



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Cloudy	Cloudy	Mostly Sunny	Partly Cloudy
H 22 L 2	H 16 L 4	H 15 L 1	H 17 L 10	H 21 L 13

Wednesday, January 4, 2023

WE'RE ONLINE www.tricocanary.com

Vol. 47 Number 28

In this issue ... Around the Area: Experience winter in a whole new light!

FFF described, along with how you can be involved



FFF is a fairly new thing that began in Grygla and has been really successful ever since. FFF stands for "Faith, Food and Family" and it's a program that is happening every Wednesday night at Grace Lutheran Church in Grygla.

Faith, Food and Family night is an after-school program that is open to all students Kindergarten and older, along with their families, and it's open to anyone, not just members of Grace Lutheran Church.

FFF began last October after the church received a grant for \$4,000 that is used mostly to purchase groceries to make the meals that are cooked every Wednesday.

Vicar Marilyn Grafstrom, along with church council members, have had many conversations about how to serve more people in the community, whether they are members of the Grace congregation or not. Many ideas were brought to the table; some included preparing a meal for families one night a week, having Sunday School on a weekday, and also holding a more casual time for families to all gather together. FFF came together as a trial run of some of those ideas.

Vicar Marilyn and Tony Moe were a part of "Practicing Resurrection" by the NWMN Synod of the ELCA. They had applied for the grant through that project. Vicar Marilyn says, "This vision came out of a dream story we wrote as part of "Practicing Resurrection" based on an assessment that included interviews in the community and with church members."

FFF night is held every Wednesday and replaces Sunday School. Vicar Marilyn added, "Tausha Severts was the driver behind Sunday School on Wednesday evenings instead of Sundays,



and it's been very popular with kids and families."

How does FFF work? Well, it starts after school every Wednesday. Kids K-6, along with their parents, can attend. Usually the group does music right away, led by Vicar Marilyn, then they split up into age groups for that week's Bible lesson. Kids can then have some free time to play games, do puzzles, read books, or do homework with their peers. Supper is served from 5-6pm. At that time, anyone can come and eat with the kids from the community – not just family members.

There are a variety of volunteers who deserve recognition to make this new event such a success. A few of them include the older high school students who come in and spend time with the younger kids and help them; those students can also earn NHS credit and volunteer hours for their time. Hazel Thomas is the main cook for the group. Tausha Severts, Gretchen Smeby, Amy Holte, Shaunna Olson and Vicar Marilyn all lend a hand when it comes to the music and weekly Bible lessons. FFF has had help from Grace and Our Savior's WELCA and community members who have all donated food to help the grant money stretch a bit more. There have also been many parent, grandparent and community volunteers who have all joined together to share in the FFF vision.

FFF nights have been such a success with around 30 students attending every week and the cooks serving anywhere from 60-70 people total each time. Again, anyone is invited to attend FFF which runs every Wednesday after school until around 6pm at Grace Lutheran Church in Grygla.



Many parent, grandparent, and community volunteers have helped make FFF night such a hit for youngsters and their family. What started as a vision to change up the traditional Sunday School, has turned into a very successful community event with around 60-70 people attending every Wednesday! *Photos courtesy of Vicar Marilyn Grafstrom*



Goodridge/ Grygla 500 race on for this year

The Goodridge/Grygla 500 race is a go again for this year and will take place February 11-12, 2023. As the event gets closer, more information will be shared, along with the race maps.

However, the write-up below was featured in the most recent copy of *Minnesota Snowmobiler* magazine. It was written up by Nicole Kiesow, 500 Race Coordinator.

"The summer of 2018 the Goodridge Trailblazers were given the opportunity to host the International 500. It was getting harder for the race to be held as it was traditionally held from Winnipeg, Manitoba, Canada, to the Twin Cities area in Minnesota. The difficulty with crossing the border between Canada and the United States and the ever-changing snow conditions were making it very difficult for this race to happen.

