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McINTOSH

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Times

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McIntosh, Minnesota

Open House meeting
for Upper Sand Hill
River targeted watershed

The East Polk SWCD, along with the Sand Hill River Watershed District would like to invite you to an "Open House" meeting to present opportunities for water quality improvements thru conservation practices including sediment control basins for targeted locations within the Upper Sand Hill River Watershed.

There will be a short presentation on how the targeted areas were determined and how the cost share program works, followed by an open-house forum for questions and program sign-up information. Houston Engineering and the Red River Valley Conservation Service Area Engineer will be available for questions.

The Minnesota Department of Ag will be in attendance to present information on the Minnesota Ag Water Quality Certification Program. If cer-

Red [raspberry],
white, and blue[berry]:
celebrate with local berries

July brings a bounty of fresh berries into season that we can't wait to have on our plates! It is important to remember that, like strawberries, the blueberry and raspberry seasons vary greatly from southern to northern regions of the state. Search through the 78 local farms offering blueberries or raspberries in the Minnesota Grown directory.

We spoke to a variety of berry farmers across the state to check-in on the current berry crop. Most berry farms in southern and central Minnesota open this week while others in Northern Minnesota will open at the end of July. As always, it is important to call your local producer as the season progresses to check on availability.

When picking raspberries, grasp the berry gently between your thumb and finger and pull downward. If the berry is fully ripe it will fall easily into your hand using this method. If the berry does not detach easily, it is not yet ripe. Remember, raspberries do not continue to ripen after picking. Choose only those that are fully red. Place in shallow containers and refrigerate as soon as possible.

Use a similar technique to pick blueberries by rolling the berry between your thumb and palm. A ripe berry will fall off the stem easily and into your hand. Blueberries will not continue to ripen after being picked so avoid the green or white ones. Do not wash the berries until they are ready to be processed. Blueberries may be picked and placed in deep containers for storage. They

tified through the MAWQCP, landowners are considered to be in compliance of any new rules that are enacted for a 10 year time frame following certification. This would include the proposed Nitrogen Fertilizer Rule.

East Polk SWCD staff will also be available to answer questions pertaining to buffers and cost-share for buffer establishment. Buffer Cost Share Forms will be available for those interested in cost-share for establishment of buffers.

Where: McIntosh Community Center

When: August 16, 2017 beginning at 9:30 a.m.

Coffee and cookies will be served.

For further information regarding the open-house, please contact: East Polk SWCD, 240 Cleveland Ave., McIntosh, MN 56556; Ph: 218-563-2777.



will keep in the refrigerator for up to two weeks.

There are over 200 species of raspberries, but only three are grown commercially – black, red and purple raspberries. Traditionally, raspberries were a mid-summer crop, but with the help of new cultivars we are able to enjoy the berries for a much longer season. Many different varieties of raspberries grow in Minnesota and are referred to in different ways depending on when they bear fruit and how often. Some people refer to them as summer-bearing, fall-bearing or ever-bearing raspberries.

Since they grow well in our temperate climate, Minnesotans love them! They can be considered invasive because their vines spread easily if they are not pruned. They propagate using extended underground basal shoots that develop roots and grow into individual plants. These plants grow a short distance away from the main plant and also send out basal shoots. Raspberries are vigorous and can take over your garden if left unattended.

Did you know that raspberries..

Continued on page 2 ...



A great game of basketball from the Win-E-Mac Junior High girls during basketball camp that was held last week at the school.

WEM 2017-18
Fall sports meeting

The Win-E-Mac fall sports meeting will take place on Wednesday August 9th at 6:00pm.

At the meeting a variety of topics will be covered ranging from student expectations and consequences, MSHSL rules & expectations of parents.

A licensed official will also be at the meeting to talk about a few topics.

Individual sport meetings will follow.

Every three years a student-athlete needs a physical. These need to be completed before students will be allowed to practice.

If there are any questions



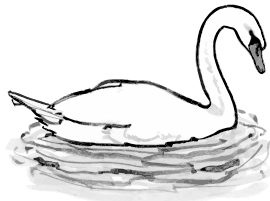
please contact Aaron Cook at 218-687-2236; 218-563-2900; or email at Lacook@win-e-mac.k12.mn.us.



Leveah Kiecker was one of the many kids who attended this years summer basketball camp at Win-E-Mac school.



Debbie and Wes Kaupang's home is this weeks McIntosh Times/Community Club Yard of the Week. The well tended yard is a beautiful sight with plenty of places to sit in the shade and enjoy a great summer day. Congratulations to Debbie and Wes!



