



Today  
Snow  
H 17 L -13



Thurs  
Cloudy  
H -10 L -25



Fri  
Partly Cloudy  
H -6 L -18



Sat  
Cloudy  
H -5 L -16



Sun  
Snow  
H 10 L -13

Wednesday, January 23, 2019

WE'RE ONLINE [www.tricocanary.com](http://www.tricocanary.com)

Vol. 45 Number 30

A look at next week ... Back Breaker's hold vintage snowmobile show and ride!

# Grygla Lion's Club holds Membership Night



5M11 District Governor, Bill Myskiw, presented Sherry Woods with a 10 years of service award, and Mildred Klamar with a 15 years of service award. *Photo by Grygla Eagle Newspaper*

The Grygla Lion's Club held their annual membership night last Saturday at Yo-Hawn's in Grygla with around 40 members in attendance. This is the time of year for new members to sign up and serve/volunteer their efforts in the community. New members recognized this year included Danny Carlson, who was sponsored by Jack Nelson.

Currently the club has approximately 75 members. Honored for their years of service last Saturday evening were Mildred Klamar (15 years) and Sherry Woods (10 years). Wayne Warne, Club Secretary, also received a Membership Satisfaction award.

Yo-Hawn's Bar & Grill ca-

tered a meal of steak or ribs/chicken, along with baked potatoes and the salad bar. Mike and Karen Hagen, from the Wannaska Lion's Club, were at the banquet as Mike is the Zone 7 Chairmen. Also attending and presenting awards was Bill Myskiw, 5M11 District Governor, from Winnipeg.

### Meeting agenda

After the meal and awards banquet, the monthly meeting was held. Old business included discussion on the potential "Back Behind the Barn Boys" signs to be erected on each side of Gatzke; over 1100 letters went out to local residents and alumni. The goal is to raise \$6500 for the project that is being headed by Wayne Warne.

New electric fry pans/utensils have been ordered for the Grygla Community Center.

New business included discussion on Bar Bingo starting in Grygla at Yo-Hawn's every Saturday night. It will operate under the Lion's with lease agreements all squared away. The potential start date is Saturday, January 26th, but an official announcement hasn't been made yet. Lion Bob Thompson said the game plan will include 15 games with a \$500 Progressive in 53 numbers or less - each week this will increase in numbers and dollars. Bingo workers will include various organizations around town.

Other new business dis-

cussed included an approval to purchase the Iron Chargers Robotics Club long sleeve team jerseys. The Klub Supper has also been scheduled for February 20th with area Lion clubs invited to attend. Lion Bryan Grove also made an announcement that an \$8,000 grant from the county will be presented to the City of Grygla to be used towards the Grygla Community Center; more to come on that.

### Financial Summary

2018 Smelt Fry: receipts totaled \$9,013.00, disbursements totaled \$6,379.44 with a net profit of \$2,633.56. 2018 Fall Fest Breakfast: Proceeds were at \$1,792.00, expenses were \$634.05 with a net of \$1,157.95. 2018 Christmas meal donations totaled \$868.00.

Grygla Lion's Club donations for 2018 included \$200 to each of the following: MN MDSM Hearing, MN Lions Vision, Leader Dogs for Blind, MN Lions Diabetes, LCIF and Grygla Post Prom. A \$500 donation was made to each of the following: Grygla/Gatzke Food Shelf, Grygla High Mileage Club, Grygla School Varsity BB Camp and Grygla School Scholarship Fund. A \$1000 donation was made to the Grygla Community Center. A \$1000 donation was made to the City of Grygla. A \$250 donation was given to the American Cancer Center. \$175 was donated to American State Bank for the Fall Fest Kiddie Games. \$150 donation was made to the Marshall County Social Services Sharing Tree and \$50 was donated to the Grygla School for their Halloween Carnival.



*Photo by Grygla Eagle Newspaper*

## Leah Schulz begins student teaching

Leah Schulz, Grygla High School Alumna, daughter of Doug and Jodi, has begun student teaching at the Goodridge School. She is in Mrs. Amber Sundberg's 1st grade room and began her student teaching right after the Christmas break. She will be graduating from Mayville State University in May with her Elementary Education degree (with a Kindergarten Endorsement). Ms.

Schulz will be in the first grade classroom for ten weeks and then move to the Kindergarten room for five additional weeks. With 20 students currently in her class, Leah says she has always wanted to work with kids ever since being a Peer Helper back in high school. Looking down the road, she hopes to be a full-time teacher at a school within an hour of Grygla.

## Grygla School District Spelling Bee



Reece Sundberg (Alternate) and Emily Johnson (Winner). *Photo by Grygla Eagle Newspaper*

The Grygla School District Spelling Bee was held on Wednesday, January 16th, with a total of 12 contestants from grades 5-8. The winner was Emily Johnson, grade 6, and the alternate was Reece Sundberg, grade 8.

