



				
Today	Thurs	Fri	Sat	Sun
Mostly Sunny	Mostly Sunny	Mostly Sunny	Sunny	Partly Cloudy
H 79 L 55	H 80 L 57	H 81 L 61	H 83 L 60	H 79 L 60

Wednesday, July 26, 2017

NOW ONLINE www.tricocanary.com

Vol. 44 Number 4

A look at next week... Local teen, Logan Tinnies, shares his European adventures with us!

Grygla organizations benefit from over \$94,000 in Beltrami County Con-Con funds

Written by Kari Sundberg, Eagle Editor
Various organizations around Grygla are benefiting greatly, thanks to Beltrami County Con-Con funds. A total of \$94,330 was distributed last week by Tim Sumner, Beltrami County Commissioner, along with local members of the board, Wally Byklum, Jean Foss, Ray Hendrickson and Ray Benson.

Receiving \$35,000 to put towards their new ambulance, Grygla Fire & Rescue members expressed their appreciation for the funds last Wednesday, July 19th. "We wouldn't be able to provide all of the services we can without the help of this money we receive," stated Fire & Rescue volunteer Lynn Anderson. "We are so appreciative of the support every year," he added.

Con-Con and PILT funds are distributed annually and go towards a variety of safety & economic developments. Board member, Wally Byklum, has been very instrumental in getting Grygla organizations the funds they need, although he would rather his efforts go unnoticed. "Tim Sumner, Kay Mack and JoDee Treat deserve the recognition. They need to be identified as the ones who really pull for our community and make sure our area gets a good share of these funds," he insisted.

As mentioned, Sumner is the Beltrami County Chairman of Board of Commissioners and has been so since November of

2012. When he ran for re-election, he campaigned to build a better community and wants what's best for all the people of Beltrami County. Wally Byklum feels Sumner is doing just that, and awarding the Grygla Community with these funds is proof.

The office of Auditor-Treasurer is managed under the direction of JoDee Treat while Kay Mack is the Beltrami County Administrator.

In Beltrami County, Con-Con funds are generated from timber sales vs. taxpayer dollars. Consolidated Conservation lands, referred to as Con-Con lands, are state-owned property held in the public trust specifically for conservation purposes. Con-Con funds that went to the Grygla community this year were \$47,853.

PILT funds (the Payments in Lieu of Taxes Program) also go out annually. Grygla organizations benefitted from \$46,477 this calendar year.

The amount varies each year based on what comes in for requests, what doesn't get distributed and is sitting in reserves, and also what was generated in timber sales.

Along with the funds for a new ambulance, the Grygla Fire Department also received \$12,500; they will continue to receive that same amount yearly. The Grygla Centennial Committee was given \$20,000, the Senior Citizen's Club was given \$9,000

and the Grygla/Gatzke Food Shelf was given \$2,500.

Various townships around our area also received funds, including \$3,800 going towards the upkeep of the Wayside Rest at Grande Corner.

It was a group effort by multiple people to make these potential funds a reality, but a few people need recognition. With Cheryl Sistas writing the grant for the Centennial funds and Wally working together with her and the Senior Citizen's Committee, and also initiating a lot of the action that needed to be put into place, the end result has paid off.

Con-Con and PILT funds benefit our area yearly. Both the Fourtown and Grygla dumpsters are funded by these dollars every year, and last year, our community housing received \$8,000 for new shingles while the First Responders received funds for their defibrillator. The Grygla School also receives an allotment out of the Con-Con funds to go towards yearly operation.

Minneosta's Con-Con lands are only located in half a dozen counties; they include: Aitkin, Beltrami, Koochiching, Lake of the Woods, Mahnommen, Marshall and Roseau. Grygla receives dollars from Marshall County, along with Beltrami, as the town provides many services to residents in Beltrami County.



Beltrami County Commissioner, Tim Sumner, was in Grygla to present the checks to the various organizations. Above, L-R: Wally Bklum and Jean Foss (Con-Con Fund Board Members), Lynn Anderson (accepting on behalf of the Grygla Fire & Rescue), Tim Sumner, Bob Thompson (accepting on behalf of the Grygla Fire & Rescue and also as a Grygla Centennial Committee member), Ray Benson and Ray Hendrickson (Con-Con Fund Board Members). Sumner also presented checks to Deb Loberg, who accepted on behalf of the Grygla/Gatzke Food Shelf, and Rose Hanson, Carol Stueck and Thelma Thomas, who accepted on behalf of the Senior Citizen's Club. (See Tri-County Canary for those photos.)

Gatzke was the place to be last Saturday



Bruce and Diane Lunsetter hosted the successful reunion enjoyed by many! They even hosted a brunch at their home for anyone interested that was held after church services on Sunday. They put a lot of hard work into the special event attended by nearly 500!

Written by Kendra Jensen, Eagle Intern

People gathered at Bruce and Diane Lunsetter's home last Saturday, July 22nd, to attend the Gatzke All-School Reunion. There were nearly 500 people in attendance that day including former students, parents and teachers!