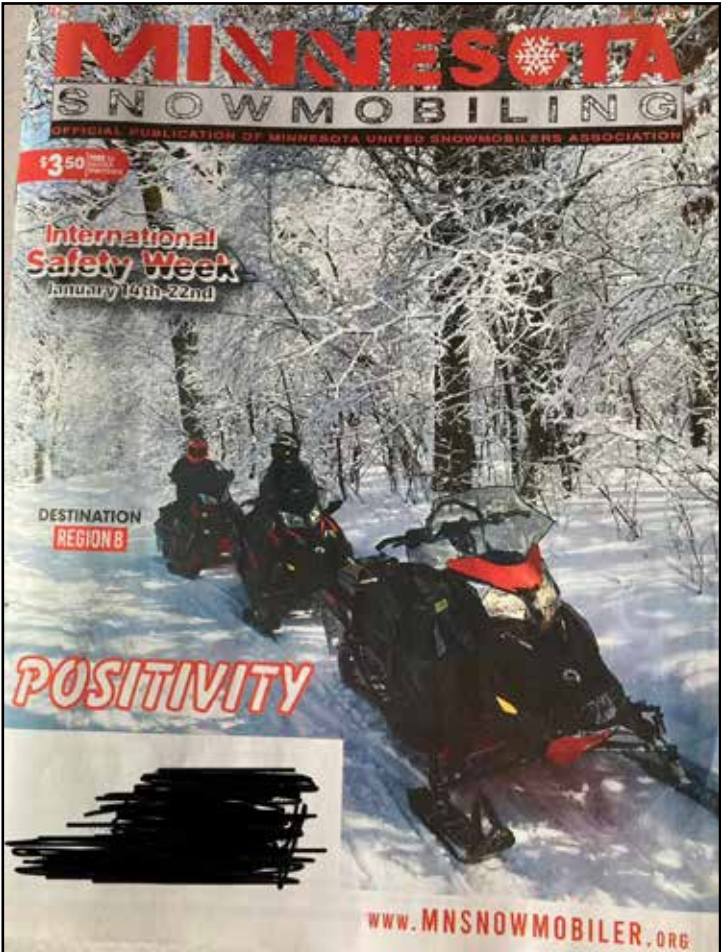
The Goodridge Trailblazers is a small club, and to do a race of this size would be very difficult. The club has very good friends to the north, the Fourtown/Grygla Sportsman's Club. Many of the members of the Trailblazers are also mem-

bers of that Sportsman's Club. The Fourtown/Grygla Sportsman's Club has a long tradition of maintaining all the snowmobile and ATV trails in the area and was the logical choice to ask for help to get this going.

So, after a few meetings, it was decided that with all of us working together, we would give it a try. Now, 4 years later, we are doing it again February 11-12, 2023. It is the longest cross-country snowmobile race in the lower 48 states, and it is a source of pride for the communities of Goodridge and Grygla, Minnesota. It takes everyone from both communities to come together to put on the race and it is very much enjoyed by everyone that attends.

We welcome both professional and amateur racers as this year will include the KC Pro West Mini 500. The race will include racers age 4-17. The weekend will truly have something for everyone. We look forward to seeing you in February."

For more information and regular updates, you can follow Goodridge-Grygla 500 on Facebook.



The 500 article that is shared above was featured in this recent issue of *Minnesota Snowmobiling* magazine.

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Vicar Marilyn Grafstrom
Recorded services will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm.
Wednesday, Jan 4
Calendar N/A
Sunday, January 8
Calendar N/A

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Sunday, Jan 8
Faith: 8am Worship
Bethany: 9:30am Worship
Ekelund: 11am Worship
Sunday School Resumes!
Monday, Jan 9
Faith Quilting 9am-2pm, Rachel Circle 9:30am

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Bryan Kujawa
Sundays:

St. Clement's: 10:15am Worship.
St. Ann's: N/A

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sundays
8am Worship

UNITED LUTHERAN PARISH
Gatzke
Pastor Tim Lundeen
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseth
Saturday, Jan 7
Mt. Olive: 9am Worship
Sunday, Jan 8
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:45am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship

Free family-focused webinars
January through April in 2023

Submitted by Sara Croymans, Extension Educator
University of Minnesota Extension will present a series of webinars to support families and those who serve families in making informed decisions that lead to greater health, resilience and well-being.