Contestants included: Harlie Hagen, Raymond Moe and Seth Kaczor (grade 5); Allie Sundberg, Addison Severts and Emily Johnson (grade 6); Chelsie Nelson, Tatum Carlson and Lewis Jones (grade 7); Reece Sundberg, Anthony Englund and Devon Dickson (grade 8).

Judges were Laurie Polan-

sky, Kari Sundberg and Ron Kiesow. The pronouncer was Renae Westbrook.

Emily Johnson will move on to the Regional Spelling Bee to be held on Wednesday, February 6th, 2019, at 9:30am at Northland Community & Technical College in Thief River Falls. Winners from 22 schools will compete that day with the top four advancing to the Multi-Regional State Spelling Bee on Wednesday, February 20th, 2019, in Fergus Falls.

The Goodridge School District Spelling Bee will be held this Wednesday, January 23rd, at 2pm.



Chelsie Nelson, grade 7, was a contestant in the Grygla School Spelling Bee. *Photo by Grygla Eagle Newspaper*

## House fire results in total loss



This photo was taken on Friday, January 18th, at the home of Bill Zavoral in Thorhult, and was submitted by Bob Thompson, Grygla Fire Chief.

Grygla Fire Chief Bob Thompson reported the following information on a house fire at the home of Bill Zavoral on Friday, January 18th. Grygla Fire & Rescue was paged at 10:47am to a house fire at 23713 Thorhult Rd NW. The Department arrived on scene at 11:15am to find smoke coming from the eaves of the house. Presumed cause is believed to have started from burning wood and appears something started from the chimney in the attic. Owner William Zavoral was at home at the time and reported the fire.

Attempts were made to fight the fire from inside the house until sagging in the ceiling was making it too dangerous, at which point the fight became external.

Eleven firemen were on the scene until approximately 2:45pm. It was determined the house was a total loss.

Also on the scene were the Beltrami Co. Sheriff's Department, Red Lake Conservation Office and the Thief River Falls Ambulance; no injuries were reported.

Weather conditions were clear and about 15 degrees with a 5mph N wind.

This was the first fire call for 2019 and the third call in four days that the Grygla Fire & Rescue responded to; the first two calls were for medical assistance.

## CHURCH CALENDARS

**GRYGLA LUTHERAN PARISH**  
Grace and Our Savior's, Grygla  
**Pastor Vicki Saude-Worthington**  
**Wednesday, Jan. 23:**  
6pm Grace Choir  
**Thursday, Jan. 24:**  
9am Quilting  
**Sunday:**  
Grace: 10:30am Worship w/ Annual Mtg/Potluck to follow  
OS: 9am Worship, no SS

**GATZKE-THIEF LAKE LUTHERAN PARISH**  
United - Gatzke; Our Savior's - Thief Lake  
**Sunday:**  
Calendar N/A

**GOODRIDGE AREA LUTHERAN PARISH, ELCA**  
Bethany, Ekelund, Faith  
**Pastor Kristin Dahlen**  
**Ostercamp**  
**Sunday:**

Ekelund: 8:30 Worship w/ Annual Mtg at 9:30am, no SS  
Faith: 9:45am Worship, 11am SS

Bethany: 11am Worship, 9:45am SS, 12pm Annual Mtg/Potluck

**Monday, Jan. 28:**  
9am Faith Quilting

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

Fr. Adam Hammess  
**Sunday:**  
St. Clement's: 11:45am  
St. Ann's: 10am

**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, Jan. 23:**  
Wed School/Conf. 5-7pm  
**Saturday:**  
Mt. Olive Worship at 9am  
**Sunday:**  
St. Petri: 8am Worship, 9am SS  
Oak Park: 8:30am SS, 9:45am Worship  
Nazareth: 10am SS, 11am Worship

**LIBERTY CHAPEL**  
Grygla  
**Sunday:**  
9:30am Worship

## Community Calendar

**Wed | Jan 23**  
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Goodridge School District Spelling Bee 2pm

**Thurs | Jan 24**  
GBB game in Goodridge vs. WAO (Parent's Night)

**Fri | Jan 25**  
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; BBB game at Greenbush (7/8 combined game at 6pm in Badger); GBB vs. RLF in Goodridge

**Sat | Jan 26**  
Snowflake Basketball Tournament in Clearbrook; Back Breaker's Vintage Snowmobile Show & Ride 10am/12pm

**Sun | Jan 27**

**Mon | Jan 28**  
Senior Meals at Grain Bin Café 11am; GBB game at Greenbush; Wellness 4 Life at Grain Bin 6:30pm

U.S.P.S. No. 002330  
**Grygla Eagle**

Serving Eastern Marshall & Northern Beltrami Counties  
PUBLISHER - RICHARD D. RICHARDS  
Karl 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.