The day's festivities included food provided by various vendors, musical entertainment by Lois & Lois, Donovan Ruud, and The Back Behind the Barn Boys, and an opportunity for all to take a trip down memory lane.

On display were many pictures from all the years the Gatzke School was in operation. A program was given by Bruce Lunsetter explaining the history of Gatzke and its school. During the program former teachers and students also shared their memories and experiences with the old school.

On Sunday, a church service was held at United Lutheran with a special performance by Lois & Lois. After the services, everyone was invited over to the Lunsetter's again for a Sunday brunch.

History of the Gatzke School
The first homesteaders arrived in the Gatzke area in the late 1890's. High on their priority list was establishing churches and schools. In order to form a school district, you had to have approval of the County Board of Commissioners and County Superintendent of Schools. One of the first schools to form in the area was Clover Lawn District 80, which was organized in March of 1899. At the time, the townships were responsible for the forming of districts. Due to travel conditions, each township could have several schools. As transportation conditions improved and the population changed, the need for so many schools decreased.

In the 1940's the Minnesota Legislature passed a law allowing consolidation of schools. The Gatzke School District was formed in April 1949 by the consolidation of 15 school districts located in parts of 8 townships. At the time, 6 school buildings were moved into town; 4 of those buildings were used for classrooms, 1 was used as housing for the teachers, and the other was used for storage.

Gatzke reunion... Continued on back

GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST
CELEBRATING THE PRESENT
EMBRACING THE FUTURE



AUGUST 25-27, 2017
Demolition Derby



Saturday, August 26th, 4 pm

The Grygla Demo will begin with registration from 1-3:30 pm and the event beginning at 4 pm. Food stands and beer gardens will be on site and 4 classes will compete: 80's and newer, compacts, trucks and old iron. The cost is \$15/adults and \$10/12 and under.

T-shirts are currently being sold in memory of Kevin Binkley, who was a big part of the demo family and passed away June 25th. Show your support for Kevin's family and order your shirt today. Email Tonia at thaack@machinewell.com or text Jenny at 218-689-0098. Shirts are \$15 for sizes youth-XL. Add \$1/size after XL. Please mail your money to Tonia Haack at PO Box 192, Grygla, MN 56727

"If at first you don't succeed, back up, slam the brake, throw it in drive, hold on and TRY IT AGAIN!"

STAY UP TO DATE BY LIKING THE "GRYGLA CENTENNIAL 2017" PAGE ON FACEBOOK!

Another sneak peek to come next week!



Reminder: Input needed on proposed trails in Beltrami Island State Forest

Anyone with an interest in recreational trail systems and motorized recreation in the Beltrami Island State Forest in Beltrami, Lake of the Woods and Roseau counties still have time to submit their comments and show their support.

Draft recommendations aim to improve trail sustainability and to enhance recreation opportunities. Proposed changes include adding new trails and trail connections, designating new hunter-walking trails and undesignating unsustainable minimum maintenance roads.

Beltrami Island State Forest is classified as "managed" with respect to motor vehicle use, which means that forest roads and routes are open to motor vehicles unless posted closed. The DNR does not propose changing the "managed" classification.

Anyone who was unable to attend the June 28th meeting can review the project documents online and submit written comments through this Friday, July 28.

Comments received at the meeting and during the public comment period will be used to develop a final recommendation that will be submitted to the DNR commissioner for approval. Changes to state forest trail designations must be made by commissioner's order and published in the State Register.

Written comments may be submitted by fax to 651-297-1157, by email to forestrailplanning.dnr@state.mn.us or by mail to Joe Unger, Parks and Trails Division, Minnesota DNR, 500 Lafayette Road, St. Paul, MN 55155-4039.

All aboard the Chester Charles II

You are invited to relax aboard beautiful Lake Itasca, the source of the mighty Mississippi River! The Grygla Senior Citizen's Club is planning a river boat tour on the 141-passenger Chester Charles II on Thursday, August 31st, and is extending the invite to anyone interested in joining them.

A bus will be leaving the Grain Bin Café that morning at 8:30am. The river cruise itself is from 2-4pm that afternoon, but the group plans to arrive a bit early to do some exploring around the area. Please plan to pack your own picnic lunch to be eaten in the park.

The cost to attend is \$16 for members of the Senior Citizen's Club and \$22 for non-members. The cost of this event includes travel and the river cruise. After the Coborn's Lake Itasca tour, the group has plans to stop at the D&R Cafe in Bagley to eat supper.

This pleasant experience is being coordinated by Senior Citizen's Club Vice President, Rose Hanson. To RSVP, please call her at 218-280-5944 by August 23rd so reservations can be made. Again, anyone is welcome to attend!



