

Leader-Record



\$1.00

CONTINUING THE GONVICK RECORD AND CLEARBROOK LEADER
Serving the Communities of Clearbrook, Gonvick, Gully, Leonard and Trail



Robin Proffit, Food Service Director at Clearbrook-Gonvick School with some students. Front Row (Left to right) Ryan Bodenstainer and Hayden Engen. Back Row (Left to right) James Preuss, Robin Proffit, Brodie Sather and Derek Roy. Some of their favorite lunches are lasagna, chicken patty on a bun, tacos and tacos in a bag.

Robin Proffit does more than cook at Clearbrook-Gonvick

by Bonnie Kirchman
“I used to just come and cook and go home,” is how Robin Proffit describes her beginnings as the Food Service Director at Clearbrook-Gonvick School. Robin grew up in Gonvick and graduated from Clearbrook-Gonvick in 1997. In 2007, she started as head cook for the district, a position that has, for Robin, developed into much more than just cooking and going home.

“The kids are the number one reason I truly love my job, that’s why I am so passionate about what I do,” Robin said of her job. She is responsible for all the food served in the school. This includes everything from the concession stand to the healthy after-school snacks given to the elementary basketball players. It also includes special school day events like a senior class meal and an outdoor cook-out enjoyed by the entire school each spring.

When hiring, Robin looks for special people who want to work with kids.

“They have to love the kids—that’s crucial,” Robin says of the food service staff members who help her prepare and serve food every day. Her staff of four include Mike Lindgren, Melynda Zurhorst, Danielle Derby, and Janelle Maxie. In addition, Elsie Ballard works during the mealtimes to enter students’ meal charges into the computer.

Robin carefully plans breakfast and lunch menus for the students and staff. This is not a matter of just deciding what foods might go together well or taste good to students. There are many federal rules to follow. Five components—a meat, grain, fruit, vegetable, and milk must be served at each lunch. Even then, it can’t be just any item that fits one of the food categories. Vegetables must be varied to include certain numbers of dark green, red, and orange vegetables. Only limited amounts of starchy vegetables may be served. The calories and sodium in each meal must also be watched. Three different age groups have different nutritional requirements; so a first-grader’s meal is not the same as a high-school student’s meal.

In addition to being careful, Robin must also be flexible. To help her follow the complex regulations, Robin creates 32 different spreadsheets to chart out the 4-week cycle of menus. If something changes on the menu, for example if the apples she ordered are unavailable, she needs to go back to her spreadsheets and make adjustments.

In addition to the spreadsheets, Robin also needs to produce a recipe for each item on the menu that has two or more ingredients, even something as basic as a peanut butter and jelly sandwich.

On top of all the rules and regulations, Robin needs to plan and prepare meals that cost less than \$3.00 per lunch. Her goal is for her nutrition program to be financially self-sustaining. This requires careful planning and shopping. The two major challenges Robin faces when buying food are price and availability. Robin orders groceries twice a

In 2018, Robin was named a “School Lunch Hero”, one of three such awards given out by the Minnesota Department of Education.

week to help ensure that fruits and vegetables are fresh. She also receives milk orders twice a week.

Robin makes sure the students get the nutritious fruits and vegetables they need by providing a free salad bar to each student who purchases a lunch. The salad bar includes lettuce, four types of raw vegetables, and a canned and a fresh fruit. Robin varies the fruits and vegetables according to what is available.

“Nutrition is so important to kids’ learning. Our main goal here is serving them healthy breakfasts and lunches,” Robin stated. She knows that all the careful planning, shopping, and preparation of food doesn’t help if the kids won’t eat it. Making sure that meals are appealing to the kids so they accept and eat the food offered is essential.

Both students and staff indicate that Robin is successful at this. Principal Carl Dugstad, “I would say that Robin has ruined other school lunches for me. Her lunches are the best!”

While working with the kids is Robin’s favorite part of the job, paperwork is the part she least enjoys. There is so much paperwork that it takes a state reviewer three days to go over all of it with Robin. Besides the menus and recipes, there are monthly meal claims required for federal and state funding. She needs to monitor the lunch account balances, the free and reduced lunch program and complete the requirements for receiving commodities. And she has to stay on top of the many changes to federal and state rules that apply to her work.

When it comes to the paperwork, Robin gets help from school business manager Paula Boomgaarden.

Robin says, “I am left-handed, and Paula is the right hand. We work well together.”

Paula says of Robin, “She is very aware of the cost of running an effective food service department. She always plans her meals to not only be enjoyable, but to be cost effective.”

The paperwork does not keep Robin from spending time with the kids. She introduces new foods to the students, holding taste-testing sessions with samples of watermelon, green and red peppers, or kohlrabi. Robin also provides afterschool programs for students, and these have been well-received.

“Robin is a great team leader and the special events she runs like the cookie decorating are so valuable for our school,” Principal Dugstad stated.