## GBB Parent's Night update

In regards to the Girls Basketball Parent's Night this Thursday, January 24th, in Goodridge, there is a game update from the school: WAO cannot bring their Junior High over so in order to still have a 7/8 game on Parent's Night, RLCC has agreed to move their JH game with us from February 4th to Thursday. (We will play WAO JH on January 29th in Goodridge.)

The Thursday evening schedule will run with Chargers vs. WAO JV game at 6pm and Varsity to follow. Chargers vs. RLCC 7th grade game at 4pm, 8th grade game at 5pm. Senior parents are asked to be in the gym by 6:30pm for their introduction prior to the Varsity game.

[grygla.govoffice2.com](http://grygla.govoffice2.com)

**City of Grygla**

218-294-6292

Minutes/Agendas avail.

## School Lunch Menus

**Grygla Lunch Menu**  
Wednesday, January 23:  
Pizza, Vegetable, Fruit & Bread

Thursday, January 24:  
Chili, Crackers, Cheese, Apple-sauce, Carrots, Cinnamon Roll  
Friday, January 25: Hot Dog on a Bun, Fries, Vegetable, Fruit

Monday, January 28: Italian Hoagie on a Bun, Chips, Vegetable, Fruit

Tuesday, January 29:  
Chicken Fingers, Rice, Vegetable, Fruit, Bread

## Goodridge Lunch Menu

Wednesday, January 23:  
Chicken Alfredo, Peas, Breadstick, Apple, Mixed Fruit

Thursday, January 24:  
Ham Chowder w/ Crackers & Cheese, Carrots, Celery, Broccoli w/ Dip, Apples, Oranges

Friday, January 25: Italian Spaghetti, Steamed Green Beans, Breadstick, Peaches

Monday, January 28: Pepperoni Pizza, Corn, Peaches, Pears

Tuesday, January 29: Hot or Cold Sub Sandwich, Nachos w/ Cheese, Corn, Mixed Fruit

## Energy Assistance funding available

Applications for the 2018-2019 Energy Assistance Program are being taken by Northwest Community Action. To apply please either call Northwest Community Action at 1-800-568-5329 and request an application or visit our website at [www.northwestcap.org](http://www.northwestcap.org)

Northwest Community Action serves households located in Kittson, Lake of the Woods, East Marshall, and Roseau Counties. Home visits available for homebound applicants, upon request. Households requesting assistance in completing the application are encouraged to phone our office to set up an appointment.

Energy Assistance eligibil-

## Grygla Elementary Intramurals

Grygla Elementary 4-6 graders have begun their Intramural Basketball with games being held every Friday from 1:30-3:30pm. The games are open to all parents, grandparents, family and friends and will continue until mid-March. The remaining January sched-

ule is based upon household income and household size. Both homeowners and renters may be eligible. Households who live in subsidized housing but pay either heat or electric costs may also qualify.

Income Guidelines for 3-Month Period (Household size/Maximum income):  
1/\$6,495; 2/\$8,494; 3/\$10,493; 4/\$12,492; 5/\$14,490; 6/\$16,489

Households may apply once during our program year of October 1, 2018 - May 31, 2019. This program is funded by the Minnesota Dept. of Commerce and U.S. Dept. of Health & Human Services.

## Grygla Elementary Intramurals

ule is below with the February schedule being shared next week.

**January 25**

1:30-Heat vs. Golden Gophers; 2:00-Ballerz vs. Retro Air Ballers; 2:30-Retro Air Ballers vs. Heat; 3:00-Ballerz vs. Golden Gophers

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Hosted By:  
**NORTHERN Ag**  
INCORPORATED

**Free Informational Meeting**

**Topics Covered:**

- Grain Market Strategies
- Current Grain Fundamentals
- Grain Sales Targets
- Precision Technology
- Crop Insurance Changes for 2019

**Offices Located in:**

- Thief River Falls • Rural Goodridge • Grygla • Roseau
- TRF: (218) 681-1431 • Roseau: (218) 450-2129
- Toll Free (866) 450-3404

|                                                                                                                             |                                                                                                                               |                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Jan 30th - Grygla Yo-Hawns</b><br>Meeting Starts: 8:00 am<br>(Breakfast will be served)<br>Guest speakers from:  ARMtech | <b>Jan 30th - Roseau Roseau Legion</b><br>Meeting Starts: 12:00 pm<br>(Lunch will be served)<br>Guest speakers from:  ARMtech | <b>Jan 31st - Thief River Falls The Black Cat</b><br>Meeting Starts: 10:00 am<br>(Lunch will be served)<br>Guest speakers from:  ARMtech |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|

## Instructor Certification

This class is to become a certified volunteer instructor to teach DNR Firearms Safety. The certification will allow you to teach the Classroom and On-line Firearms Safety Course and Field Day.