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Interfaith Bible Study
Sunday:
Grace: 10:30am Worship
OS: 9am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor TBA
Wednesday:
Joint Service at OS at 7pm
Sunday:
No Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Faith: 8:30 Worship
Bethany: 9:45 Worship
Ekelund: 11am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge

Fr. Adam Hamness
Sunday:
St. Clement's: 11am
St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
10:30am Worship

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship
Oak Park: 9:45am Worship
Nazareth: 11am Worship

LIBERTY CHAPEL
Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

HELP WANTED: IMMEDIATE OPENING

ELIGIBILITY WORKER

Ability to: organize, make decisions, remain objective, accurately and rapidly process detailed information, express ideas clearly, comprehend and follow written and verbal instructions. Computer skills, relating to people, and writing skills are essential. Salary range \$18.03 to \$24.68 per hour. Will require being eligible for Minnesota Merit System. If interested please submit resume and references to Marshall County Social Services, 208 East Colvin, Ste. 14, Warren, MN 56762. To complete an application, go on line at <http://agency.governmentjobs.com/mn-meritsystem/default.cfm>. If you have questions, please contact Lisa at 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 8/12/17.

G18-19C

MDA extends comment period on proposed nitrogen fertilizer regulation

Public input sought at meetings scheduled in Northwestern Minnesota

The Minnesota Department of Agriculture (MDA) has extended the public comment period for its draft proposal for the use of nitrogen fertilizer in Minnesota. The purpose of the proposed Nitrogen Fertilizer Rule is to minimize the potential for nitrate-nitrogen contamination from fertilizer in the state's groundwater and drinking water. Public comments will now be accepted through Friday, August 25, 2017.

"We've heard from farmers, commodity groups, and other leaders in our ag industry that more time is needed for them to weigh in on this proposal," said MDA Commissioner Dave Frederickson. "We need their input and we're going to make that extension. We're also going to hold additional meetings in Northwestern Minnesota at the request of ag leaders and members of the public in that region."

Public listening sessions on the draft rule will be held at the following locations in our area:

Roseau Civic Center on Wednesday, July 26th at 6:30pm

Warren Community Center on Thursday, July 27th at 7pm

All comments regarding the proposed rule must be submitted in writing. After consideration of comments received, the MDA expects to publish the final draft of the rule in the fall of 2017. The rule is expected to be adopted in the fall of 2018.

Written comments on the draft Nitrogen Fertilizer Rule should be submitted by Friday August 25, 2017 via mail or email to:

Larry Gunderson, Fertilizer Technical Unit Supervisor, Minnesota Department of Agriculture, 625 Robert Street North, St. Paul, MN, 55155 or larry.gunderson@state.mn.us

All comments should, but are not required to, include a contact name, phone number and/or email address to provide for follow-up discussion on specific comments.

Summer League Standings

Week 5 Standings

	W	L
Gray	8	2
Maroon	6	4
Green	6	4
Orange	4	6
Blue	3	7
Black	3	7

Week 5 Results

Green 46
Tyler Stinar 18
David Jones 10
Gray 41
Tyler Schulz 17
Tori Miller 10

Orange 56
Steven Hanson 25
Kaleb Sjulestad 14
Maroon 59
Blaine Kriel 25
Logan Dvergsten 20

Green 63
Tyler Stinar 24
David Jones 17
Lucian Tinnies 13
Orange 56
Steven Hanson 20
Andrew Holte 18
Jeremy Wiskow 13

Blue 52
Brady Olson 19
Justin Kiesow 13
Hudson McMillin 12
Black 47
Jaden Kiesow 18
Peyton Verbout 13
Brock Olson 11

Gray 62
Brandon Bakken 21
Tyler Schulz 13
Brandon Stanley 12
Tori Miller 12
Black 49
Jaden Kiesow 27

Maroon 72
Blaine Kriel 23
Logan Dvergsten 23
Cameron Naeseth 22
Blue 62
Brady Olson 23
Hudson McMillin 12
Justin Kiesow 11
Ashley Moe 11

Community Calendar

Wed | July 26

Swimming lessons in Foss-ton for Grygla kids (bus leaves Grygla at 12:15pm and returns at 4:45pm); Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 2-6pm; Grygla Library open 2-6pm; 'Robert the Magician' to perform at the Community Center for all ages from 4-5pm

Thurs | July 27

Swimming lessons in Foss-ton for Grygla kids (bus leaves Grygla at 12:15pm and returns at 4:45pm); Goodridge Summer Reading Program Picnic/Event at 5:30pm; Goodridge Sand Volleyball 6:30pm

Fri | July 28

Swimming lessons in Foss-ton for Grygla kids (bus leaves Grygla at 12:15pm and returns at 4:45pm); Grygla Open at Oakcrest Golf Course in Roseau (tee-off 9am); Senior Meals at Grain Bin Café 11am

Sat | July 29

Freedom Festival at the Goodridge Veterans Memorial Park 10am-10pm

Sun | July 30

Softball for all in Grygla 6pm

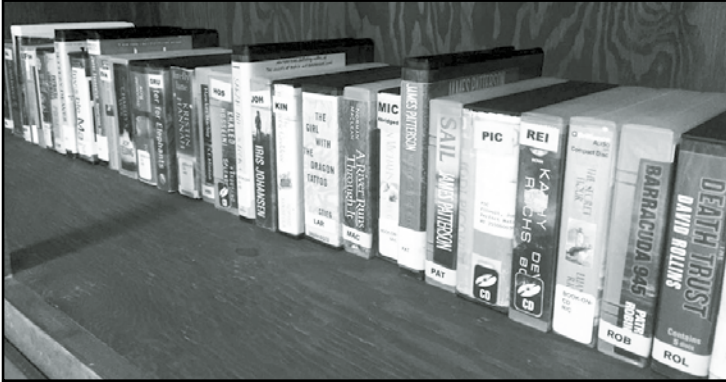
Mon | July 31

Swimming lessons in Foss-ton for Grygla kids (bus leaves Grygla at 12:15pm and returns at 4:45pm); Senior Meals at Grain Bin Café 11am; Monday Night Football in Grygla 6pm