Paula Boomgaarden added, “Robin encourages her staff to take an active role in our District. You often see the en-

tire team actively involved in after-school cooking activities. Our last event had over 60 elementary participants. They had a wonderful time, and took home boxes of goodies to share with their families.”

The Clearbrook-Gonvick food service staff care about the children. They show this care through the Backpack Program and the Angel Care Program. In the backpack program, children receive food for weekends and holidays. The staff hope this will help maintain their nutritional needs when they are not in school.

Through the Angel Care Program, Robin works with families who are struggling to pay for their students’ school meals. This program allows her to create a plan with the families to help them get caught up on their lunch payments. Her staff gets involved in this program by helping to plan and carry out a special Angel Care fundraiser. This year’s event was scheduled for February 11th and plans included a potato klub supper. Robin and her crew have also gathered over 90 baskets, with items including signed Vikings jerseys, a 49-inch television, a lap-top and much, much, more that was raffled off at the event.

Robin’s passion for her job and her abilities in the kitchen are noticed by students and staff alike. But her dedication to the job has also been recognized at the state level. In 2018, Robin was named a “School Lunch Hero”, one of three such awards given out by the Minnesota Department of Education.

Debra Lukkonen, Supervisor for School Nutrition Program with the Minnesota Department of Education described the award as being for “school nutrition staff who stretch that extra mile to go above and beyond expectations.”

And Robin describes the past year as “amazing”. She was nominated to attend a “Produce Safety University”, an all-expense paid learning experience in Denver. She spent five days learning about produce, how to serve it safely, how it is graded, how to order and when each fruit or vegetable is available.

At the end of October, Robin was one of 16 school food service managers from around the country who were chosen to travel to an “Institute of Child Nutrition” held in Mississippi. At this event, participants developed a training program for kitchen assistants.

Recognitions aside, Robin’s main source of satisfaction is that the students know her name and know that she cares about them.

Jeff Burgess, school superintendent, summed up the feelings of the school community: “Robin is an exceptionally hard worker and is a valued member of our staff. I can always count on her to do her best for the kids and staff at Clearbrook-Gonvick. Whether it’s amazing breakfasts and lunches, concession stand goodies, or one of the many after school activities, Robin does her best. Clearbrook-Gonvick is very lucky to have her and the rest of the kitchen staff.”

Farm Bureau and FFA – Working Together

The Minnesota Farm Bureau (MFB) salutes FFA during National FFA Week, February 22-29. This week is a great reminder of the many reasons why Farm Bureau maintains such strong support for the FFA program.

Farm Bureau invests in FFA throughout the year because Farm Bureau sees future farmers, future agricultural leaders and future Farm Bureau members involved in this organization.

Clearbrook-Gonvick school has an FFA team with their Advisor Kim Anderson. Last year four members competed in the State competition at the U of M St. Paul campus.

Below are some of the ways Farm Bureau partners with FFA throughout the year.

• MFB Young Farmers & Ranchers and MFB Foundation sponsor the Minnesota FFA

Discussion Meet contest.

• MFB Foundation sponsors the extemporaneous speaking state contest and serves as a general sponsor of the Minnesota FFA Convention.

• MFB recognizes an FFA Advisor of the Year and sponsors the Minnesota Association of Agricultural Educators Outstanding Young Member award.

• MFB has a representative on the Minnesota FFA Foundation executive sponsors board and board of trustees.

• MFB provides assistance to regional and state FFA contests.

• Minnesota FFA state and regional officers serve as time-keepers at the MFB Young Farmers & Ranchers state Discussion Meet contest.

• MFB is a sponsor of the Minnesota FFA Foundation Golf Outing.

• MFB is a sponsor of the Minnesota FFA Foundation Saints baseball event.

• MFB assists with leadership development of the Minnesota FFA officers and national convention delegates.

• Many Farm Bureau members serve as volunteers and leaders for their local FFA chapters.

County Farm Bureaus and Farm Bureau leaders also support FFA programs by sponsoring local FFA activities or individuals, jointly hosting events such as safety camps and serve as a driving force to maintain FFA programs in local school districts.

Farm Bureau congratulates FFA in Minnesota and all of the youth and leaders who make FFA such an impressive organization. Farm Bureau is proud to be a strong supporter of FFA.

Sanford Bemidji announces construction of new heart & vascular center

BEMIDJI, Minn. - Sanford Health will break ground on a new heart and vascular center at the Sanford Bemidji Medical Center in spring of 2020.

“Since bringing interventional cardiology to the region 10 years ago, we have outgrown our current space,” said Susan Jarvis, President and CEO of Sanford Health of Northern Minnesota. “With the help of generous donors, the new heart center will be 56,000 square-feet—the largest addition to the Sanford Bemidji Medical Center since 2004.”

The center will cost over \$25 million with \$2.5 million raised by the Sanford Foundation. Naming rights and donor opportunities for the building and certain areas within the center are still available.