The class is held on January 30th at 6pm at the Beltrami County Law Enforcement EOC Room. (613 Minnesota Avenue, Bemidji, MN 56601)

Certification requirements:  
• At least 18 years old  
• Pass a Background check  
• Complete Application/Background check forms and volunteer agreement

• HEFAS Instructor Process  
• Current FAS Certified  
• Anyone born after December 31, 1979, who is 12 or older, is required to have a firearms safety certificate to purchase a license to hunt with a firearm.

Firearms Safety Certification for Adults (18 and older)

Save your seat at the training session and provide the information listed below to Regional Training Officer Greg Oldakowski by emailing [gregory.oldakowski@state.mn.us](mailto:gregory.oldakowski@state.mn.us)

Please include name(s) attending, date of training and phone number/email.

## PANCAKE BENEFIT FOR SHEILA FORST

*of Greenbush*  
*To help defray medical expenses*

**Sunday, Jan. 27th, 2019**  
**9:30 a.m. - 1:00 p.m.**

PANCAKES - HAM - ICE CREAM - STRAWBERRIES  
JUICE - MILK - COFFEE



**Greenbush Community Center**  
**FREEWILL OFFERING**  
**EVERYONE WELCOME**



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MAILED DONATIONS MAY BE SENT TO:  
LIONS, P.O. Box 8, GREENBUSH, MN 56726

## Verbout named to U of M Crookston Chancellors List

Shantel Verbout, Grygla, MN, named to 2018 Fall Semester Chancellors List at U of M Crookston. To qualify for a place on the Chancellors List, students must complete 12 or more letter-graded (A-F) credits while attaining a 4.00 grade point average. The Crookston campus is the online leader in the University of Minnesota system and the only campus providing every full-time student with a laptop computer.

Students named to the Chancellors List include the following:

Verbout is the daughter of Jim & Brandi; she is an Agricultural Business/Agronomy student at UMN Crookston.

**THIEF RIVER FALLS RADIO**  
KTRF AM 1230  
KRAQ AM 1440  
KEDQ FM 99.3

**LISTEN LIVE**

**Chargers Basketball**  
Thursday, Jan. 24th GBB in Goodridge vs. WAO (Parent's Night) on *The Falls*  
Friday, Jan. 25th GBB in Goodridge vs. RLF on *KTRF*  
BBB at BGMR on *The Falls*  
Monday, Jan. 28th GBB at BGMR on *KTRF*

## 26th Annual Grygla Cup

The Brian W. Olson Memorial Arena will house the 26th Annual Grygla Cup hockey tournament on February 1st-2nd. The event kicks off with a Friday evening game at 8:30pm. The round robin tourney will begin the next morning at 9am and feature six teams: Grygla Flames, Grygla Ice Devils, Williams Wolves,

Ross Rangers, Schooners and the Ice Holes.

The Grain Bin Café will have concessions available at the arena on Saturday.

Everyone is welcome to attend and watch the games. Trophies will be awarded to the top three teams. For more information, contact Nick Olson at 218-689-0830.

**kids' corner**

**PEOPLE FACT:**

THIS RESTAURANT WORKER  
CLEARS OFF THE TABLE AND  
PREPARES FOR A NEW PARTY  
TO BE SEATED.

ANSWER: BUSSER

### What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

**A**



**B**



Answers: 1. Missing garnish 2. Extra tomato  
3. Brackets on wrist 4. Missing orange light  
on ceiling

### THIS DAY IN...



### HISTORY

• **1848:** GOLD IS DISCOVERED BY JAMES W. MARSHALL AT SUTTER'S MILL IN CALIFORNIA.

• **1908:** THE FIRST BOY SCOUT TROOP IS ORGANIZED BY ROBERT BADEN-POWELL IN ENGLAND.

• **1978:** THE SOVIET SATELLITE KOSMOS 954 BURNS UP IN EARTH'S ATMOSPHERE.

### New Word

### CHECK

the bill or tab  
when dining out

## How they SAY that in...

**ENGLISH:** Table

**SPANISH:** Mesa

**ITALIAN:** Tavolo

**FRENCH:** Table

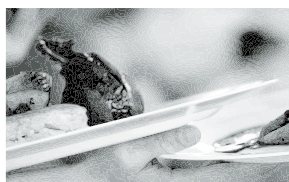
**GERMAN:** Tisch

## Did you know?

THE RESTAURANT INDUSTRY IS THE LARGEST EMPLOYER IN THE UNITED STATES. MANY PEOPLES' FIRST JOBS WERE IN A RESTAURANT.

