

GRYGLA EAGLE



Today Sunny H 66 L 38	Thurs Mostly Sunny H 71 L 50	Fri Partly Cloudy H 73 L 52	Sat Partly Cloudy H 74 L 55	Sun Scatt Showers H 72 L 52



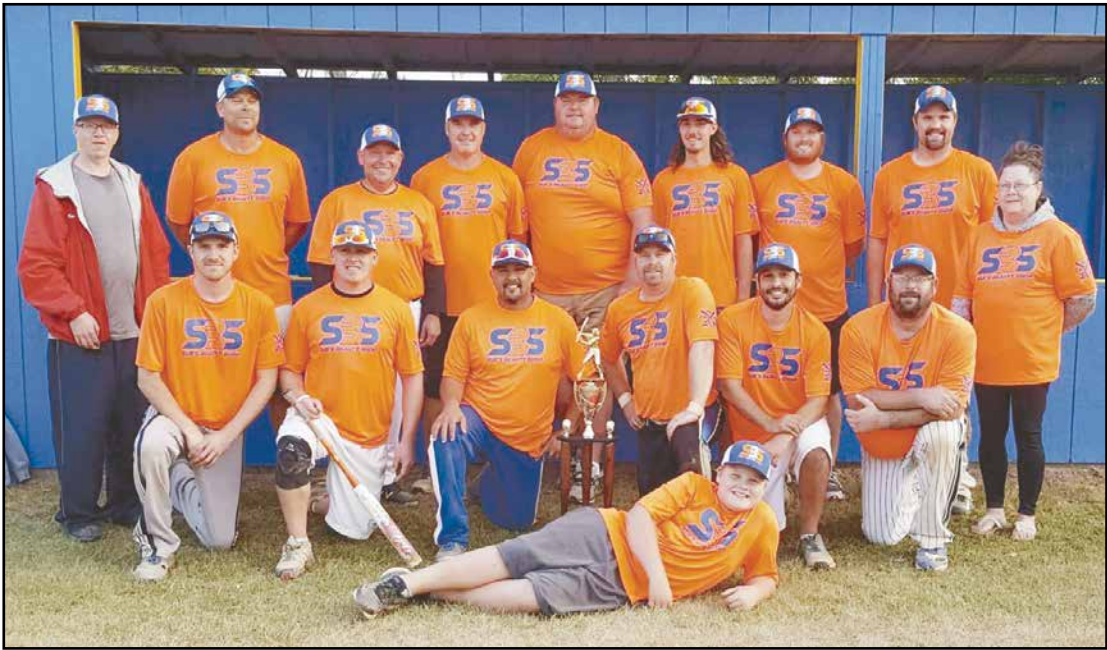
Wednesday, September 5, 2018 WE'RE ONLINE www.tricocanary.com Vol. 45 Number 10

This colored issue is sponsored by American State Bank of Grygla.



The American State Bank of Grygla parade entry at the Grygla Fall Fest. Photo by Grygla Eagle Newspaper

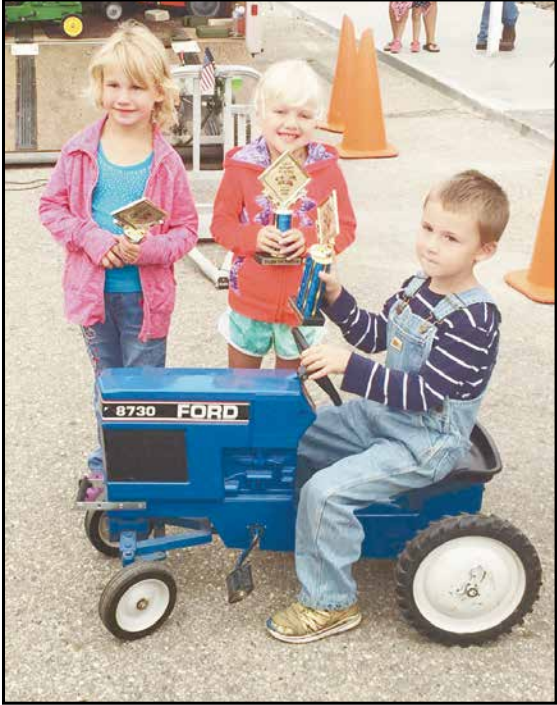
Grygla Fall Festival Fun



Sue's Beauty Shop placed 1st in the Men's Softball Tournament at the Grygla Fall Festival on Sunday, August 26th. This was the 20th year the team has been playing. They have placed 1st a total of eight times! Photo courtesy of Jamie Aune