Located between the medical center’s east entrance and the Main Clinic east of the Healing Garden, this new center will house all cardiology, vascular, pulmonary and respiratory therapy services. This includes 19 clinic rooms, 11 diagnostic imaging rooms, education rooms, a cardiovascular recovery unit family room and 3 cath labs with space to add a fourth.

Since beginning the program a decade ago, the cardiology department has experienced a 20% growth year-over-year reaching capacity in 2019. In that same time, heart disease-related deaths have decreased by up to 15% in the region.

With direct access to the second floor of the medical center, the building will allow patients to transfer to inpatient floors

Heart center..
Continued on page 2



Chris Eck, a member of the Gonvick Lions Club, taking 477 pairs of eye glasses that were collected last year.

477 eye glasses collected by Lions Club

Chris Eck is a member of the Gonvick Lions Club. He took 477 pairs of eye glasses that had been collected at the Leader-Record office in Gonvick and the Clearbrook-Leonard Senior Center and brought these to an area Lions Club meeting in Red Lake Falls.

The glasses are put to good use with the lens’ being used for needy people throughout the world, in accordance with local laws.

Chris is a Zone Chairperson that is the link between the clubs and the District Leadership Team. The Zone Chairperson is a full member of the

District Cabinet. They help to develop and grow new members, identify and develop future clubs.

The Gonvick Club is a member of 5M11. The Lions International District 5M11 has 63 Lions Clubs with 1700 members. 5M11 also has four Lioness Clubs & two Leo Clubs for a total of 69 clubs in Northwestern Minnesota and Southeastern Manitoba.

The local club is looking for new members to help them with their projects. You can contact Chris or Lions Club President Kim Solberg.

Gonvick Trail All-school Reunion planned

Book Your Vacation Now to Attend the 2020 Gonvick Trail All School Reunion! July 9-12 of 2020!

The reunion committee has

a tentative schedule started. They have also held a fund raiser for the fire works display that will be held.

Thursday, July 9th starts



The Gonvick-Trail All School Reunion committee got together for this picture during their fund raiser that was held during the holidays. Shown from left to right: Misty Bjerklie, Candace Coulter, Verena Pletschett, Stacy Halvorson and Kim Solberg. In the front Devin Aakre and in the back Aric Bjerklie. Also not pictured Matt Bergman, Kathy Eck Bergman, Allison Jacy Stebe and Evon Quern.

out with Bingo and Meat Raffle at the Gonvick American Legion and Lip Sync and Karaoke at the Trap.

Friday, July 10 Alumni Registration will be at the Clear Waters Life Center (old school) from 11:00 to 5:00. It will also be held from 9:00 am to 11:00 am at the same place on Saturday, July 12.

Other events on Friday include a Craft Show on Main Street, Tailgating at the Gonvick City Park, Gonvick-Trail Trivia, the Gonvick American Legion will be serving their famous walleye dinner and the Gonvick Lions Club 30th annual Rodeo starts at 5:00 p.m. There will be a dance following the rodeo at The Trap in the tent with Steal River Bank. Kandi’s Kitchen will be serving a Midnight Breakfast from 11:00 to 3:00 a.m.

Saturday, July 11 will start out with a Breakfast at the Samhold Lutheran Church at 7:00 a.m. There will be Smear Tournament, Rodeo Jail, 5/10K Walk-Run and the alumni lunch. The float line-up for the parade will be from noon with the parade starting at 2:00 p.m. The second day of rodeo fun with the Gonvick Lions Club will start at 5:00 p.m. There will be a dance at the trap and midnight breakfast.

Sunday, July 12 plans are still being worked out.



History Center in Shevlin Offers “Historikids” Program on Homesteading

On the second Saturday of each month, the history center in Shevlin hosts a one-hour “Historikids” program. CCHS outreach coordinator Greg Powell will lead a discussion and craft project that tells the story of the people and history of Clearwater County.

The next historikids program “Little House in The Pines” will be Saturday morning March 14 at 11:00 a.m. Participants will learn about homesteading and what it took to build a home in

the pines. Hear stories of real county pioneers and see photos of original homesteads. Participants will construct a small log cabin replica.

The Program will last about an hour and is intended for ages 6-12 and a parent. A \$2.00 donation per child to cover materials is suggested. Use the NORTH GATE and back to door meeting room.

For more information call the History Center in Shevlin at 218-785-2000.

Samhold Women NALC
Everyone is Welcome! Samhold Church Basement Gonvick
 Business Meeting begins at 2:30 p.m.
 Program to follow “Family Safety Network”
Guest Speaker Misty Bjerkie - “Open Hearts, Open Minds, Open Arms”

Their belief is direct advocacy and education is vital to breaking the cycle of violence.