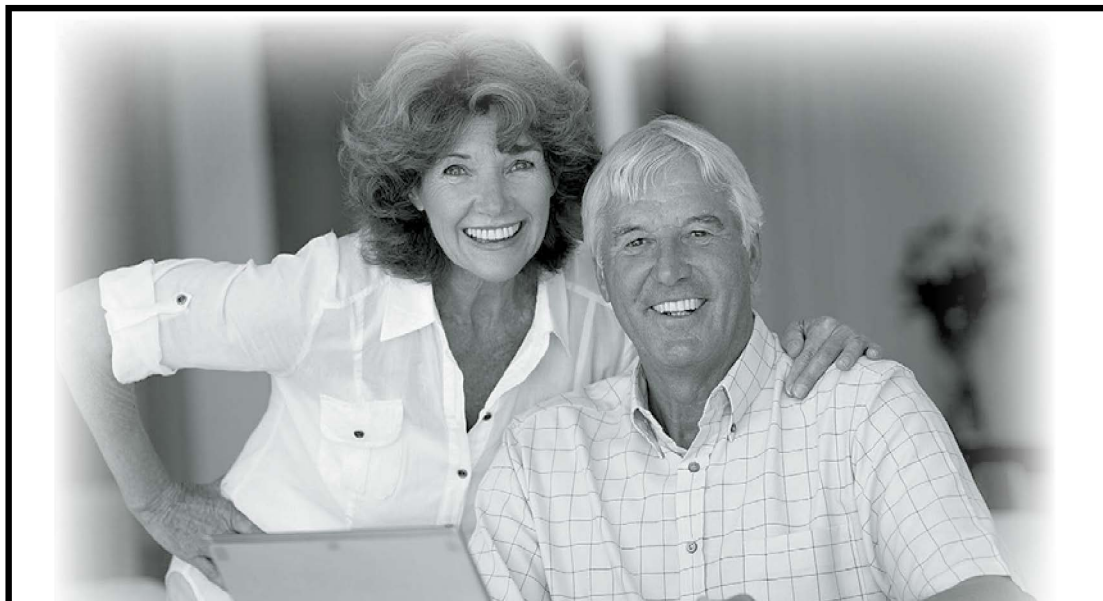


## GET THE PICTURE?



Can you guess what  
the bigger picture is?

ANSWER: RESTAURANT SERVER



## Americans Are Living Longer

Today there's a 50% chance a person could live to age 94. With today's longer life spans, saving for retirement is more important than ever.

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(218) 687-2865 • TOLL FREE (800) 434-7721  
FAX (218) 687-2328

*Written by Casanda Bakken*

The 2019 Grace LYO Senior High Gathering was held on January 12-13, 2019, at the Luther Crest Bible Camp in Alexandria. Hudson McMillin, Bailey Watne, Brigitte Watne, Sarah Schoski, Justin Thompson, Chloe Kuznia, Nolan Anderson, Maci Bakken, Hailey Knutson and Layla Jelle, along with their chaperones, Casanda Bakken and Lyle Anderson attended.

The theme chosen for the gathering was 'JUSTICE LEAGUE' because super heroes are popular now, and in Jesus, we have the greatest 'super' hero of all. We too can be super heroes and make a difference! The guiding verse was, Amos 5:24 "Let justice roll down like waters, and righteousness like an ever-flowing stream."

The first keynote speaker for the weekend was Pastor Jake Anderson from Bethlehem Lutheran Church in Fergus Falls. He is passionate about the ministry of doing what's right. He manages the "Deacons Fund" in his congregation, which is an emergency assistance ministry. It offers assistance to those in need, typically food or gas vouchers, or a hotel room to give someone a night or two off the streets.

Pastor Sue Koesterman, Executive Director for Churches United for the Homeless in Moorhead, was the second keynote speaker. She is one of three founding coordinators of the F-M Sheltering Churches project. Churches United provides shelter and support for men, women and families, with a goal of increasing housing stability and preventing a return to a shelter.

The group had the privilege of making 'Blessing Bags' which were made from items the youth brought and each person was able to bring a bag back to their community. The group will decide where they will be delivered.

At the gathering, there was daily worship, assemblies and fun activities to participate in throughout the weekend. The night life activities included a movie, the game room, open gym and a talent show. There were also devotions in the evening, along with lengthy discussions about the day's events. It was a great weekend and so worth attending! Please encourage other youth to attend these gatherings.

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*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."*  
~ **Denis Waitley**

Too many people look to the outside to find happiness. They think their next purchase or event will bring it to them. The truth is that happiness is something that we need to find within ourselves. It is a gift that is freely given when we are willing to accept it. No matter what our circumstances, or how we feel we may have been slighted by others, it's there... waiting. When we look inside, and take a serious account of all of the things we have to be grateful for, that's when and where we find peace and happiness. We take a break from the demanding nature of our jobs, and our daily grind, and find a moment to center ourselves and remember that we are a part of the most fortunate and blessed people to ever walk the face of this earth! Have a great day and find some time for quiet reflection.

Impresario

\im-pruh-sahr-ee-oh, -sair\

*noun*

1. A person who organizes or manages public entertainments, especially operas, ballets or concerts.
2. Any manager, director or the like.

