development Grant (RBEG) committees.	

Flage 1W1P meeting in Thief River Falls.

Sorensen Economic Development Committee meeting and RBEG discussing loans; Inter County Nursing Service meeting.

Lerohl County Fair Board discussing the City South Park, finances and Fair events. Weiss None

Welfare Director Kristi Nelson met with the board requesting approval of a resolution for managed health care services. Commissioner Sorensen moved, seconded by Simpson and carried by unanimous vote to approve **Resolution No. 04-01-15** as follows:

Whereas, the Minnesota Department of Human Services has published a Request For Proposals to provide health care services to recipients of Medical Assistance and Minnesota Care in 87 Minnesota Counties including Red Lake County, and

Whereas, the Minnesota Department of Human Services has requested county evaluations and recommendations regarding the RFP proposals from each respective county, and

Whereas, Medica, Health Partners, UCARE and BCBS submitted proposals to provide managed health care services in Red Lake County, and

Whereas, representatives of Red Lake County Social Service Center have reviewed and evaluated the proposals, and

Whereas, all respondents have submitted proposals suitable to meet our needs.

Therefore Be It Resolved, that the Red Lake County Board of Commissioners supports the recommendation of Kristi Nelson, Red Lake County Social Service Director, approving that all respondents are qualified candidates as Managed Care Organization(s) (MCO) providing managed health care services in Red Lake County.

A complete document is available at the County Auditor's office or at County Social Services.

Nelson informed that Freedom Living Center in Oklee notified by letter that the facility is closing its doors permanently effective as of June 1, 2015 and that the residents will be relocated by May 20, 2015. The Center is an Assisted Living Facility.

Auditor Schmitz presented two requests for abatement of taxes for payable year 2015 as recommended by the County Assessor. Commissioner Simpson moved and seconded by Lerohl to approve a tax abatement in amount of \$340.00 to Jeff Lancot, Parcel No. 15-2547-000 granting homestead classification, and an abatement in amount of \$268.00 to Philip Weiland, Parcel No. 08-1624-010 granting the veteran's exclusion. Motion carried unanimously.

HR Director Lundeen met with the County Board to discuss a county policy for PTO (Personal Time Off) to replace the current non-union employee's vacation and sick leave policy. Lundeen asked the members for input on how to convert current vacation/sick leave hours to PTO. The board concurred that Commissioners Flage and Sorensen meet with Lundeen and develop a proposal(s) to recommend to the board.

There being no further business the meeting was adjourned until May 12, 2015 at 10:00 a.m.

Attest:
Bob Schmitz, County Auditor

Ron Weiss, Chair,
Board of Commissioners
O11C

(U.S.P.S. 407-240)

Oklee Herald

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See The USA

There are lots of great places to visit in the United States. The Statue of Liberty, Mt. Rushmore, Yellowstone Park, the Alamo and the Grand Canyon to name a few.

When you're ready to take that special vacation, we're here to help. Need a loan for a new car, boat, recreational vehicle or some extra cash? Come see us.

0101

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MUSSTANG STAMPEDO



Bailey Schmitz & Josh Casavan celebrate the win with Chase Schmitz & Taylor Kenfield

The RLC Rebel team celebrating the win.

Dance Recital at Red Lake County Central



A dance recital was held at RLCC Elementary April 26th. Dance students ranged in age from “3 1/2” years of age to age “14” Krista Bernstein was the dance instructor. Bernstein had 92 students this year.



6th graders



Kindergarten and 1st grade group

Public Health Points

Home Canning/ Freezing- Are you doing it safely?

You may have heard about the church potluck in Ohio where one person died and 19 people got very sick as a result of some improperly home canned food recently. This was caused by Botulism poisoning. The people who lived experienced severe illness, double vision and blurred vision. It is extremely important to process your home canned foods according to current recommendations.

Interest in home canning has been growing again in the younger generations. This is due to interest in using local foods, going to farmer's markets and doing more home gardening. People are realizing that eating healthy food that is fresh and not full of additives is better nutritionally. However, if we do not prepare those fresh foods properly; we are putting our family and friends at risk for food borne illness.