Lunch served 4-5:30 p.m.
Menu: Taco Salad,
 Fresh Fruit w/dip,
 Assorted Bars, Coffee, Lemonade.
Adults: \$5, Students under 12: \$2, Pre-School: Free, Take-out: \$5.

Do not be overcome by evil but overcome evil with good.
 Romans 12:21

DEFENSIVE DRIVING-Glenn Rettmann

Participants receive a thorough review of the “rules of the road”, with an emphasis on defensive driving practices. If you are 55 or older, successful completion of this class will allow you to receive a discount on your auto insurance. Note: If you’ve previously completed an 8 hour class you need only register for the 4 hour “refresher” course.

Mon, April 6 (refresher class)
 5:00-9:00 PM, CG commons \$15.00

Mon & Tues April 6 & 7 (8 hr)
 5:00-9:00 PM, CG Commons \$20.00

Sign up by contacting Judy Engebretson at 218-776-3112

Ext 102
 Or jengebre@clearbrook-gonvick.k12.mn.us
 Leave name, address, birth-date and phone number

“Thank You!”

To our children for helping us out with lots of trips to and from the hospitals and therapy days. Also thanks to all who sent cards, made phone calls, and their prayers. It means a lot to us to know people do help out in many ways! It is greatly appreciated!

Much Love to all,
 Frank & Annie Bergh

Food Shelf

Clearbrook-Gonvick Kindness Squad is pleased to take part in the food drive for the Clearwater County Food Shelf via the MN Foodshare March Campaign! During the month of March, we will have boxes set out in the hallways to collect non-perishable food which will be donated to our local food shelf at the end of the month.

Please bring your donations of non-perishables to the school to drop off and we will take care of the rest for you!

Also watch for our upcoming food shelf “foodraiser” at the Family Game Night at the school on Saturday, March 28th.

Music Jam at Cornerstone

Join us for a Country Music Jamboree with Country & Country-Gospel Music on Sunday, March 15th from 1:00-4:30 at Cornerstone Residence, 30 Sunset Ave. Nw. Bagley. Everyone is welcome!

Elim Mission Friends Meeting

Elim Mission Friends will meet on Thursday, March 12th, at 2:30 PM at the church. Diane Johnson will share the devotions and Kris Dahl will give the meditation.

Hostesses are Ashley Krog and Marilyn Shamp. All ladies are welcome to join us!

Clear Waters Life Center Happenings...

CLEARBROOK SITE:
 Celebrate Recovery Support Group: 7:00 PM, Thursday, 2nd floor of CWLC-Clearbrook, 256 2nd Ave., SW.

Shop-at-the-Top & Restore Furniture Shop: Open 10:00 AM to 4:00 PM, Mon.-Fri. & Sat., 10-12. Amazing prices! Well organized! Helpful volunteers!

Youth Connection: Tues. for grades 5-7, 3:30-5:00. “YC in Action” for grades, 8-12, Wed., 2:30-5 PM. Transportation available from C-G school. No charge. Registration/ permission forms are available online at www.clearwaterslife.org, “Programs”.

Adult Education: 6-8 PM, Tues., & 12:30-2:30, Wed. Offering ServSafe, GED & Accuplacer Prep, digital literacy & work skills training. Just drop-in during class.

GONVICK SITE:
 MSH Building Trades House tours are available M-W-Th-Fri, 10:00 AM – 3:00 PM or by appointment. Call 218-776-2789 to schedule, if you can’t make it during regular business hours.

Grow It! Basket Parties: Fri. & Sat., March 27 & 28, 9:00 AM to 12:00. Instruction ongoing as you arrive. Cost based on container & choice of plants.

Adult Day Services has openings for new clients, 18 & over. Licensed facility & professional staff in a home-like setting. Open Mon. & Wed., 10:00 AM to 3:00 PM. Questions? Call Marilyn at 218-487-5290, Ext. 1.

Transportation Service: Call Karen 24 hours in advance at 218-776-2223 or 218-637-0509 to schedule your ride.

Connection Mondays: Pickleball: 11:00-12:00 Free www.clearwaterslife.org, www.adultdayservicesgonvick.org, or www.mustardseed-homes.org and “like” us on Facebook pages.

Hours: Clearbrook, 256 2nd Ave., SW., office hours: 8-4, Tues.-Fri. Gonvick, 226 Elm St., M-W-F, 9-3.

This ad is sponsored by:



Church News

KINGDOM HALL OF JEHOVAH'S WITNESSES
 Sand Lake Ave & 5th St. Bagley
Thursday: 7:30 p.m. Bible Study; 8:00 p.m. Theocratic School; 8:30 p.m. Service Meeting.
Sunday: 10:00 a.m. Public Bible Talk; 10:35 a.m. Bible Study.

ST. JOSEPH'S CATHOLIC CHURCH
 Bagley 218-694-6416
Pastor:
 Fr. John Melkies Suvakeen
 Terri D. Parish sec.
Sunday Mass: 10:30 AM
 Call for weekday Mass times.