*Written by Tara Waltman*

You guys, I am not going to lie. I kind of have a lot going on. I work almost full time, run my own business, play volleyball, make meals, laundry, take care of two kids, 3 dogs and two cats. Woah! Somedays the beer comes a little earlier. Haha. Not during work, though! Haha.

I just have to say it leaves little time for organizing and cleaning, but we do what we gotta do. And....oh my goodness have you guys seen Marie Konda? I love her! She is the cutest. She had a show that is helping families clean and organize. I love it! The first night we watched it, I cleaned out my clothes. The second day, I cleaned up my office. The next on the task list is the kitchen! That will be a challenge, but we

can do it! There is always something to do.

One thing I am trying to keep in mind to reduce stress is to not take life too seriously. For instance, see the above picture. It's important to take a selfie with your pets, for instance! Haha. Love our cat, Clark. Love our family.

Smile. Laugh. Take a selfie with your pet!

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.

# Arts Legacy Grants have March 1st deadline

Applications are open for Arts Project Grants and Arts Legacy Grants. 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. The deadline to apply is March 1.

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota. These grants are up to \$10,000 with a required cash match.

Arts Project Grants are used primarily for small budget 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.

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.

To learn more about these grant programs and start an application visit [www.NorthwestMinnesotaArtsCouncil.org](http://www.NorthwestMinnesotaArtsCouncil.org). The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at [marah@nwrdc.org](mailto:marah@nwrdc.org) or call 218-745-9111.



The Knights of Columbus held a Free Throw Championship last Saturday at Challenger Elementary School in TRF for boys and girls ages 9-14. Goodridge/Grygla kids attending all received either Champion or Runner-Up in their age group! All "Champions" will move on to a contest in Warren on February 10th or 17th (a date has not been finalized).  
*Photo by Grygla Eagle Newspaper*

Front row, L-R: Evan Rubischko, Runner-up, 10 yr old boys, 13 for 15 shots; Connor Boutain, Champion, 10 yr old boys, 14/15 shots; Anna Sundberg, Runner-up, 11 yr old girls, 8/15 shots

Back row, L-R: Spencer Coan, Runner-up, 13 yr old boys, 8/15 shots; Carson Rubischko, Champion, 12 yr old boys, 10/15 shots; Sheldin Sundberg, Champion, 13 yr old boys, 13/15 shots; Jordan Coan, Champion, 14 yr old boys, 11/15 shots.



The Concordia College Choral Festival was held last Saturday with the following Grygla students attending, L-R: Elise Monson, Sarah Suchoski, Maci Bakken and Daria Waletzki. *Photo courtesy of the Grygla School*



Last weekend's Elementary Snowflake Tournament was held in Goodridge/Grygla. The 4-6 grade boys played at the Grygla School while the 4-6 grade girls played in the Goodridge School. Sue Ann Sjulestad coaches the 4th grade girls, who are pictured above. *Photo courtesy of Sue Ann Sjulestad*



# “I’ve had a lot of angels along the way.”



Written by Mavis Gonshorowski, The Tribune, Greenbush, MN (Reprinted with permission)

When approaching Greenbush resident Sheila Forst about sharing her story prior to her upcoming benefit, she was very reluctant at first, but thankfully, she agreed to do so. “I don’t like to have people feeling sorry for me ... I’m just thankful to be alive. If I can help or inspire one person who is experiencing what I’m going through, I feel God has chosen me for a reason,” she said, adding, “There isn’t a pin-pointed name for ‘it’. I could name more than 15 plus things that have happened to me along the way.”

Twenty years ago, while Sheila was pregnant with her son Skyler, problems in the pregnancy developed and she was referred to a specialist in Grand Forks. It was discovered that she had a blood clotting disorder. “I had to give myself blood- thinning shots in my stomach twice a day and was going to Grand Forks twice a week to have ultrasounds done. Then my bladder quit working - by the time I got to the hospital I had two liters plus of urine in my bladder.

“That’s when all the craziness began ... everything started to escalate.” Because blood clots had closed off oxygen leading to the placenta, Sheila had previously suffered five miscarriages. She said she found out later at Mayo that she had an autonomic attack on her body. It went part way up her spine which in the future caused a fully-dysfunctional pelvic floor.

While Sheila was still carrying Skyler, she was placed on medication to stop any contractions. At 35 weeks, the medication was stopped with hopes that Skyler would be a full-term baby. “I was discharged but as a precaution they told me to stay within ten minutes of the hospital.”

Two days later, on January 22, 1999, and five weeks early, baby boy Forst entered the world weighing six pounds. “After Skyler was born they pieced me together as best they could. My body was in a lot of repair.

“About two years later, my abdomen had increased in size so much that an emergency hysterectomy was performed in Grand Forks. Things hadn’t been going that great with the bowel; continuous surgeries were done in different ways to try and get the bowel and bladder to work.