Tues | Aug 1

Swimming lessons in Foss-ton for Grygla kids (bus leaves Grygla at 12:15pm and returns at 4:45pm); Grygla Eagle office open 9am-5pm; 'Night to Unite' at Marshall County Fairgrounds in Warren 5:30-8pm

GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

New to our shelves - all new audio books! If that interests you, come on in and check them out!

Also, we have another magic show coming to you NEXT WEEK. We just had one this week at 4pm; not a lot of swimming lessons kids could make it, but we have another one lined up for you. Jared Sherlock will be at the Grygla Community Center next Wednesday,

August 2nd at 5pm. That is perfect timing for the kids to get off the swimming lessons bus and come on over!

Jared Sherlock is an award-winning illusionist and comic magician. Expect Las Vegas style illusions, modern magic and clean comedy entertainment. He's been all over the country, and has even toured internationally - don't pass up the chance to see him hosted by the Grygla Library!



JARED SHERLOCK

Jared Sherlock is an award-winning illusionist and comic magician. Expect Las Vegas style illusions, modern magic and clean comedy entertainment. He's been all over the country, and has even toured internationally - don't pass up the chance to see him at YOUR LIBRARY!

WARROAD PUBLIC LIBRARY 8/1 AT 11AM	KARLSTAD LINK SITE 8/2 AT 1PM	RED LAKE FALLS PUBLIC LIBRARY 8/3 AT 4PM
ROSEAU PUBLIC LIBRARY 8/1 AT 4PM	GRYGLA LINK SITE 8/2 AT 5PM	GODEL MEMORIAL LIBRARY 8/4 AT 11AM
GREENBUSH PUBLIC LIBRARY 8/2 AT 10AM	THIEF RIVER FALLS PUB. LIBRARY 8/3 AT 11AM	HALLOCK PUBLIC LIBRARY 8/4 AT 4PM

G18C

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RESOLUTION

Marshall County Board of Commissioners
Warren, Minnesota 56762
Date 7-6-17

Motion by Commissioner Sharon Bring

Resolution No. 07-06-09

Seconded by Commissioner Gary Kiesow

WHEREAS: the Laws of Minnesota 2017, Chapter 92, Article 3, Section 5, grants to the Marshall County Board of Commissioners authority to make appointive the office of Marshall County Recorder, pursuant to the conditions set forth in said legislation;

NOW THEREFORE BE IT RESOLVED, that the Board of County Commissioners of Marshall County shall provide an opportunity for public comment relating to this issue at its regularly scheduled meeting on August 15, 2017 at 9:00 a.m. and at a special board meeting on August 15, 2017 at 6:00 p.m. in the Marshall County Boardroom in Warren, Minnesota.

Aye: 5
Nay: 0

7/6/17
Date

Marshall County Board Chairperson
G17-18C

Thank you to our family, friends and neighbors for attending our 60th Wedding Anniversary party. A special thanks to our kids and grand kids for hosting that special day for us. We feel blessed beyond words.
Edgar & Dorothy Miller
G18C

U.S.P.S. No. 002330
Grygla Eagle
NATIONAL NEWSPAPER ASSOCIATION

Serving Eastern Marshall & Northern Beltrami Counties

PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg, EDITOR
Phone 294-6220

SUBSCRIPTION RATES

\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 per year outside of the area

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POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

Goodridge/ Grygla Athletics Coaches Needed

7th and 8th grade volleyball
Junior high football
8th grade girls basketball

If interested contact athletic director Jamie Lunsetter, Grygla School at 218-294-6155, email jlunsetter@grygla.k12.mn.us or athletic director Becky Carlson, Goodridge School at 218-378-4134, email becky.carlson@goodridgeisd561.org.
Open until filled. G18-19C

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Call/Text Clint 701-215-1362 or Matia 218-242-6494 with questions or if you'd like to view the property. G17-18C

Word of the Week ...enhancing vocabularies one Grygla Eagle at a time.

Tarn

Noun

\tahrn\

1. A small mountain lake or pool, especially one in a cirque.

Quilt Display and other Centennial activities at the Grygla Community Center

The Quilt display will be held at the Grygla Community Center on Saturday, August 26, 2017, from 9am-4pm. On display will be historic and modern/artistic quilts. There is still time to enter your quilt to be displayed. Condition is not important as they will be displayed to tell their story.

During the morning there will be demonstrations of handicrafts of a bygone era and of some that are making a comeback.