GOOD SHEPHERD LUTHERAN CHURCH
 CLEARBROOK & OUR SAVIOR'S LUTHERAN CHURCH LEONARD
Pastor Robert Kirchman
 Good Shepherd
Sun., March 15th: 9:00 a.m. Worship/Communion; 10:00 a.m. Coffee Hour/Sunday School
Wed., March 11th & 18th: 5:00 p.m. Soup & Sandwich; 6:45 p.m. Lenten Service; 5:45 p.m. Choir Practice; 7:30 p.m. Handbell Practice

Our Savior's
Sun., March 15th: 9:00 a.m. Sunday School; 10:30 a.m. Coffee Hour; 11:00 a.m. Worship/Communion
Wed., March 11th & 18th: 5:15 p.m. Lenten Service; 6:00 p.m. Soup & Sandwich

SAMHOLD LUTHERAN CHURCH - NALC
Wed., March 11th: 9:30am-Women's Bible Study
Sun., March 15th: 9:30am-Sunday School; 10:30am- Worship/ Holy Communion

UNITED LUTHERAN CHURCH
Pastor Kris Snyder
 8 miles North of Gonvick on County Rd 7
Sunday - 9am Church Services, 10am Sunday School
 Lenten Service March 4, 2020 7:00pm
 Lenten Services every Wednesday during Lent at 7:00pm, fellowship following

ELIM LUTHERAN BRETHREN CHURCH
 Clearbrook
Pastor Adam Krog
Wed, March 11th - 6:00pm
 Soup and Sandwich
 7:00pm Lenten Service
Thur, March 12th - 2:30pm
 Mission Friends, Hostesses: Marilyn Shamp & Ashley Krog
Sun, March 15th - 9:30am
 Sunday School; 10:30 Worship Service *Sunday School Kids will sing during the service
MUFFIN SOCIAL
 Following morning worship service.

FIRST BAPTIST CHURCH
 Clearbrook
Pastor Verlyn Strenge
Wed. March 11th: 6:30 p.m. Awana
Thurs. March 12th: 7:00 p.m. Bible Study & Prayer
Sat. March 14th: 7:00 a.m. Men's Prayer Breakfast
Sun. March 15th: 9:30 a.m. Sunday School, 10:45 a.m. Morning Worship Service

Senior Living Clearbrook-Leonard Senior Citizens

Senior Living St. Patrick's Day

Come join us on the 17th for a special St. Patrick's Day meal. Call before 9:00. Cost is only \$5.00 for those 60 and older.



Clearwater County Humane Society Quarterly Meeting, Sat April 4th, 2020 at 10 am at the D&R Café in Bagley
 OPEN TO THE PUBLIC

Clearbrook-Leonard Senior Meals

Wed., March 11 - Birthday Meal - Beef Cabbage Bake, Carrots, Pudding dessert, Biscuit and Milk.

Thurs., March 12 - Roast Turkey and Gravy, Mashed Potatoes, Broccoli, Cookie, Dinner Roll and Milk.

Fri., March 13 - Hamburger on Bun, Green Beans, Potato Wedges, Ice Cream and Milk.

Mon. March 16 - Liver or Pepper Steak, Buttered Potatoes, Peas, Cookie, Dinner Roll and Milk.

Tues., March 17 - Ham & Cabbage Boiled Dinner, Lime Jello, Pistachio Dessert.

Wed., March 18 - Chicken Wild Rice Casserole, Winter Blend Veggies, Pear Halves, Poke Cake, Bread and Milk.

Meals are served daily at 11:30 at the Clearbrook site except for evening meals served at 5 p.m. They are subject to change.

Please register for meals at least the day before. Call 776-3154 to sign up.

FAITH BIBLE CHAPEL OF CLOVER
 Leonard, MN
Sunday: 10:00 a.m. Worship Service.

REDEEMER EVANGELICAL LUTHERAN CHURCH - LCMS
 Church Location:
 Corner of Hwy. 2 & Red Lake Ave. SW Bagley, MN
 Pastor Eli Voigt
Sunday Divine Service: 9:30 a.m.
Sunday School / Adult Bible Study: 10:45 a.m.