“I left work at Polaris where I had been for 13 years to go to Rochester the first time and I never got to go back to work again. There I was without full-time employment although I tried to work part-time at different jobs ... things were real-

ly tough. “I had my first Inter-Stim procedure (the implant of a pacemaker-like device to help with regaining bladder control) and other different procedures. It was during this time that the bowel was really beginning to give out.”

During all of this, it was found that Sheila had autoimmune autonomic neuropathy (a disorder in patients having difficulty maintaining their blood pressure) which resulted in a neurogenic (dysfunctional) bowel and bladder. “What was going on? I would ask, and the doctors would say, ‘You have a very complicated case.’ I literally told them, get me through Skyler’s school years and then we’ll worry about me.”

It was about that time most of the large intestine was removed - they found nerves were dead and there was no motility (contraction of the muscles). This meant undergoing colostomy surgery.

“Throughout this time I was still having bowel problems and also lots of bladder infections and was making trips back and forth to Mayo and the University. They ended up switching to doing an ileostomy (surgical opening) instead, removing even more of the intestine. Now all of the large one was gone as was most of the small one.”

Sheila added that following this she had an open wound in her abdomen that took five years to heal.

“When Skyler was in his senior year of high school I was finally getting in control of everything - or at least I thought so. Right after his graduation in May 2017 I had to have a suprapubic catheter placed due to my bladder prolapsing after numerous times. It (the bladder) couldn’t be redone again.”

It was a rough start with the suprapubic catheter because her body was rejecting the stents that were put in the ureter (the duct by which urine passes from the kidney to the bladder).

When Sheila was back at home again, she ended up in the Roseau hospital until the stents could be removed. She then was flown to Rochester, the stents were removed, and she was able to be home for two weeks before the next suprapubic exchange back at Mayo.

At this point Mayo informed her that for the foreseeable future she would need to make monthly trips to Mayo for the tube exchanges. These tube exchanges have proven to be extremely painful and her body often responds with strong contraction-like spasms that come and go with varying degrees throughout the month.

“In October 2017, I was confident that I could drive (to Rochester) on my own this time and I did. But, little did I know I would end up being there for a month and a half due to complications in which the suprapubic catheter had to be moved to the other side and two more pieces of my ileostomy had to be removed due to the lack of blood flow.”

This was a very scary medical situation for her but after spending the holiday months away from home and in a hospital, thankfully Shelia turned a corner and was able to return home in early January.

She also noted that she has been on thyroid medications

since she was in high school and a couple of years ago she came down with an autoimmune disease known as Hashimoto’s Thyroiditis - a disorder in which the immune system turns against the body’s own tissues.

She has doctored at Mayo for years and has been there 15 times in a little over the past year, two of which she was airlifted. She has also previously doctored at the University of Minnesota, and once to Chicago.

Forst has faced one roadblock after another but through it all, she has become more independent, of stronger faith, and more grateful. While reflecting on her health journey, she commented, “It’s amazing ... I’m committed here and you wouldn’t know what my body has underwent. My whole bottom is sewn shut, the neck of the bladder had to be cut off because of having to place a suprapubic catheter; I have bags attached to my body. But, here I am - I’m holding my own and I’m learning a new lifestyle!”

“I’ve had a lot of angels along the way,” she added. “There isn’t a day that goes by that I don’t receive an uplifting message from my “Prayer Warriors”, Youth groups, or individuals. And, a lot of what I like to call ‘God Winks’ have kept me going. I am so blessed!”

You will see Sheila at as many community events and sporting activities as she is able to attend, even when she isn’t feeling 100 percent. She loves to support and encourage others, especially our youth. At any event Gators often are drawn to her for a “Mama Sheila” hug and words of encouragement, both given and received.

When asking a few of these ‘kids’ how Sheila has impacted them, Emily McLean, a 2018 GMR graduate, replied, “Shelia is someone who can light up the room by just being in it. She is such a strong woman, who is a huge inspiration to me and many others.”

Gator senior Kianna Novacek also shared, “She is so selfless. Even when she is in need of prayers and good energy, she will always make time to pray for someone and be there for them.”

Close friend Dena Hanson has been a huge blessing to Sheila over the years, often accompanying her to appointments and to Mayo when able.

And friend Sharla Kilen shares, “Sheila is an angel to many, and has such an amazing way of helping others see the best within themselves. She often helps with our youth events and it is so amazing to see her great connection and empathy with others.”

A pancake benefit sponsored by the Greenbush-Badger Lions Club for Sheila Forst will take place on Sunday, January 27, from 9:30 a.m. to 1:00 p.m., at the Greenbush Community Center. There will also be a Silent Auction and bake sale held by “Friends of Sheila”.

If you are interested in donating any items for the benefit, contact Dena Hanson, Jody Kirkeide, Sharla Kilen, or Lori Foster. They would love to see many of you there to help show Mama Sheila some love and encouragement as she continues to “Keep the Faith!”