The demonstration schedule is as follows:

9am: Spinning wool, Jude Haack
9:15am: Knitting, Jude Haack
9:30am: Weaving, Alicia Haack
9:45am: Tatting, Jude Haack
10am: Crocheting, Val Aune
10:15am: Embroidery, Lynette Jelle
10:30am: Quilting (Watercolor), Jane Skoein/Lynette Jelle

Besides quilts, the group is wanting to display other examples of handiwork from the past such as crocheted or embroidered work. If you have pillowcases, tablecloths, aprons, rugs, doilies, pot holders, baby clothes or any other interesting items, please consider putting them on display.

The Community Center will be locked during the parade so your valuable quilts will be safe!

The Community Center will also be the hub where you can purchase Centennial history books, Centennial Cookbooks and Centennial Raffle tickets!

Quilts and other display items can be brought to the Community Center on Thursday, August 24, at 7pm or contact Cheryl Sistad at 294-6223 to make other arrangements.

And like all other aspects of the Centennial weekend, volunteers are needed to assist with setting up the displays Thursday night at 7:00 and all day Saturday (if you're looking for a time to sit down indoors for a while).

For more information on the Quilt display, contact Cheryl Sistad at 294-6223, Sue Saurdiff at 294-6533 or Lynette Jelle at 294-65-68.

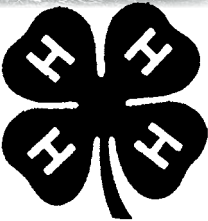
CHECK OUT....



A few Charger baseball photos in the Tri-County Canary!



Walter Jones' steer was purchased by Brobst Family Farm and the Grygla Merchants at the Roseau County 4-H Blue Ribbon Livestock Auction last Friday, July 21st. The steer sold for \$3.75/lb. and it weighed 1185#.



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FDIC
G18C

Amazing new artists you're probably not listening to



Written by Kendra Jensen, Eagle Intern

Tattoos and Texas twang, that's what first comes to mind when I hear this next artist. A road king since the late 90's, Cody Jinks logged six years as the lead singer for the rock group "Unchecked Aggression" before returning home to Texas. While taking time off from the road to replant his roots, he rediscovered a love for outlaw country music.

More than a decade later, his new album, I'm Not the Devil, has turned Jinks into an unlikely Top 10 star, peaking at number four on the Billboard Country Chart. Full of honky-tonk heartache and bar-room ballads, this record is for

anyone who's a fan of Whitey Morgan, Jamey Johnson or Chris Stapleton.

In his own words, Cody Jinks said, "We look like a dirty rock & roll band, but whenever people ask what kind of music we play, I just tell them 'country.' I don't use any other adjectives. That leaves it really open-ended. It leaves room for everyone. I'm one of those guys where one of the best compliments anyone can give me is, 'I don't like country music, but I really dig your stuff.' I just want it to be good music, really. That's the stuff that resonates."

Take a listen for yourself and open your ears to "I'm Not the Devil," available on iTunes and amazon music.

A HIPPIE'S HEALTH



Written by Tara Waltman

I am already starting to forget what I have and have not wrote about. I blame busyness and getting old. Of course I am not organized enough to write down what I have wrote about. I have wrote a little about fear I believe, but I'm going to talk a little about this again.

What is fear holding you back from? Powerful question, huh? We have the emotion fear for a reason. It is in place to protect us and for our survival. Sometimes, though, our fear is triggered and our health or life is not threatened. So we act on this fear and it holds us back from our dreams or doing things that we may enjoy or that make us feel empowered.

Let me give an example. I have a fear of flying... well not so much the flying but the whole crashing part. I don't have control over this if it were to happen. This is where the fear comes in, folks.

Now if I acted on that fear, it would hold me back from something I love so much, which is seeing the world. I love traveling, so I had to work on getting through this fear. I had to face this fear and get through it to do what I love, travel all over the world.

So if we face our fear and not avoid, and we do this over and over again, it gets easier with time. The fear will decrease. This is what happened for me, so over time, my fear has decreased the more times I have flown. To help with this fear, I asked myself what is the likelihood that I will crash in a plane? Is it possible, yes, but the likelihood is wayyyyy less than traveling in a car, which I do daily. So asking ourselves, "what is the likelihood that this will occur?" in regards to our fear can help. I have done this with other things in my life as well.

Another thing that I have done with my fear of flying is I keep my eyes and ears wide open. You guys are probably like duh! You have to do that. Haha. What I mean is this... when we have fear our attention narrows, typically. So we

may look down more and we get in our own head and then all of sudden we are in catastrophe mode, where the worst case scenario is for sure going to happen to us. So, what I do is I look up, I look around, I take in all the sights and scents when I am in an airport and when I am on a plane. This helps me to tell myself that I am safe, that I am okay and that I will be.

If I had my eyes down, I wouldn't be able to see this. This happens so often when we have fear. So keep your eyes open, head up and take in everything around you. And breathe. Breathe slow deep breaths if you can or just focus on your breath a little; this usually helps me. The intervention for fear if it is not justified (or doesn't fit the

facts) or in layman's terms an irrational fear, is to face that fear over and over again. I encourage people to do this if they want the fear to decrease and if they are willing and want to do this.