All webinars are virtual and free. Extension offers more information about the webinar series at: <https://z.umn.edu/ExtFamWebinars2023Jan-Apr>
Follow links for each series to learn more about webinar topics, dates, times and registration.

Family Friendly Earth Care
Learn more about global

health and wellness, including how to eat healthier for the planet, reducing food waste, composting and reducing

Family webinars...
Continued on page 3

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This isn't the first time the fish slayer has been featured in the Grygla Eagle, and it probably won't be the last. Stephanie Irlbeck was out slayin' Lake of the Woods fish over the New Year's weekend and pulled this 30-inch wall-eye out of the hole! Many Grygla folks were also up on the big lake but didn't get much action on the end of their line. I guess we need Stephanie to start sharing her fishing secrets! Photo courtesy of Stephanie Irlbeck



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Effective January 1, 2023

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- \$45.00 yr. outside of trade area
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- \$25.00 yr. for online subscription only (no increase) - regardless of location

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Grygla Eagle



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grygla.govoffice2.com
City of Grygla
Minutes/Agendas avail.

Foot Care clinics
scheduled

North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:

Newfalden Community Center: Thursday, January 5th, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Argyle LAH/BNP in the mall: Tuesday, January 10th, at 9:00 a.m. Contact: Penny Korynta at 218-437-8431

Middle River Royal Manor Apts.: Tuesday, January 17th at 9:00 a.m. Contact: LAH/BNP at 218-222-4466

Grygla Community Center: Thursday, January 26th at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154

Oslo Community Center: Tuesday, January 31st at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154
Please call to cancel if you feel ill.

- Please call the person listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.
- Please arrive 15 minutes prior to your scheduled appointment time.
- The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.
- The North Valley Public Health staff will do free blood pressure checks upon request.

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Richard D. Richards - PUBLISHER
Kari Sundberg - EDITOR
Phone 294-6220
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Community Calendar

Wed | Jan 4
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB/GBB practice

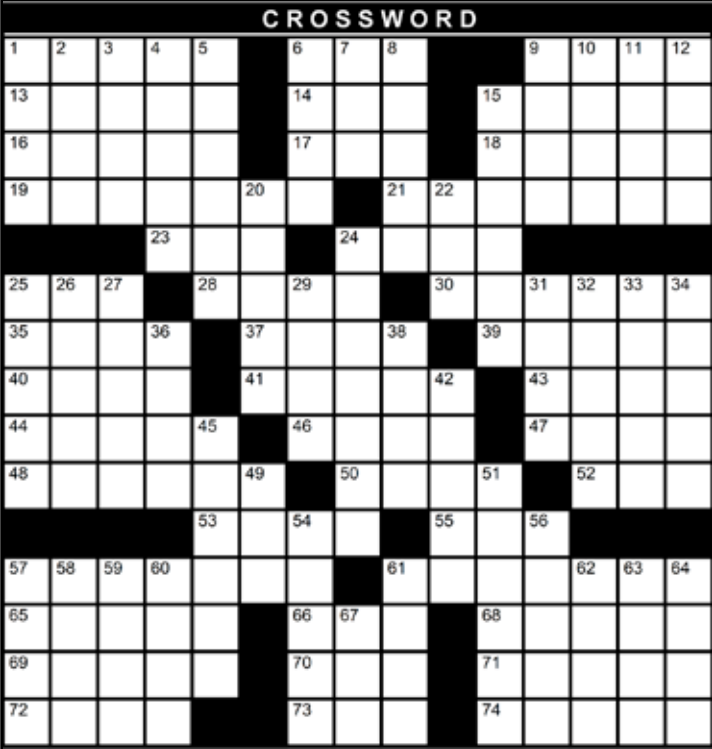
Thurs | Jan 5
GBB practice in Grygla; BBB vs. KCC in Lancaster

Fri | Jan 6
Senior Meals at Grain Bin Café 11am; GBB practice in Grygla; BBB vs. SH in Goodridge (No JH games - C at 4:45, JV at 6, Varsity to follow.)