Fall Fest Youth Pedal Pull results and winners

The Grygla Fall Festival Committee and Grygla Lion's Club sponsored Schmidt Pedal Pulls out of Alexandria at the Grygla Fall Festival on Saturday, August 25th. 70 kids ages 4-11 years old participated. The results below are listed in order of 1st, 2nd, 3rd. Photos courtesy of Danny Bragg



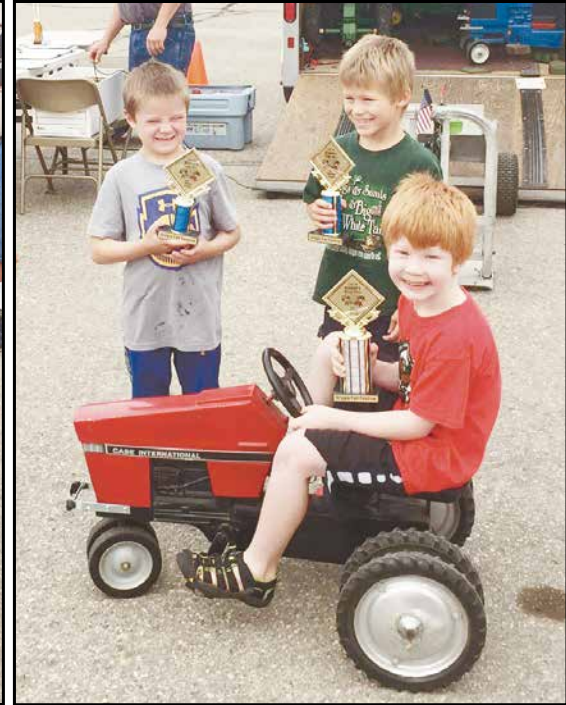
Age 4: Carter Ostby 47.8, Maddison Tennancour 44.7, Adeline Wichterman 34.0



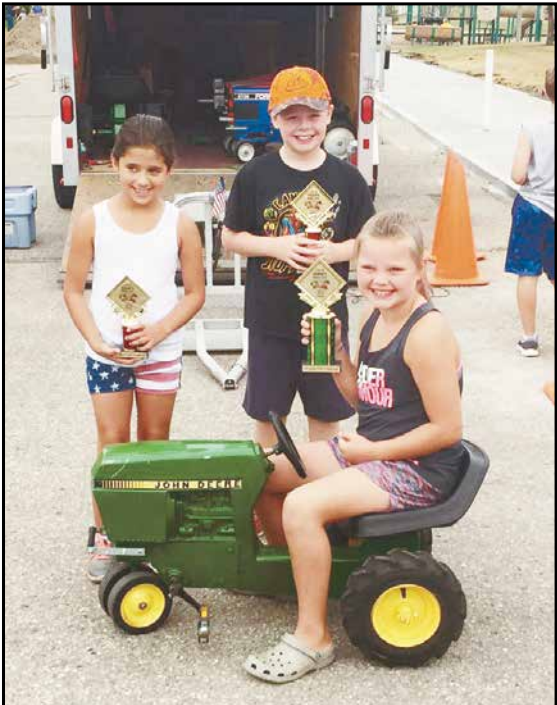
Age 5: Kasyn Abrahamson FP, Kamdyn Brobst 50.1, Jack Wawrzyniak 42.8



Age 6: Sam Smeby FP, Amya Stromsodt 47.3, Chase Burns 46.7



Age 7: Brayden Grandstand FP/51.9, Hayden Fort FP/34.8, Tycen Ostby 47.1



Age 8: Paizley Moe 49.7, John Smeby 48.2, Haedynn Boutain 44.8



Age 9: Brett Rychlock FP/41.9, Connor Boutain FP/34.1, Joseph Stinson 44.0



Age 10: Dylan Wichterman 42.1, Brandon Burns 40.9, Abe Miller 36.3



Age 11: Gavin Aune 50.9, Brody Saurdiff 46.3, Ian Narum 41.3

Secret Garden Market another success



Around 30 vendors were set up at the Kangas farm in rural Goodridge at the end of August! Hundreds of people attended and enjoyed the 2nd annual event that is made up of vendors, food, drinks and music on the farm! Photos by Amara Lea Photography

A look at next week...



Jim Dahlen, back left, of Goodridge, hosts the WIN (Wandering Individuals Network) RV Singles Travel Club! The nation-wide club is visiting the area until September 6! More on this (and their local activities!) next week!