If you do want to freeze and can your own foods, it is important to start with up to date research-based information. Do not use any recipes or publication written prior to 1994. One of my favorite sources is the current Ball Canning Guide. You can also find accurate information on the web under reputable sites related to canning and freezing such as state extension service sites, etc. You will also need to invest in some equipment. You will need a large kettle for your boiling water bath processing and a pressure canner for your foods that require a higher temperature for proper processing. Other equipment includes proper canning jars, lids and seals, a jar lifter, freezer bags or containers, etc. Using mayonnaise jars, etc. is not acceptable for canning as the glass is not tempered for the higher processing heat required, etc. Using these jars may result in broken glass in your canner.

Freezing foods is not nearly as difficult as canning foods. When freezing, it is important to make sure you are using clean, fresh food. Blanching is required for most frozen food but not all. Blanching is submerging your product in boiling water for a recommended amount of time to stop or slow enzyme growth so that your food does not continue to mature. Food is then quickly chilled and packed for the freezer. Freezing foods is great but it also takes up your freezer space. Some people also prefer to can their food rather than freeze and get a great feeling of satisfaction looking at their beautifully lined pantry shelves full of filled canning jars.

When canning however, even greater care must be taken to process your food properly to ensure it will be

safe to eat later.

There are two methods of canning. One method is called the Boiling Water Bath process. This is only recommended for foods such as fruits, pickles, tomatoes, jams and jellies (foods that are normally considered higher acid foods). The boiling water bath method is using the large kettle and placing your jars in boiling water that covers the jars on the stove for a recommended amount of time. The temperature in this method of canning never exceeds the boiling point which is 212 degrees F. This temperature will kill yeast, mold and most bacteria but not all types.

This is why the pressure canner is required for use with lower acid types of foods such as vegetables, meats and poultry. When using a pressure canner, the temperature inside the pressure canner and jar reaches 240 degrees F. which is hot enough to kill Botulinum spores that may be present on your food. For your own safety, be sure to read how to use your pressure canner properly prior to using it. Foods processed in the pressure canner must be processed according to the recommended length of time to ensure food safety and quality. Do not experiment and try to be creative when canning. Any time you add a new vegetable or a different amount of that vegetable, etc. you are changing the acid ratios in that jar. Be sure to follow recommended canning recipes exactly.

Once you have finished the canning process, be sure to store your jars in a cool, dry place out of the sun light. Do not store canned food longer than the recommended length of time for that particular type of food. This information can be found in your canning guide.

Yes, freezing and canning your own foods fresh from your garden or farmer's market can be fun and very nutritious. BUT, make sure you take the proper steps to ensure you will have a great tasting and SAFE product to eat when you bring it to your table!

Information Source:
University of MN Extension

Parenting Tips

Pools, waterparks, hot tubs/spas are great places to have fun, be active, or just relax. Having fun while you swim this summer means knowing how to stay healthy and safe while enjoying the water! Healthy and Safe Swimming Week 2015, which fell in May, focused on how swimmers, parents of young swimmers, aquatics and beach staff, residential pool owners, and public health officials can minimize the risk of recreational water illnesses (RWIs). RWIs can be caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated



4th, 5th & 6th grade group.



Preschool group



2nd grader, Guy Bergeson



2nd and 3rd grade group

water in swimming pools, hot tubs/spas, lakes, rivers, or oceans. RWIs can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections.

Keep the pee, poop, sweat, and germs out of the water!

Stay out of the water if you have diarrhea.

Shower before you get in the water.

Don't pee or poop in the water.

Don't swallow the water.

Every hour—everyone out!

Take kids on bathroom breaks.

Check diapers, and change them in a bathroom or diaper-changing area—not poolside.

Reapply sunscreen.

Drink plenty of fluids.

<http://www.cdc.gov/features/healthyswimming/>

1X2

Sounds like multiplication?

Guess again. It's newspaper talk for a one column by 2 inch ad. Too small to be effective? You're reading this one!!!

Oklee Herald

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The new bins are starting to come up, one after another. Oklee will soon have all four bins in the northern skyline.

Wednesday, June 10, 2015

THE OKLEE HERALD 3