Sat | Jan 7
JH GBB tourney at SH (7th at 8am; 8th at 12pm); Fourtown/Grygla Sportsman's Club Annual Holiday Party & Membership Supper 5pm at Grygla Community Center; Goodridge Trailblazers Christmas Ride & Supper (3pm ride from Goodridge Muni to Fourtown, 7pm supper back at Muni)

Sun | Jan 8
Senior Meals at Grain Bin Café 11am; BBB at Roseau; GBB at RLCC (JH in Oklee, JVV in Plummer); Grygla City Council Meeting 7pm

Tues | Jan 10
BBB at NF



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Statepoint Crossword
Theme: Geography 101

- ACROSS
- Piece of data
 - Baryshnikov's step
 - Back wound
 - Soft palate hanger
 - *Any high mountain
 - Tsar's edict
 - Means
 - Bishop of Rome's jurisdiction
 - Female water-elf
 - *Highest mountain
 - *Sea that is also the largest lake
 - A in MoMA
 - *Small island
 - Ignited
 - Lamborghini model
 - Extravagant
 - 15th of March, May, July or October
 - ___-a-Sketch
 - Technology expert
 - Novice
 - Damage one's reputation
 - Lil' Bow Wow's first name
 - Bette Midler's movie "___ Pocus"
 - "I'm ___ you!"
 - Unit of pressure
 - Denver breakfast choice
 - Big rig
 - ___ de Janeiro
 - Excessively abundant
 - Ensign, for short
 - *Great ___ Reef
 - *National Geographic ___
 - Gibson garnish
 - Arabic garment
 - D-Day beach
 - *Longest continental mountain range
 - Nada
 - Energy to motion converter
 - Golf pegs
 - Red Cross bed
 - Follow as a consequence

- DOWN
- Surfer's "man"
 - Tel ____, Israel
 - Ditty
 - Extremist
 - Masters without t
 - Ghost of Christmas ___
 - Miller High Life, e.g.
 - Four-eyes' gear
 - Bypass
 - Uber alternative
 - *The largest continent
 - Past participle of "be"
 - Remove from political office
 - Eyelid infections
 - Opposite of nothing
 - Burning aroma producer
 - *___sphere, the solid earth
 - "She is pulling my leg," e.g.
 - 9 a.m. prayer
 - *___sphere, air surrounding earth
 - Sleeveless garment
 - Blood of the gods, Greek mythology
 - Harry Belafonte's daughter
 - *___sphere, all water on earth
 - Aretha Franklin's genre
 - Type of crime
 - Young Montague
 - Brown and yellow finches
 - Cravat or bola
 - Financial gain
 - 100 centimes
 - "Barefoot in the Park" playwright
 - Summer ride
 - "Green Gables" protagonist
 - Amusement park attraction
 - Sturgeon ___ and salmon
 - Table mineral
 - Chow or grub
 - Biblical pronoun
 - Ready and eager
 - ___sphere, all life on earth

Notice Lee Township Residents
Notice is hereby given that Affidavit of Candidacy may be filed beginning January 3rd, 2023, for:
One Supervisor (3-year term)
Treasurer (2-year term)
Candidate filings close Tuesday, January 17th, 2023, at 5pm. Please call the clerk at 218-294-6371 to file for office. Filing fee is \$2.00.
Rochelle Smeby, Clerk

NOTICE SPRUCE GROVE TOWNSHIP RESIDENTS
Notice to Spruce Grove Township residents is hereby given that Affidavit of Candidacy may be filed beginning January 3rd, 2023, for:
One Supervisor (3-year term)
Treasurer (2-year term)
Candidate filings close Tuesday, January 17th, 2023, at 5pm. Please call the clerk at 218-294-6252 to file for office. Filing fee is \$2.00.
Jessica Byklum, Clerk

Experience winter adventure
in a whole new light

If candlelight events are not already an annual tradition for you, let this be the season where you get out and experience winter adventure in a whole new light.

Snowy trails, ice luminaries, and a gentle candlelight glow are all waiting for you at an area winter candlelight event hosted by Minnesota State Parks. These events feature short, easy trails lit with lanterns or luminaries. Enjoy their glow as you ski, snowshoe, or walk the trails. Go as far as you like and warm up with refreshments and a fire when you're done. These events are free, family friendly, and perfect for anyone looking to spend a fun evening in a Minnesota State Park.