Allison Kangas, host/creator of Secret Garden Market and Wheat & Beans.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Sept. 5:
6pm Grace Choir
8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship
OS: 9:30am SS, 10:30am Wor-ship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Sunday:
UL: 9am Rally Sunday
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, Sept. 5
6pm Faith WELCA; 7pm 9th grade Confirmation at Faith
Sunday:
10am Joint Services at Bethany for Rally Sunday
Monday, Sept. 10:
Rachel Circle 9:30am
THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sunday:
8am 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 Merseth
Wednesday, Sept 5:
Wed. School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:30am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

Community Calendar

Wed | Sept 5
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Sept 6
Picture day at School; JH FB vs. WEM in Goodridge 4:30pm

Fri | Sept 7
Senior Meals at Grain Bin Café 11am; Varsity FB game in Laporte 7pm

Sat | Sept 8
VB V tourney in Ada 9am; Firearm Safety Range Day at Grande Corner 9am; VB C tourney in Hallock 10am; Fourtown/Grygla Sportsman's Club picnic to follow at 2pm

Sun | Sept 9

Mon | Sept 10
Senior Meals at Grain Bin Café 11am; JH/JV FB vs. CG in Clearbrook; 7/8 grade VB vs. RLCC in Goodridge; Grygla City Council meeting 7pm

Tues | Sept 11
VB vs. CG in Clearbrook

School Lunch Menus

Grygla Lunch Menu
Wednesday, September 5:
Cheese Pizza, Vegetable, Fruit
Thursday, September 6:
Pork in Gravy, Mashed Potatoes, Corn, Fruit
Friday, September 7: Italian Hoagie on a bun, Vegetable, Fruit
Monday, September 10:
Mandarin Orange Chicken, Vegetable, Fruit, Bread
Tuesday, September 11:
Chili on Corn Chips, Vegetable, Fruit, Cheese Sticks, Cinnamon Roll

Goodridge Lunch Menu
Wednesday, September 5:
Pepperoni Pizza, Tossed Salad, Carrots, Celery Sticks, Pears
Thursday, September 6:
Corn Dogs, Baked Beans, Pineapple Tidbits
Friday, September 7: Chicken Patty on a Bun w/ Lettuce & Mayo, California Blend Vegetables, Mixed Fruit
Monday, September 10: Tacos w/ Lettuce & Cheese, Green Beans, Applesauce
Tuesday, September 11: Chicken Nuggets w/ Assorted Sauces, Broccoli w/ Cheese, Peaches, Pears

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

Letter to the Editor

Dear Kari,
Just wanted to drop you a short note and tell you how much I enjoy your writing in the Grygla Eagle...
It was fun to see your emotions "in print," in the Northwood Church picnic article. I loved it! Made me want to be there!! (It really grabbed by heart and I heard it many times - you "walked me in!")
Thank you, too, for the ways you "capture" Grygla's personality and "flavor!"
And the library column...as you wrote about Charles Martin, I'm devouring his 10th book now and enjoying every one!
Thanks, Kari, for all your hard work!! Nice to see you around, too!
Jean Shirley
Roseau, MN

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FOR SALE

Grygla School District has for sale on written bids:
19 iMac desk computers (2008, 2.66 GHz Intel Core 2 Duo Processor, 4 GB RAM, 320 Hard Drive)
2 MacBook Pro laptop computers (2012, 2.5 GHz Intel Core i5 Processor, 8 GB RAM 500 GB Hard Drive)
For information and bidding, contact Jesse Westbrook, technology coordinator, Grygla School. Phone: 218-294-6155, email: westbrock@grygla.k12.mn.us. Bidding closes 3 PM, 9-21-18.
The district reserves the right to accept/reject any/all bids.

FOURTOWN FALL CLEANUP

Location:
Fourtown Store

Saturday,
September 22,
2018
9 AM to 2 PM

Beltrami County Residents "Only."
You must bring a copy of your property tax form in order to use this service.