GRACE FREE COUNTRY FAITH CHURCH
 1 mile south of Clearbrook, 2 miles west on Cty. Rd. 6
Senior Pastor Larry Dorman
 Associate Pastor Jim Binder
 Associate Pastor Nathan Nordlund
Youth Pastor Brad Binder
 Children's Minister Nicky Ubert
www.countryfaith.org
 218-776-3367
 cfcchurch@gvtel.com
Sunday: 9:00 a.m. Sunday School (Sept - May); 10:00 a.m. Worship Service (Dr Church during Sermon time); 10:00 a.m. Kids Worship (1st-6th Graders) most Sundays (Sept-May); 7:00 p.m. Youth Night (check the church website for dates or the Elevate Youth Facebook Page for up to date information)
Every Tuesday at 6:30 a.m. Men's Prayer
 * Wednesdays - Care groups in various homes

CLEARWATER LUTHERAN PARISH
 Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Mar. 11: 5:00 p.m. Wednesday School. Nazareth: 6:00 p.m. Soup/Sandwich. Lenten Service 7:00 p.m.
Thu, Mar. 12: 5:00 p.m. Lenten at Mt. Olive followed by Bible Study.
Sat, Mar. 14: 9:00 a.m. Mt. Olive.
Sun, Mar. 15: 8:00 a.m. Worship at St. Petri. 9:15 a.m. Sunday School; 8:45 a.m. Nazareth Sunday School; 9:45 a.m. Worship at Nazareth; 9:45 a.m. Oak Park SS, 11:00 a.m. Oak Park. LYS Bowling in Bemidji.

Tue, Mar. 17: 6:30 p.m. Lenten at St. Petri followed by Bible Study.
Wed, Mar. 18: 5:00 p.m. Wednesday School. Oak Park - 6:00 p.m. Soup/Sandwich. Lenten Service 7:00 p.m.
Thu, Mar. 19: 5:00 p.m. Lenten at Mt. Olive.

NEW JOURNEY CHURCH
 Josiah Hoagland, Pastor
 Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Mar. 11: 6:30 p.m. Youth Group. 6:30 p.m. AWANA.
Fri, Mar. 13: Friday School
Sun, Mar. 15: 9:30 a.m. Worship. 10:45 a.m. Sunday School.
Tue, Mar. 17: 9:30 a.m. Ladies Devotions. 10:00 a.m. Quilting.
Wed, Mar. 18: 9:30 a.m. Christian Women's Club. 6:30 p.m. Youth Group. 6:30 p.m. AWANA.

GULLY-TRAIL PARISH
 Bethany * Lund
 Sand Valley
Dawn Hanson, Lay Minister
Wed, Mar. 11: Sand Valley: 6:00 p.m. Soup/bread supper, 7:00 p.m. Lenten service.
Sun, Mar. 15: 9:00 a.m. Lund, 10:30 a.m. Sand Valley. 2:00 p.m. 7th & 8th grade confirmation.
Wed, Mar. 18: 2:00 p.m. Sand Valley WELCA. Lund: 6:00 p.m. Soup/bread supper, 7:00 p.m. Lenten service.

BETHEL ASSEMBLY
 Fosston
Seth Johnson, Interim Pastor
Sun, Mar. 15: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

VERNES LUTHERAN CHURCH
 McIntosh
Jill Torgerson officiating
Sunday: Services are at 9:00 AM (fellowship coffee following service)

DISCIPLES OF MESSIAH-YAHUSHA
 who obey Yahusha's teachings (John 8:31) are meeting each Sabbath in homes. (218) 766-8176 Homeless Shelter - Scriptural Counseling & Encouragement.

The Leader Record

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Today In Banking

Some “Straight Talk” On Banking Today ... That Can Make Banking Better For You...



We're Here To Serve Your Agricultural Needs

We're a strong, healthy, locally-owned Independent Bank. Our roots are in Agriculture. You can count on our expertise in Agricultural Banking to help you make the most of your operation.

We want to help you meet your goals and achieve your dreams.
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WELCOME BISHR AL DABAGH, MD

Dermatologic Surgeon

Dr. Al Dabagh is joining the Sanford team you know and trust to deliver expert skin cancer care. He specializes in Mohs micrographic surgery.

As an experienced Mohs surgeon, he is able to:

- Treat skin cancers
- Save healthy tissue
- Minimize scarring

SANFORD HEALTH

Dr. Al Dabagh is accepting new patients at Sanford Bemidji 1611 Anne Street Clinic.

Call (218) 333-5310 for more information.

BEAR TRACKS

Clearbrook-Gonvick School Menu

Thurs., March 12 - Chili Cheese Fritos, Cornbread or Turkey Sub

Fri., March 13 - *Snow Make up No School*

Mon., March 16 - Hot Dog on Bun, Tri Tater, Baked Beans or Grilled Cheese & Tomato Soup

Tues., March 17 - Tater Tot Hotdish with Dinner Roll or Taco Salad with Breadstick.

Wed., March 18 - Build a Burger with Fixings Oven Fries, Coleslaw. Both Lines the same today.

Thurs., March 19 - Pork Chop, Cheesy Potatoes, Peas and Carrots, Dinner Roll (9-12) or Ham Subs.

Salad Bar available to all during lunch each day.

Clearwater County Veteran Services Lindsey L. Veterans Service Officer

Clearwater County Veteran Services Update:

Greetings from the Veteran Service Office! First and foremost I would like to thank everyone that came out to "Give A Veteran A Lift", it was a great event that raised close to \$3,000 for our transportation program! Thank you to Tim Johnson and all of the wonderful entertainers and volunteers that made it happen!