Upcoming events at a park closest to Grygla include Saturday, January 21st, at Itasca State Park. It's an evening lantern lit snowshoe and ski that provides a new experience and fun for the whole family. The event runs from 5-7:30pm, come-and-go at your own leisure. Start at the Jacob V. Brower Visitor Center. Trail illuminated along the South En-

trance Road approximately 3.5 miles round-trip. Snowshoe, walk or ski at your own pace.

There is also a candlelight snowshoe event at Lake Bemidji State Park on January 28th. Kick off the park's upcoming 100-year anniversary by exploring the winter woods along a candlelit trail. It starts and ends at the Visitor Center where refreshments are available. Event runs from 6-8pm.

You can check out the MN DNR website under State Parks/Candlelight Events for more information on location, dates and times.

Before you go:

- Anyone age 16 or older must carry a signed ski pass when using groomed cross-country ski trails in state parks

or state forests, or on state trails or grant-in-aid trails.

Many parks offer rentals. See a list of cross-country ski rentals or snowshoe rentals on the Minnesota State Parks website.

Be safe and smart in cold weather. Tips are available on the Minnesota State Parks website.

Restrooms and vault toilets are open daily at all Minnesota state parks throughout the year.

Before you go...find out the snow conditions.

Trails are still open, even when there's no snow - it just becomes a wintry hike, rather than snowshoe or ski.

When in doubt, call the park.



Wednesday, January 4, 2023

Only in Minnesota: a weekly feature in the Eagle

This hidden destination in Minnesota is a secret only locals know about

Here in Minnesota, we know how to be the perfect tour guide to out-of-towners. We'll smile through another trip to Mall of America, take snapshots of our guests in front of the Spoonbridge and encourage visitors to dip their toes into the chilly water of Lake Superior. But once everyone has gone home, we have our own local secrets that not all tourists are privy to – spots like this abandoned World War II-era factory.

Most people don't realize that in the farmland on the outskirts of Rosemount, the ruins of a World War II-era factory still stand. UMore Park - then known as Gopher Ordinance Works - was conceived in the early 1940s. Many families in the area vacated their homes to make way for the project, which spanned 12,000 acres of land.

Gopher Ordinance Works was intended to be a facility that created gunpowder and other products to aid the military during the

war. It began producing the products in early 1945.

But the factory wasn't around for long. World War II ended just a few months after it opened. Over 200 buildings that made up Gopher Ordinance works were now unused.

In 1947, Gopher Ordinance Works was deeded to the University of Minnesota. The University used the grounds for agricultural, medical, and aeronautical experiments. It was officially renamed UMore Park in 2001.

But don't think you can visit now that it's University property. Trespassing is prohibited. But still, those in the know can't help but notice the tall concrete pillars that rise over the flat landscape. This former war factory casts a long shadow from another time.

The University has plans to begin redevelopment of the area in the coming years, so UMore Park may one day be much easier to visit. But while you likely can't take your next visitor on a tour of this local secret, you can sure make them feel like a local by teaching them a piece of lesser-known Minnesota history.



Congratulations to Goodridge Senior Paige Burns. She signed a Letter of Intent for Shotgun Sports with Upper Iowa University. She is pictured with her Trap Coach Sara Panek. Photo courtesy of Tom Loberg



Marshall County was the 2022 Award Winner for outstanding performance in the Property/Casualty Division from the Minnesota Counties Intergovernmental Trust. This award is given to one county annually at the Association of Minnesota State Conference for consistently improving claims handling or property and liability losses and aggressive loss control and risk management activities dedicated to protecting its property and citizens over the past 5 years. The County Board is shown on the left with County Department heads, who, along with all employees in their departments, were instrumental with their work toward this achievement. The photo on the right is Marshall County officials receiving the Minnesota Counties Intergovernmental Trust (MCIT) 2022 State award for Outstanding Performance in the Property/Casualty Division at the annual meeting of the Association of Minnesota Counties in Bloomington on December 5, 2022. Photos courtesy of Scott Peters

Word of the Week

...enhancing vocabularies one Grygla Eagle at a time.