Roll-Off Company will supply:

- (2) roll off trucks with pup trailers
- (2) large containers on each truck unit
- (1) roll off truck with pup trailer
- (1) large container
- (1) 20 yard container
- (1) skid steer loader
- (3) employees to operate the trucks and/or machinery

FREE: Household Waste, Car Tires, E-Waste (Radios, Computers, Ext.), Appliances, Fluorescent Tubes, Household Hazardous Waste, AG Wrap (Recapture Bags), Batteries, Scrap Metal

NOT FREE: Demolition Debris (\$12 Per Yard)
By-Pass Material (Furniture, Treated Wood, anything not considered Demolition Debris (\$24 per Yard)

Large tires (truck and/or tractor) will cost:

- Semi Truck Tires: \$10 EA
- Tractor Tires: \$65 EA

September WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of September 2018.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.
All potential clients must contact the WIC Program to schedule an appointment.
The following is the schedule of WIC Clinics for the month of September.
Tuesday, September 4: Newfolden Evangelical Free Church
Tuesday, September 4: Hallock, Kittson County Courthouse
Wednesday, September 5: Warroad Community Center
Thursday, September 6: Red Lake Falls Community Center
Monday-Friday, September 10-14: Thief River Falls Redeemer Lutheran Church
Monday, September 17: Warren Evangelical Covenant Church
Tuesday, September 18: Karlstad First Lutheran Church
Wednesday-Thursday, September 19-20: Roseau, LifeCare Medical Center Basement Auxiliary Room
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 or 1-800-223-1591, or e-mail at quinchs@wiktel.com.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9-11am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.



Rose Hanson, with the American Legion Ladies Auxiliary, drove Lucian Tinnos and Abby Kiesow, Boys/Girls State Reps, through the Fall Festival Parade.
Photo by Grygla Eagle Newspaper



Falls Cinema Volleyball team placed 2nd in the Sand Volleyball Tournament at the Grygla Fall Festival on Sunday, August 26th. L-R: Ashley Schulz, Whitney Schulz, Kyle Klamar, Aaron Jacobson, Kinzie Wagner and Tyler Schulz. Photo courtesy of Jodi Schulz
Wednesday, September 5, 2018

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

This week, I have a patron book review that I'm going to share with you! Vicki Saude-Worthington recently read a book she felt was worth discussing and it made me so happy. I love when others choose to do this, and I welcome you to do the same anytime.

Book review by Vicki:

When I was in my senior year of college, I had to choose between two subjects that I frankly didn't care about, but I needed the credits. So I took a semester of Political Science and didn't learn a thing. It wasn't the professor's fault; in fact, he would later achieve quite a few awards. It's just that political science wasn't my language.

Forty-three years later, after this last election, out of nowhere, I am devouring the world of politics. Most of the time it feels like drowning in quicksand, but I'm learning slowly how to pull myself out.

From our library system, I picked out the book "The Restless Wave" by Senator John McCain. It will be his last book because of his brain cancer. So I naturally expected a book on his health condition. Was I surprised! Except for a few references to his battle with cancer,

this book is mostly about his life as a United States Senator...the good times, the just causes, great fights, and other appreciations (which is the subtitle of the book). As a member of the Senate Armed Services Committee, Senator McCain spends a great deal of time about the just causes of a world in turmoil. He speaks of America as the place of hope, not only for its citizens but for countries who want the freedom to speak their mind and the freedom to be what they were meant to be as human beings and citizens of their own countries. And how they continually need our help.

"The Restless Wave" is about a man who doesn't have to puff himself up with all his achievements but one who honestly "tells it like it is" as a member of Congress for 30 years. As I was reading page after page of an American hero who has served his country most of his life, I kept seeing the rays of light that McCain sees in this country he loves, even when we temporarily lose our way to listen, to compromise, to negotiate.

Thank you, Senator McCain, for your insights and inspiration. And for showing me that political science isn't a waste of time.

Food for thought

Submitted by TW
Are you living a godly life or worldly life? It is easier to live worldly than godly...godly you have 10 commandments to follow.

Fall Fest Demo Winners

(In order of 1st-3rd) Old Iron: Matt Stenberg, Jamen Foss, Adam Koralweski. 80's & Newer: Michael Goulet, Evan Chaput, Cody Hoffert. Trucks: Tyler Oelfke, Josh Wurst, Cody Hendrickson. Compacts: Scott Perdonic, Chris Jager, Jamen Foss



Justin Kiesow joined the Grygla Hogs at the Fall Festival parade on Saturday, August 25th. Photo by Grygla Eagle Newspaper