Looking Forward: I will be attending the Minnesota Association of County Veteran Service Officers Spring Conference March 17th-19th, the office will be closed during these days so please plan accordingly if you were thinking of coming to see me.

Until next time, Lindsey L. Veteran Service Officer

Clearbrook game card winners 2020

Here's the list to date.

3/5.....Marcus Johnson.....\$50
3/6.....Warren Lundmark.....\$50
3/9.....Aaron Leintz.....\$50
3/10.....Susan Sandland.....\$50
3/11.....Jeremy Goudge.....\$50

Heart center..

Continued from front and services more smoothly providing a better, overall patient experience.

"This new space will allow for future expansions of services, and the capacity to hire an additional three providers and subsequent staff," said Kaileigh Chapman, director of cardiology. "The center will also have the ability to add a fourth cath lab and an electrophysiology specialist and services in the future."

Construction for the new center will take approximately 18 months wrapping up in fall of 2021. Kraus-Anderson Construction as well as 20-25 regional sub-contractors will be working on the project.

The center plans include implementing green/energy efficient practices similar to those that are currently in place throughout the medical center including LEDs, energy efficient boilers and access to single-stream recycling.

The healing garden located west of the center will remain in its current location for visitors and staff to enjoy. The space occupied by the current heart and vascular center will be used to expand current ancillary services.

"Thank you to everyone who has worked together these last four years to make this center a reality," said Jarvis. "With the help of this new center, we will be able to continue our promise to care for the health needs of our community."



Clearbrook-Gonvick Junior Varsity basketball team members with their families include from left to right: Faith Boden, Annaliese Ballard, Katie Bjerke and Sarah Reichert.



Clearbrook-Gonvick Junior Varsity basketball team members with their families include from left to right: Ella Engen, Mya Engen, Kelsey Johnson, Emma Rude, Maci Wagner and Kaylee Westrum.

On Memory of Dustin Frank Bergh

Dustin, you were born September 14th, 1993. You were such a darling child, You made us all so happy to know that our family will enjoy watching you grow up to fill your dreams with all of us, but your life was cut short on March 5th, 2017, you were only 23 years old. Cancer took you away from your loving family and friends. There isn't a day that goes by where you enter in our minds and prayers. We miss you and love you very much. Peace be with you, you are God's Angel, a gift for us to love and share forever. - March 2020
All our family misses you.
Your parents, Charles & Barb & family
Grandparents, Frank & Annie Bergh & family

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Clearwater County Sheriff's Office Weekly Activity

CW Bear Creek
03/06/20 13:23 Alarm
03/07/20 19:45 Traffic Stop
CW Bear Creek Total: 2
CW City of Bagley
03/01/20 20:16 911 Hang Up
03/02/20 14:15 Juvenile Misc
03/02/20 20:58 Traffic Stop
03/02/20 23:08 Threats
03/02/20 23:25 Traffic Stop
03/03/20 07:59
03/03/20 12:44 Court Order
Violation
03/04/20 15:59 Trespass
03/05/20 08:47 Traffic Complaint
03/05/20 15:39 Court Order
Violation
03/07/20 00:03 Medical
03/07/20 05:02 Medical
03/07/20 11:33 Traffic Stop
03/07/20 12:46 Traffic Stop
03/07/20 13:09 Traffic Stop
CW City of Bagley Total: 15
CW City of Clearbrook
03/02/20 22:15 Traffic Stop
03/05/20 02:53 Medical
03/06/20 03:47 Traffic Stop
03/06/20 05:36 Medical

03/06/20 19:33 Traffic Stop
CW City of Clearbrook Total: 5
CW City of Shevlin
03/05/20 12:24 Motor Vehicle Crash

03/07/20 23:01 Medical
CW City of Shevlin Total: 2
CW Clover
03/05/20 09:14 THEFT
CW Clover Total: 1
CW Copley
03/02/20 14:02 Juvenile Misc
03/05/20 19:32 911 Hang Up
03/07/20 00:52 Traffic Stop
CW Copley Total: 3
CW Dudley
03/03/20 13:27 Juvenile Misc
03/06/20 14:04 CHECK FORG-

ERY

CW Dudley Total: 2
CW Eddy
03/01/20 16:41 911 Hang Up
CW Eddy Total: 1
CW Falk
03/07/20 23:28 Medical
CW Falk Total: 1
CW Greenwood
03/03/20 22:39 Traffic Stop
CW Greenwood Total: 1
CW Holst
03/01/20 20:41 Traffic Stop
03/03/20 20:39 Traffic Stop
03/04/20 13:07 Traffic Complaint
03/05/20 20:55 Traffic Stop
03/06/20 19:52 Civil Complaint
CW Holst Total: 5
CW Itasca
03/02/20 08:51 Property Damage
CW Itasca Total: 1
CW LaPrairie N
03/03/20 10:47 Juvenile Misc
03/05/20 13:06 Medical
CW LaPrairie N Total: 2
CW Leon
03/02/20 10:22 Crimes Against Family