Smaragdine Smuh-rag-din

Adjective

Emerald-green in color.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Slow Cooker Chicken Burrito Bowl

Mexican-inspired slow cooker chicken bowl combined with rice, black beans, corn, avocado, cilantro, cheese, and drizzled with a creamy and zesty Cilantro Lime Dressing. Easy and delicious crockpot meal and meal prep.

The Cilantro Lime Dressing is the brand "Briannas" – it has yummy flavors of jalapeño, cilantro and lime in it, and it takes the flavors of the slow cooker chicken to the next level.

Ingredients
Slow Cooker Mexican Chicken
2-2.5 lbs skinless boneless chicken breast
16 oz chunky salsa
1/3 cup BRIANNAS Cilantro Lime Dressing + more as drizzle
1/2 cup chicken broth
1/2 tsp chili powder
1/2 tsp cumin

1/2 tsp smoked paprika
Other ingredients for the bowl

4 cups cooked rice
2 cups frozen sweet corn
1 16oz canned black beans, low sodium
3 small avocados
1/4 cup chopped cilantro
1 lime

Instructions
Add all "Slow Cooker Mexican Chicken" ingredients to slow cooker. Set on high and cook for 4 hours.

Shred chicken (it should come apart really easily!) and let it cook/sit for 10 more minutes.

Prepare the other ingredients - cook rice, heat up frozen corn and black beans in the microwave, chop cilantro, dice avocados, cut lime into wedges.

Assemble rice bowls by adding rice, chicken, corn, black beans, and diced avocados to each bowl. Garnish with cilantro and lime wedges. Drizzle with BRIANNAS Cilantro Lime Dressing.



Family webinars...

Continued from page 2

your family's carbon footprint. Leave with hands-on activities for all ages that promote wellness through nature.

Finding balance

While life is never certain, the last couple of years have stressed our families and communities. Learn from Extension experts in individual and community well-being about how to find balance and flourish – even during life transitions.

Later life decision making

A fact of life is that each of us is getting older each year. In addition to having concerns as we age, many of us are also helping our parents and loved ones as they age as well. This webinar series addresses concerns related to housing, finance, caregiving, health and nutrition.

Making cents of it all

Learn about educational resources and tools to help families navigate financial choices, including building knowledge and skills around homeownership, credit, budgeting and saving, and changing financial needs across the lifespan. We'll also share culturally appropriate tools and educational resources to support American Indian and Latino communities.

No place like home

Whether you rent or own your home, Extension educators have tips to make your home and community healthier, affordable and energy efficient. Join us to learn from financial educators, the Clean Energy Resource Team and experts in preparedness.