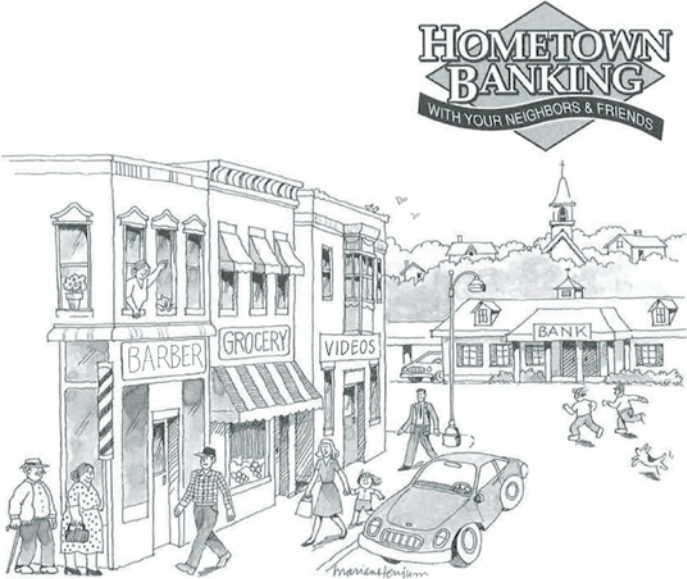
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#10 Moses Jensen holds off a Bears defender - meanwhile, watch out #20 because here comes Lucian Tinnes! The Chargers beat the Bears 46-0 last Thursday, August 30th, in Goodridge. Photo by Grygla Eagle Newspaper

Chargers Football begins with a 46-0 victory

Last Thursday, August 30th, marked the season opener for the 2018 Chargers Football team. They hosted the Clearbrook/Gonvick Bears on the field in Goodridge and ended the game with 46-0 on the scoreboard!

GG: 6.14.20.6=46
CG: 0.0.0.0=0

Stats courtesy of Head Coach, John Wilebski: Jaden Kiesow 3 yd td run, ex pt fails; Peyton Verbout 27 yd td run (P Verbout run for ex pt); Peyton Verbout 23 yd td run (ex pt fails); Nolan Anderson 50 yd td run; Jaden Kiesow 12 yd td run, ex pt fails; Jaden Kiesow

5 yd td run, ex pt fails; Jaden Kiesow 1 yd td run (Kiesow run for ex pt)

Jaden Kiesow 21-165; Peyton Verbout 22-145

Coach's Comments: It was a very nice win for us against a highly rated quality team. I was pleasantly surprised on how we controlled the Bears in all aspects. They have been our nemesis for the last few seasons.

Offensively our O-line came ready to play lead by Lucian Tinnes, Anthony Loken, Corey Cleven and Riley Manderud - giving Jaden Kiesow & Peyton Verbout some nice holes to run

through.

On the defensive side, the Chargers had a big night shutting out Clearbrook's high powered offense shutting down Ethan Dorman & company.

The Kiesow brother's Levi & Jaden did a great job at linebacker with Jaden leading the team with 10 tackles & 1 INT.

Kaleb Sjulestad also had an INT & fumble recovery as well as Hudson McMillin recovering a fumble with the Chargers turning over the bears four times.

Moses Jensen had a stellar night at corner with four tackles & some lights out secondary

coverage & the D-line notables were Gabe Arveson & Aaron Jones, who did a nice job helping control the line of scrimmage.

Upcoming games: JH FB Jamboree in Newfolden on Tuesday, September 4th; JV FB vs. WEM in Erskine on Tuesday, September 4th; JH FB vs. WEM in Goodridge on Thursday, September 6th at 4:30pm; V VB game in Laporte on Friday, September 7th at 7pm; JH/JV FB in Clearbrook on Monday, September 10th.



#5 Jaden Kiesow with the ball. Kiesow scored four touchdowns in the game against the Bears last Thursday. Photo by Grygla Eagle Newspaper

2-0 record for Chargers Volleyball

Last week, the 2018 Chargers volleyball team debuted on the court with a couple of away games that resulted in two wins for the varsity team!

August 27th vs. WAO in Warren

GG over WAO in 4 (24-26, 25-16, 25-16, 25-16)

Assists: Mercedes Coan 18, Chloe Kuznia 19, Libby Johnson 1, Vivian Coan 1

Kills: Mercedes Coan 3, Chloe Kuznia 4, Libby Johnson 7, Daria Waletzki 5, Nichole Arveson 2, Maci Bakken 16, Amy Wiskow 3, Vivian Coan 1

Blocks: Mercedes Coan 1, Libby Johnson 2, Maci Bakken 2

Digs: Mercedes Coan 4, Chloe Kuznia 13, Libby Johnson 1, Daria Waletzki 1, Nichole Arveson 16, Maci Bakken 7, Amy Wiskow 12