03/02/20 14:57 Traffic Stop
03/02/20 21:55 Traffic Stop
03/07/20 08:05 Traffic Stop
03/07/20 16:32 Suspicious Activity
CW Leon Total: 5
CW Minerva
03/03/20 23:32 Attempt To Locate

03/07/20 15:19 Traffic Complaint
CW Minerva Total: 2
CW Nora
03/02/20 09:04 Suspicious Activity

03/03/20 15:33 Fraud
03/04/20 06:30 Fire
03/07/20 09:21 Traffic Stop
03/07/20 15:46 Traffic Stop
CW Nora Total: 5

CW Out of Jurisdiction
03/02/20 08:18 Transport
03/05/20 07:03 Transport
CW Out of Jurisdiction Total: 2

CW Pine Lake
03/02/20 09:13 Civil Complaint
CW Pine Lake Total: 1
CW Popple
03/02/20 10:39 Crimes Against Family

03/02/20 11:16 Crimes Against Family
03/05/20 07:32 Motor Vehicle Crash

03/06/20 22:51 Traffic Stop
03/06/20 23:20 Information Only
CW Popple Total: 5
CW Shevlin
03/01/20 03:51 Traffic Stop
03/01/20 18:52 Traffic Stop
03/02/20 20:31 911 Hang Up
03/04/20 08:43 Domestic
03/04/20 17:41 Assault
03/05/20 21:55 Information Only
03/05/20 20:41 Traffic Stop
03/06/20 09:08 911 Hang Up
03/06/20 17:07 911 Hang Up
03/06/20 18:11 Motorist Assist
CW Shevlin Total: 10

CW Sinclair
03/03/20 19:50 Medical
03/04/20 16:34 Welfare Check
03/05/20 14:00 Suspicious Activity

03/06/20 13:44 Fire
CW Sinclair Total: 4
Total Records: 75

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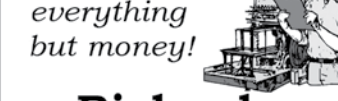
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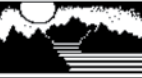
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Jason Bakke came to school to enjoy breakfast with his daughter Emmalynn at the 9th annual “Donuts with Dads” event held at Clearbrook-Gonvick Schools.



Luke TeHeneppe invited his dad, D.J., to the “Donuts with Dads” event. Students and their special guests enjoyed breakfast together. The students could also bring their guest to their classroom to read together before school started.



Chad Petit and Gracie Petit shared a special breakfast at school on Friday, March 6th. Students at Clearbrook-Gonvick invited their dads or other important adults to share donuts and fruit before school started.



Robin Proffit and her food service staff had an especially busy morning, serving a big crowd for “Donuts with Dads” day at Clearbrook-Gonvick Schools. Pictured are Danielle Derby, Robin Proffit, Janelle Maxie, and volunteer Gwen Eck.



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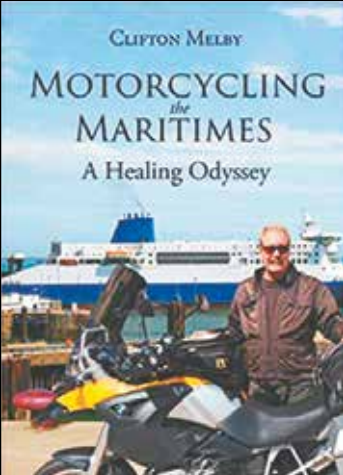
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Cliff Melby from Oklee becomes newest local author



Oklee local Cliff Melby has been busy in his retirement years working on a book which is now available on Amazon.com and at Oklee Lumber.

Cliff is a very good writer and has a knack for telling stories so it is no surprise that he would start putting his words down on paper for publishing.

This is from the back of his book:

It was August 9, 2015, still dark in the early hours of a cool Autumn Sunday morning. I was eager and excited about my second ride into the Maritimes with the route including both Newfoundland and Labrador, the two provinces I missed on my first visit. On my last ride there, while conversing with a total stranger in Nova Scotia, it seemed to me that I had been more than cordially invited but almost contracted to make this trip. Although it seemed very strange to me at the time, such was his influence.

While on the ferry from North Sydney, Nova Scotia, to Argentia, Newfoundland, through the long dark hours of the night, a strange and haunting incident occurred. I healed from the physical injury of the incident in a few days, but mentally it proved to be a different matter. I had to share this in order to move forward. This was my inspiration to write this book. It is a work based almost entirely on my daily journal entries but also includes some fiction. While continuing on my ride, I began a lengthy healing process with the help of a very strange visitor.

I am happy to say that today, this whole adventure is filed away safely in a good place. I find myself longing for yet one more visit.



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