Willingness. This is key to facing our fears and making change. Fears can hold us back and that is okay, but if you don't what them to, face your fears. Before I fly, I use a little Valor essential oil. A little liquid courage. Some people also use alcohol for this (I have done this before I fly, as well). Now just a word of caution if we are not mindfully drinking alcohol and we are drinking out of fear this can just lead to suppressing or avoiding the emotion and it can come out in a different way and even stronger. I teach on this stuff nearly every day. It is fascinating stuff!

Also, just a heads up if people are wondering what the difference is between anxiety and fear... anxiety is a feeling word for the emotion fear.

There you have it folks, you are now pretty much experts on the topic! Now I have to face my fear in my business and talk to people about having classes. Writing in a paper is much easier to do than talking to people face to face. I will face my fears, though. I got this.

For those who are feeling a little inspired or motivated, I encourage you to observe a fear you might have and share it with someone today. Just go for it! You got this!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

WHAT A JOKE

Submitted by Kendra Jensen, Eagle Intern

Farm Jokes

Why shouldn't you tell a secret on a farm?

Because the potatoes have eyes and the corn has ears!

What do farmers use to make crop circles?

A Protractor

What is a farmer's favorite Bruce Springsteen song?

Born in the USDA.

What did the baby corn say to the mama corn?

Where's popcorn?

How did the farmer find his lost cow?

He tractor down.

DO IT YOURSELF

Submitted by Kendra Jensen, Eagle Intern

This fun DIY is one the kids will love! Check out these super fun and easy DIY washer bracelets!

Supplies

- Flat Washers (5/16 or 7/16 for bracelets and 7/16 or 9/16 for necklaces) these sizes seemed to work best.

- Mod Podge Dimensional Magic

- Nail Polish

- 1.5 mm Nylon Cord (for bracelets)

- 1 mm Nylon or 1 mm Waxed Cotton Cord (to make sliding knots on bracelets)

- 2mm Black Satin Nylon Cord

- E6000 Adhesive (only needed if you plan to glue on charms like the gears on these)

- A toothpick (used to spread Mod Podge Dimensional Magic)

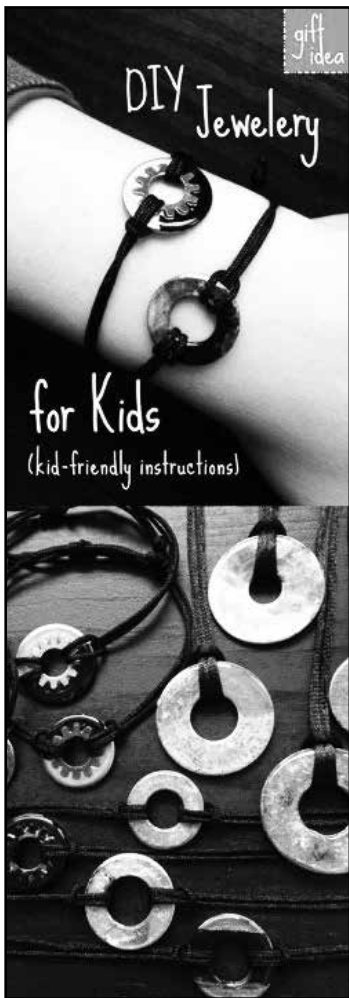
- Charms, beads, sparkles, embellishments (not necessary but adds a nice touch)

Steps

-Let kids paint and decorate washers with nailpolish

-Spread Mod Podge Dimensional Magic over the top surface of the washer, let dry for 3 hours

- Tie cording to washers



Fun-damental Volleyball Camp was held last week, Thursday and Friday, in Goodridge. The traveling camp is coached by Larry "Woody" Woodbridge and Jason Heydt and was open to Grygla and Goodridge girls.

Woodbridge has been involved in volleyball coaching in the Midwest for the past 25+ years including UND Fighting Sioux Assistant Coach and UM-Crookston assistant coach. Heydt has been an established coach in the Grand Forks area for the past 25 years. Most notably, he has been involved with the Grand Forks Red River volleyball program for 14 years, which includes 5 state championships.

Above: Ava Halvorson practices the most important thing in a serve – the toss – according to Coach Woody.



BUMP SET SPIKE

Pictured above is the 7-12 graders, who attended camp in the morning. The younger girls, to the left, attended camp in the afternoon.

Behind the Scenes with our Lion's Club

Written by Kari Sundberg, Eagle Editor

The Grygla Lion's Club held their annual picnic in the park last Wednesday, July 19th. Steaks hit the grill and club members gathered for their monthly meeting led by new club president, Danny Bragg.

Bragg conducted his first meeting since recently taking over the role previously held by Mayor Richard Mosher. Other Lion's officers include: Recording Secretary Mildred Klamar, Reporting Secretary Wayne Warne, Treasurer Leann Wikert, Gambling Manager Nadine Wold, Gabling CEO Bryan Grove and, currently, the Vice President spot is open to be filled.

Lion Presidential duties include leading and overseeing the club and all of its decisions, and leading monthly meetings, along with zone/district meetings.