Aces: Mercedes Coan 3, Chloe Kuznia 1, Maci Bakken 1, Amy Wiskow 2

August 28th at Red Lake Falls

GG over RLF in 3 (25-13, 25-21, 25-17)

Assists: Mercedes Coan 7, Chloe Kuznia 10

Kills: Chloe Kuznia 2, Libby Johnson 2, Daria Waletzi 5, Nichole Arveson 3, Maci Bakken 3, Madi Race 2, Vivian Coan 1

Blocks: Libby Johnson 3

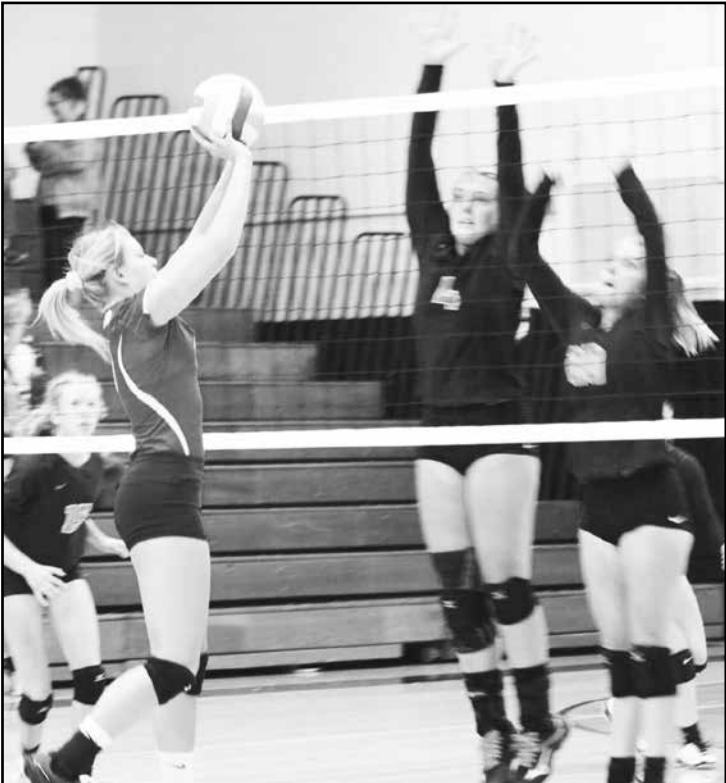
Digs: Mercedes Coan 7, Chloe Kuznia 4, Libby Johnson 1, Daria Waletzki 2, Nichole Arveson 6, Maci Bakken 3, Amy Wiskow 9, Madi Race 1

Aces: Mercedes Coan 3, Chloe Kuznia 1, Daria Waletzki 2, Nichole Arveson 1, Maci Bakken 5

Coach's Comments: We started off the season with

two wins in a row, which helps boost the confidence in the girls. They worked really hard for these two wins and proved that hard work during practice really pays off!

Upcoming games: VB vs. Warroad in Grygla on Tuesday, September 4th; VB C tourney in Hallock on Saturday, September 8th at 10am; VB V tourney in Ada on Saturday, September 8th at 9am; 7/8 grade VB vs. RLCC in Goodridge on Monday, September 10th; VB in Clearbrook on Tuesday, September 11th.



Some Chargers net action from last week's games on the road. Left: Daria Waletzki goes up against Warren/Alvarado/Oslo. Right: Amy Wiskow and Libby Johnson with the block against Red Lake Falls. Photos courtesy of Karey Johnson

Join in the fun - band ducks at Agassiz National Wildlife Refuge

Mark your calendars for an evening of duck banding on Saturday, September 8, 5:30 pm at Agassiz National Wildlife Refuge. All ages are welcome to join in the fun and 'ruffle some feathers.' Meet at the Refuge headquarters at 5:30 pm. No pre-registration is required and the event is free to the public.

Banding ducks is a "hands on" experience, and can be a little messy so you'll want to dress sensibly. Old clothing or rain gear is recommended if you plan on handling the ducks. Those of you who would rather watch, bring your cameras to capture the experience.

This annual event brings many 'repeat' banders and Refuge staff look forward to seeing you each year. Newcomers will have an opportunity to learn about the life history of several duck species, baiting, capture, and handling techniques, as well as sexing and aging techniques. We band predominantly mallards, with a few wood ducks, blue-winged teal, and northern pintails mixed in. Agassiz bands an average of 1,500 ducks per year.