Moses Jensen with the steal for the Chargers in last week’s game against Warroad. He had 3 points/2 steals in the varsity game. Photo by Grygla Eagle Newspaper

## Last week’s Chargers varsity basketball stats

**Tuesday, January 15th**  
*Girls basketball in Grygla vs. Warroad*

GG 52, Warroad 14  
GG Points: Daria Waletzki 2, Amy Wiskow 2, Chloe Kuznia 7, Maloni Henrickson 2, Caitlyn Jacobson 4, Morgan Burns 6, Maci Bakken 8, Vivian Coan 13, Mercedes Coan 2, Libby Johnson 3, Katelyn Larson 3

Warroad Points: Anna Holt-er 2, Sky Boucha 4, Catherin Thompson 2, Nicole Dalen 2, Lydia Tessier 3, Karen Khampanyavong 1

Coach’s Comments: The girls played very well for the third game in row. It started with our defense, and we got off to a fast start on offense. The girls pushed it up well, and stayed aggressive all the way to the basket. This was a good win for the girls. We are proud of them.

**Tuesday, January 15th**  
*Boys basketball in Grygla vs. Warroad*

Warroad 75, Goodridge/ Grygla 42  
Stats: Peyton Verbout (9 pts, 2 reb), Hudson McMillin (6 pts, 3 reb), Jaden Kiesow (6 pts, 4 reb), Kaleb Sjulestad (6 pts, 2 reb), Riley Manderud (6 pts, 2 assts), Jake Tharaldson (4 pts, 4 reb), Moses Jensen (3 pts, 2 steals), Levi Kiesow (2 pts),

Dylan Wold (3 reb)  
Coach’s Comments: We ran into a buzzsaw tonight. Warroad shot the ball incredibly well throughout the game. They finished shooting over 60% from the field and 10-17 from the 3 point line. They were on fire, and we tried different defenses to slow them down but were unable to do so. We have been able to depend on our defense this season, so hopefully we’ll get back on track and get stops like we’ve been able to do.

**Thursday, January 17th**  
*Boys basketball in Clearbrook*

CG 90, GG 80  
Stats: Peyton Verbout (17 pts, 6 reb), Kaleb Sjulestad (14 pts, 7 reb), Jaden Kiesow (14 pts, 7 reb, 3 assts), Moses Jensen (11 pts, 2 steals), Riley Manderud (11 pts, 2 reb), Hudson McMillin (9 pts, 4 reb), Dylan Wold (2 pts, 6 reb), Lucian Tinnes (2 pts, 2 reb)

Coach’s Comments: The Bears like to play an uptempo style, and they forced us into that tempo. We did some really good things against a very good team. We had 5 players in double figures, did a great job of getting offensive rebounds, and forced some turnovers and got ourselves some fastbreak scoring opportunities. However, the Bears held off every

run we made and were able to make their free throws to ice the win. Peyton Verbout had a big night, hitting 4 3-pointers and even getting a 4 point play. Jaden Kiesow played extremely well, attacking the basket and opening up opportunities for teammates. As a team, we shot well from the free throw line (20-32), which is hopefully something we can carry into future games.

**Friday, January 18th**  
*Girls basketball at Fisher/ Climax*

GG 60, FC 30  
GG Points: Amy Wiskow 2, Chloe Kuznia 8, Maloni Henrickson 2, Morgan Burns 6, Maci Bakken 24, Vivian Coan 13 (10 rebounds, 5 steals), Mercedes Coan 5, Libby Johnson 2

Coach’s Comments: The girls played very well for the fourth game in row. We played defense with our hands and not our feet a little too much. Giving them a lot of free throw shots. Other than those times, the girls played good defense. Our offense play well tonight. We made a good percentage, and scored 40 points in a half. Morgan and Mercedes came off the bench and played very well tonight. We were down most of the game, but the girls kept fighting and we got the lead at the end.



#3 Jake Olson in the JV game against Warroad last week. The Chargers hosted a Double Header against the Warriors in Grygla. Photo by Grygla Eagle Newspaper



Goodridge Snofest is coming up next week with Coronation being held on Friday, February 1st, at 3pm. 7-12 grade candidates are pictured above. Front row, L-R: Elliot Philipp and Kylie Delage (8th grade); Emilea Johnson and Carson Rubischko (7th grade). Back row, L-R: Aaron Jones and Kaylee Amundson (seniors); Preston Panek and Maloni Henrickson (juniors); Rylie Manderud and Shantel Horachek (sophomores); Katelyn Colden and Jordan Coan (freshmen).

There is a Chargers Boys Basketball game in Goodridge that Friday night, February 1st, against KCC. After the game, there will be a dance from 9pm-12am that Grygla 7-12 students are invited to, as well. Photo by Grygla Eagle Newspaper



L-R: Amy Wiskow and Maci Bakken in the Girls Varsity game against Warroad last week. The Chargers won with a final score of 52-14! Photos by Grygla Eagle Newspaper