The local club takes part in many community activities. Each year, the smelt fry is the biggest fundraising project they organize and host! Money raised goes towards the Grygla Community Center, Grygla School scholarships and numerous school activities and clubs, including local 4-H clubs.

Club fundraisers also benefit the city and some of its improvements. The Grygla Lion's Club also provides funding to the LCIF, which benefits a variety of international projects

that include sight, hearing, diabetes and leader dog organizations.

In addition to benefitting our community in some of the ways mentioned, Lion members also host a Senior Night each spring for graduates and their parents. They volunteer to clean 2 miles of Adopt-A-Highway around the 6-mile corner and coordinate community blood drives. In fact, one of their upcoming events include an August 17th Blood Drive in Grygla.

At many events for our community, it's likely you'll see a Grygla Lion there helping out and volunteering their time and effort. Being a Lion is a willingness to serve others and that's evident with our local club.

You'll also see our local leaders at the Grygla Centennial! Some of the members will be spotted helping out with the kiddie games, fly-in breakfast, demolition derby and gate keepers, to name a few.

Today, the chapter is 46 years old and has 6 charter members still a part of it! Those members are Sheldon Peterson, Roy Nordby, Billy Wikert, Ronald Engelstad, Richie Engelstad and Ralph Rundell.

Membership as of right now sits at an impressive 73. The club is always looking for new members and invites you to consider joining!



The Lion's Club held their annual picnic in the park last week, along with their meeting that followed.

Beltrami County FSA Seeking Nominations

The Beltrami County Farm Service Agency (FSA) is looking for an individual that would be interested on serving on our local County Committee board. County Committees are unique to FSA and allow producers to have a voice on federal farm program implementation at the local level.

To be eligible to serve on the FSA county committee, a person must participate or cooperate in an agency administered program, be eligible to vote in a county committee election and reside in the Local Administrative Area (LAA) where they are nominated. All producers, including women, minority and beginning farmers and ranchers are encouraged to participate in the nomination and election process.

This year, nominations and elections will be held in LAA 3,

which includes Big Grass, Winner, Yale, Northwood, Benville, Spruce Grove, Minnie, Lee, Hamre, Steenerson townships.

Producers may nominate themselves or others as candidates. Organizations representing minority and women farmers and ranchers may also nominate candidates. To become a nominee, eligible individuals must sign form FSA-669A by August 1, 2017.

For more information on the roles and duties of the county committee please contact the Beltrami County FSA Office at 218-751-1942 or attend our informational meeting on July 24, 2017 at 9:00 am in the USDA Service Center 3217 Bemidji Ave. N., Bemidji. The form and more information about county committee elections is also available online at: www.fsa.usda.gov/elections.



Vivian Coan at the FUN-damental Volleyball Camp last week, showing her teammates some good sportsmanship!

Gatzke reunion... Continued from front

In January of 1955, a vote was taken and passed by a margin of 63-7 to construct a building at an estimated cost of \$40,000. \$25,000 of this cost was secured through bonds, and the rest was paid from the school district savings. This building included a gym, a kitchen, and two bathrooms. In 1962 an addition was added at a cost of \$48,520 which consisted of 3 classrooms, an office, and a stage.

In July of 1964, voters in the Gatzke, Grygla and Skime school districts voted in favor of Consolidation. This consolidation became effective on July 31, 1964. The Grygla School District continued holding class at Gatzke until 1987. The Gatzke school building was later owned by Tom Morrissey, where he operated a small machining business. Currently, the building is owned by the Lowell Larson family.

While at the reunion Saturday, I had the opportunity to visit with some former students on their favorite parts about going to school in Gatzke. Mary Engevik told me one of her fondest memories was playing outside at noon. "The teachers always wore dresses but they would keep extra skirts in the classroom," Mary explained, "The boys would have to wear the teachers' skirts if they got muddy or wet at noon while their clothes dried!" Brothers Quentin, Jerry, and Randy Johnson told me they were known as "the three little boys" back in school because they were always together. They say one of their favorite things about going to school in Gatzke was winning the 4G Basketball Conference (a basketball tournament held between Goodridge, Gatzke, Grygla and Gully schools).

It was a lovely afternoon at the Lunsetters. It was a day filled with laughs and fond memories for all.



The Back Behind the Barn Boys played for the crowd at the reunion over the weekend.



Above: Brothers Jerry, Randy and Quentin Johnson, also known as "the three little boys", shared fond memories about their experience at the Gatzke School. Below: Lois Peterson & Lois Anderson sell T-Shirts!