More than one million birds are banded in North America every year. Banding provides valuable information on migration routes and breeding and

wintering areas of different bird species, as well as helping support hunting regulations development and detecting changes in bird populations. Secondly, the strong waterfowling contingent in northwestern Minnesota also recognizes harvested ducks sporting "jewelry" in the form of metal leg bands as special trophies.

Refuge Headquarters is located 11 miles east of Holt, Minnesota on Marshall County Road 7 (290th St. NE). If you need more information, please call the 218-449-4115, ext. 202 or dial 0 for operator assistance. Office hours are Mon. - Fri. 7:30 a.m. - 4:00 p.m.



A mallard duck receives a band. Photo credit to US-FWS

▶ SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Garlic Hummus

This is a simple hummus (without tahini) that takes about 5-10 minutes tops. It uses common ingredients and is so much cheaper than the packaged stuff. Why is a little tub of bean dip so expensive? I mean, it's mostly just beans, which cost next to nothing. So make your own and save some money.

To make this dip, just add all the ingredients below to a food processor and blend until smooth. That's it. Serve it up with your favorite dippers. My go-to dippers are tortilla chips, crackers and veggies; more specifically, green pepper strips. YUM. I also think warm Pita bread is a great one.

If you like the nutty taste of tahini, definitely add it to this recipe. I don't really care for the taste and it's also not an ingredient I readily have available, so I just leave it out. It's really not even necessary to make a great batch of hummus, anyway.

Ingredients:

2 (15 oz) cans garbanzo beans (chickpeas) drained
6 tbsp cold water

2 tbsp extra virgin olive oil
2 tbsp lemon juice
1-2 garlic cloves, minced
1 tsp ground cumin (or substitute with chili powder)
½ tsp salt

Process all of those ingredients until smooth and creamy. Before serving, drizzle a bit of olive oil on top. Add a few sprinkles of parsley, red pepper flakes and chopped onion. Most recipes say to store in the refrigerator, but anyone who knows hummus, knows it's TECHNICALLY supposed to be served at room temperature. So serve and eat immediately after making. There. Problem solved on the storing issue.



▶ A HIPPIE'S HEALTH

Written by Tara Waltman

I cannot believe that Waverly is 7 months old! Where did the time go? So it was time to figure out what to feed her in addition to milk. A sign she was ready was when we were eating she would open her mouth like a baby bird. So we did a little research. Avocados are a super food pretty much so we started her with that and she loves it! We also introduced her to sweet potato and a little banana. Yum!

Then I was reading an article that talked about how important it was to feed babies protein! For their brain and muscle development. So we started with egg yolk. No white. She really didn't seem to like it by her facial expression. Haha. Now she is liking it more, though. So we cook the egg over-easy with a little butter or coconut oil and feed her the yolk! She is starting to like it more!

I feel a little hippy-ish with feeding her eggs. Haha. I love eggs myself! I also read you could feed them red mea t and liver. Uffda. We may try that

at some point. It may be an adventure!

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.



The October 15 deadline for artist grants for \$5,000 is coming soon

Grant money is available from the Northwest Minnesota Arts Council. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

McKnight/NWMAC Individual Artist Grants for Projects Individual adult artists can apply by October 15 for a NWMAC/McKnight Individual Artist Grant of \$5,000.00 or if their project has a very strong community focus, they can apply for an Arts Legacy Grant of up to \$10,000.00. Performing artists, visual artists, media artists, creative writing artists are all welcome to apply.

Project grants are awarded to individuals. To be eligible you must be out of high school and at least 18 years of age. College tuition is not an eligible expense. This is the main category that individuals use to support their artistic business or advance their technical skills. This category is for non-hobby artist. Grants are awarded annually with \$1,500 going to four individuals and \$5,000 going to four individuals. Support for our Fellowship program comes from The McKnight Foundation. The deadline is October 15th annually for \$5,000 level applicants and January 15th annually for \$1,500 level applicants.

The Arts Legacy Grants is a main category for funding artistic activity within the seven county service region. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment. A maximum of \$10,000.00 can be requested. Applicants must provide cash match and it is recommended that it be between 25% - 50% although some projects may be approved with as little as 10% cash match if they are innovative and fit a unique need.

Arts Project Grants are used primarily for small bud-

get arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with a required cash match. This grant program has substantially less reporting requirements than Legacy grants.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Arts Equipment for Schools Grants are considered a special category of our Arts Project Grant Program. This grant allows schools to purchase artistic equipment for their art room, theater, band room, etc. Equipment that is used solely for the pursuit of arts like a kiln or theater lights, or a band instrument has a better chance of being funded. There is one annual deadline for this grant on November 1. Grants of up to \$3,000.00 are awarded with a 25% cash match requirement.