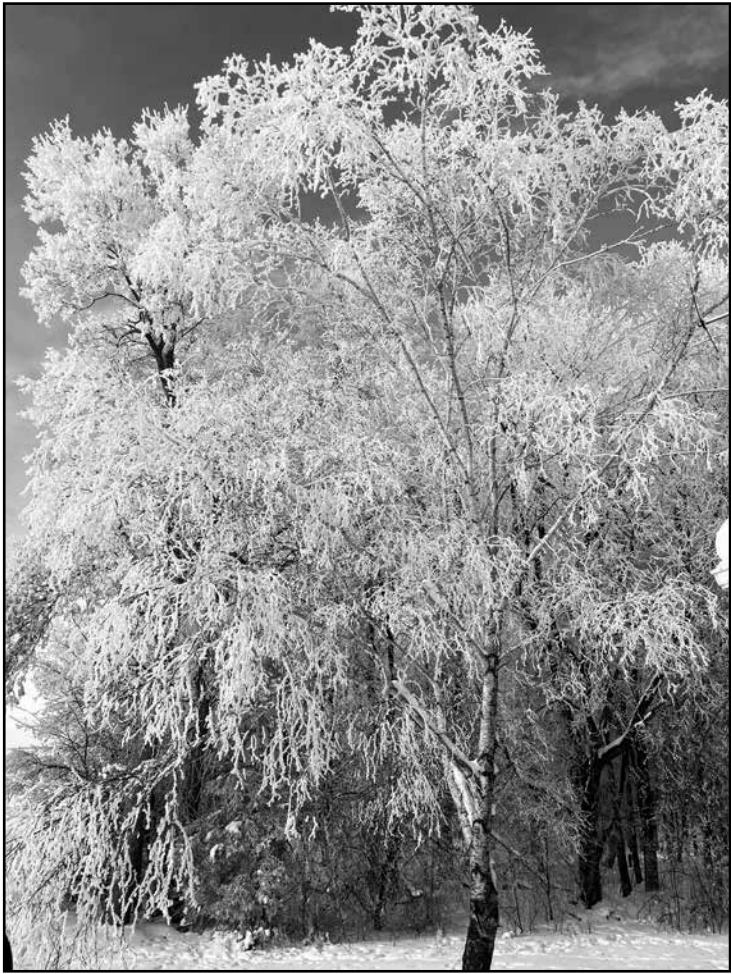
Recovery and health

Learn about the many ways recovery and health go hand in hand. This series will cover topics of healing through history and show how nutrition and physical activity can support those in recovery. Colleagues from the University of Minnesota College of Pharmacy in Duluth will join to discuss community solutions to the opioid crisis, including harm reduction and how to save lives from overdoses.

What's for dinner?

You make lots of daily decisions and "what's for dinner?" is a question that can get tiring fast. Learn about healthy eating, meal planning, what to do with garden produce, feeding your family on a budget, and African culinary heritage.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.



The hoar frost is still hanging on and it's made for a beautiful sight to welcome in 2023. The word 'hoar' comes from old English and refers to the old age appearance of the frost: the way the ice crystals form makes it look like white hair or a beard. The beautiful frost forms when the water vapor in the air comes into contact with solid surfaces that are already below freezing point. Ice crystals form immediately, and the ice continues to grow as more water vapor is frozen. *Photos by Grygla Eagle Newspaper*



The snowmobile trails are ready for the season and have been gone over a couple of times now. Around the Grygla area, Holthusen Construction grooms 220 miles of trails, which run from Grygla to Waskish and up to Faunce Tower, also west to Gatzke and east to the Jackpines. Everything has been gone over with the groomer going out regularly now. Aaron Holthusen shared that it's been extra wet out east this winter, and a hard freeze, but the trails are ready to go. *Photos courtesy of Aaron Holthusen*



Jake Sundberg cutting through a huge blow down that landed on the trail. *Photo courtesy of Aaron Holthusen*



Hruby Road Service takes care of the trails around the Goodridge area. The loop includes the trails from TRF to the Fourtown turn off. Also from Goodridge to St. Hilaire, from the casino road to Oklee, and from Goodridge to Clearwater River. That loop of trails together equals just over 120 miles. Joe Hruby shared that the Goodridge Trailblazers Snowmobile Club has requested that the Grygla route gets groomed every Monday and Friday (from TRF to the Fourtown turn off.) *Photos courtesy of Lacey Hruby*



The Grygla High School FACS Class held another successful Christmas Tea before the holiday break! *Photos courtesy of Brenna Dallager*



Chargers over Gators

Thursday, December 29th, at Greenbush

Chargers 89, BGMR 65

Stats: Blake Rychlock (28 pts, 13 reb, 4 asst), Matt Busse (8 pts, 3 asst), Spencer Coan (3 pts, 5 asst), Carson Rubischko (9 pts, 3 reb, 3 steals), Lewis Jones, (34 pts, 3 reb, 3 asst), Elliot Philipp (3 pts, 2 reb), Russell Rian (1 pt, 6 reb), Reece Sundberg (1 pt, 3 reb, 3 asst), Owen Larson (2 pts)

Coach's comments: This was a quality performance from the Chargers. Blake came out on fire - he was aggressive around the hoop and was very active on the glass. We continued our hot shooting from 3-point range as we nailed 12 3s led by Lewis making 7. I thought we had very good ball movement which led to good looks and then our big guys did a good job of getting offensive rebounds when we did miss. We need to improve defensively though, if we are going to continue to have success against some of the great competition in our section.

Please check your address label!

Grygla Eagle subscribers: Please check the address label in the upper left corner of the front page. Be sure all the information is correct.

If not, call the Grygla Eagle office at 218-294-6220 as soon as possible. You need to contact the Grygla Eagle office with a change of address or corrections. Just giving the Post Office a change of address, **DOES NOT** change your paper address. Thank You.