Local 4-H club active at the Roseau County Fair



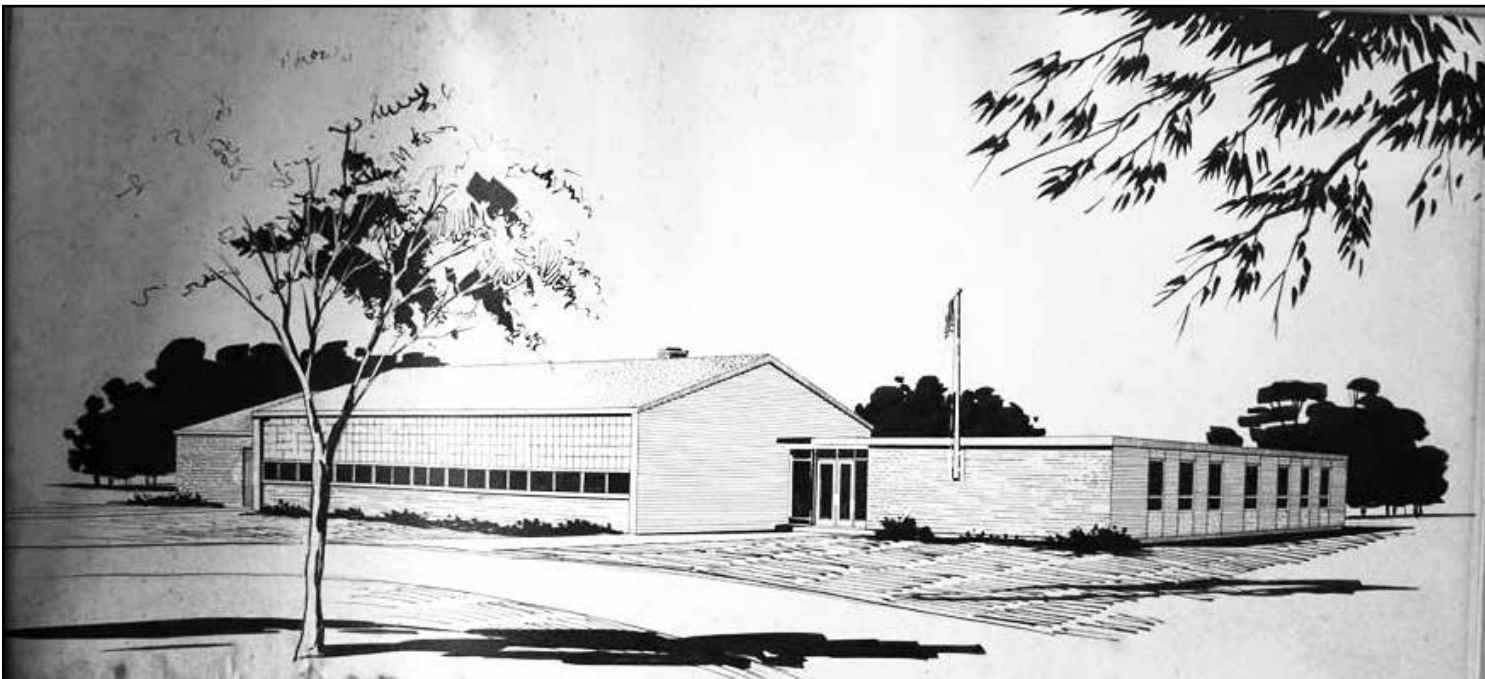
Riley Saurdiff, Grygla/Gatzke Go-Getter 4-H member, earned a blue ribbon on her "Food Preservation" project, which involved steps to canning spaghetti sauce. Riley also earned a blue ribbon on a tie blanket and a pillow case. The pillow case also earned her a Reserve Champion.



Carlye Kiesow and Clay Irlbeck were just a couple of the many club members who helped out in the food stand and dairy bar during the Roseau County Fair!



For his Cloverbud project, Gus Jones made a model farm! Nothing better than when you make a project that can double as a new toy!



This was one of the items on display at Lunsetter's last Saturday; an architectural drawing of the Gatzke Elementary School.

Yard of the Week



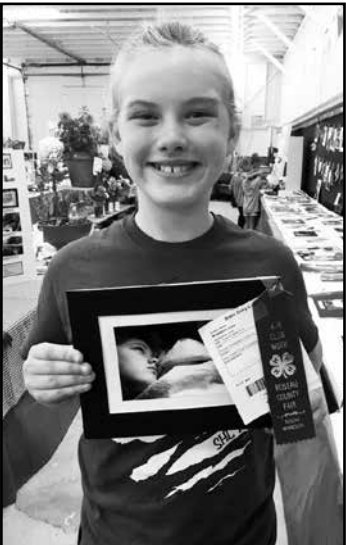
Always seeing a beautifully landscaped and trimmed up yard when you go by is Ida Stanley at 31294 400th Ave NE, Grygla.



Kim Zinter, 26744 340th Ave NE, Goodridge, sure adds a lot of rustic charm and gorgeous color to her rural yard.



Lakylie Brobst earned a blue ribbon in her class & reserve champion in beginner showmanship at the Roseau County Fair!



L-R: Lucy Mickelson and Chey Mickelson received blue ribbons on their photography projects while Christian Loken got a blue ribbon on his rocket! (Christian belongs to the Malung 4-H club.)



Left: Walter Jones with his Grand Champion Heifer. He also received Grand Champion Jr. Showmanship, and blue ribbons in all categories including Lightweight Market Steer. Check out American State Bank's ad on page 2 that shows another photo!

Side note: Walter's brother, Lewis, had fun making and testing dirt bike ramps this summer for his Grygla/Gatzke Go-Getter's 4-H club project/entry!