Are you overwhelmed with the grant writing process and don't even know how to begin? We can help!

We offer workshops for people who have questions related to our on-line system, grant applications, grant management once they get a grant, and final reporting. Our Executive Director Mara Hanel covers all aspects of the grant process. You will find that it is really helpful to attend. The first ½ hour relates to the deadlines coming up. The second ½ hour relates to the system and questions on grants management and reporting. Don't let your fear or inexperience with grants stop you from applying. Let us know if you are interested by emailing mara@nwrdc.org or call 218-745-9111.

Upcoming grants workshops: September 25 at 4:00 in Roseau or Monday, October 1, at 1:00 PM at our office. You must RSVP! Let us know if you will attend.

Meet the 2018 Chargers

Volleyball & Football players



JH team - Row 1, L-R: Spencer Coan, Hunter Vad, Kehan Nelson, Sheldin Sundberg, Elliot Philipp, Dominic Wilson, Carson Rubischko, Hunter Kiesow. Row 2, L-R: Chase Manderud, Lewis Jones, Nick Hagen, Matt Busse, Kaylor Torgerson, Blake Rychlock, Christian Loken. Back row, L-R: Dane Arveson, Reece Sundberg, Tre Alten, Russell Rian, Thor Henrikson, Donny Johnsrud



Varsity - Sitting: Layla Jelle, Jake Ahlbeck, Hannah Wilebski, Managers. Row 1, L-R: Jolson Sargent, Eli Sundberg, Moses Jensen, Evan Fish, Blake Jensen, Tucker Verbout, Levi Kiesow, Jared Haack, Justin Thompson. Middle row: Andrew Loken, Gabe Arveson, Ian Haugen, Blake Passa, Riley Manderud, Jordan Coan, Jaden Kiesow, Nolan Anderson. Back row, L-R: Kaleb Sjulestad, Hudson McMillin, Anthony Loken, Payton Grandstrand, Corey Cleven, Lucian Tinnes, Peyton Verbout.



6th/7th grade team - Front row, L-R: Emilea Johnson, Morgan Coan, Addison Severts, Emily Johnson, Allie Sundberg, Molly Cullen. Row 2: Chelsie Nelson, Kinsley Oslund, Anna Sundberg, Lakylie Brobst, Chesney Salo, Ashlyn Nelson, Carter Johnsrud. Row 3: Kennedy Panek, Ava Halvorsen, Ava Sorvig, Brooklyn Kriel, Jamison Wilson, Tianna Banaseau, Emily Carlson/Manager. Back: Avery Moe/Manager, Madelyn Thompson, Sara Panek/Coach



8th grade team - Sitting, L-R: Paige Burns, Jorja Salo, Kylie Delage, Sadie Anderson, Caitlyn Jacobson, Jennah Henrickson. Standing, L-R: Ahna Stanley, Emily Carlson/Manager, Noelle Merrill, Kia Klein, Peyton Homme, Syra Naik/Coach, Avery Moe/Manager



JV team - Front row, L-R: Katelyn Larson, Trinity Walseth, Madison Cullen, Vivian Coan, Casse Alten. Middle: Mataya Sargent, Mya Anderson, Hailey Knutson, Avery Moe/Manager. Back row: Courtney Olson/Coach, Madison Paulson, Jamie Dougherty, Maloni Henrickson



C team - L-R: Chantel Horachek, Avery Moe/Manager, Hannah Wilebski, Brigitte Watne, Riley Saurdiff, Skya Wilson, Caitlyn Jacobson, Katelyn Larson, Courtney Olson/Coach



Varsity - Sitting, L-R: Maci Bakken, Chloe Kuznia, Daria Waletzki, Amy Wiskow. Middle, kneeling: Jamie Dougherty and Vivian Coan. Back row, L-R: Katelyn Tharaldson/Head Coach, Libby Johnson, Madison Cullen, Nichole Arveson, Mercedes Coan, Avery Moe/Manager, Madi Race, Courtney Olson/Asst. Coach



Cheer Squad - L-R: Bailey Watne, Hannah Seyller, Courtney Vad, Kass Nordby/Advisor

ALL TEAM PHOTOS COURTESY OF THOELE PHOTOGRAPHY

Wednesday, September 5, 2018