Community
Calendar

Wed. July 26: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Thurs. July 27: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. July 28: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. July 31: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. August 1: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. August 2: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Thurs. August 3: DIY Magic Show 10:30am @ McIntosh Library; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. August 4: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. August 5: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's



The Mac-High Class of 1967 recently celebrated their 50th reunion. See the story on page 2 of this week's McIntosh Times. Pictured: (front l-r) LaRae (Lanman) Kaupang, Susan (Jallen) Nordquist, Donna (Eraker) Skeie, Shirley (Bartz) Meloche, Tim Lecy, David Sannes; (second row) Corinne (Eggars) Woodhouse, Mark Simonson, Elaine (Shaver) Roed, Mary (Rolf) Aadahl, Karen (Sonsteli) Jacobson, Beverly (Bartz) Anderson, Craig Burslie, Alan Hedlund, Darrel Johnson, Merle Burnett, Fred Landgraff, Ronnie Roed; (back row) Judy (Jore) Sprung, Richard Simonson, Milton Yergens, Wayne Strom, Lloyd Larson. Missing: Harris Bartz.

Cooking with raspberries

Berry Bread Pudding
8 cups of bread, cubed or torn into 1 ½ inch pieces
4 cups mixed berries (blackberry, raspberry, strawberry, or blueberry)
8 eggs
¾ cup sugar
3 cups milk (reconstituted dry milk or UHT milk)
1 tablespoon vanilla
1 teaspoon cinnamon
¼ teaspoon nutmeg
Powdered sugar for dusting (optional)
1. Preheat oven to 375°F. Grease 8 by 11 inch pan.
2. In large bowl, toss the bread cubes with the berries to distribute evenly. Place in pan, pressing with hand if necessary to fit.
3. In another bowl, beat the eggs with a whisk or electric mixer on low speed until frothy.
4. Add sugar and beat until well blended.
5. Add milk, vanilla, cinnamon, and nutmeg, and continue beating on low speed until well blended.
6. Pour egg mixture over the bread and berries, pressing bread gently to come in contact with egg mixture.
7. Bake for 30 to 35 minutes, or until a cake tester or toothpick placed in the center comes

out clean.
8. Remove from the oven and allow to cool.
9. Just before serving, dust each top with powdered sugar, if desired.
Raspberry Crumb Bars
1 large egg
2 1/2 cups all-purpose flour
1 1/4 cups butter
1/2 teaspoon salt
1 teaspoon cinnamon
¾ cup raspberry preserves
1. Preheat oven to 350°.
2. Grease an 8 inch square pan.
3. Mix together all ingredients except the preserves on a slow speed until crumbs form.
4. Set aside 2 c of the crumb mixture for later.
5. Press the remaining crumbs into the greased pan.
6. Spread preserves on top of pressed crumbs.
7. Sprinkle the remaining crumbs evenly on top.
8. Bake for 30-40 minutes until the crumbs just start to brown.
9. Cool and serve.
Simple Raspberry Sauce
cups fresh raspberries
¼ cup sugar
1/2 teaspoon vanilla
2 teaspoons cornstarch + 1 tablespoon water
1. Place raspberries, sugar and vanilla in a blender and process until smooth. Taste

and adjust for sweetness, adding more sugar, if desired.
2. Strain puree through a fine mesh sieve to remove seeds.
3. In a small bowl, stir together the cornstarch and water. Pour the strained raspberry puree into a medium sauce pan, along with the cornstarch mixture and whisk to mix well.
4. Bring the raspberry sauce to a boil over medium-high heat. Lower heat to medium and continue to simmer, stirring frequently, for an additional 5-7 minutes, until sauce is thickened.

Raspberries...
Continued from page 1 ...
ries rank high on the list of the world's most popular berries, and the United States is among the world's top producers? Blueberry and raspberry picking is a great family-friendly activity! Pick-your-own berries can also be an economical way to incorporate more of these healthy fruits into your diet. Blueberries and raspberries are nutritious because they are high in antioxidants and Vitamin C. They are excellent eaten raw or made into jams and jellies. They steal the show when baked into desserts, breads, or muffins.
Dan Whitcomb from JQ Fruit Farm in Princeton said, "Fruits purchased from a local producer are going to be much fresher and last much longer than those shipped from afar. They are often picked day of purchase and are hand harvested. This could extend your storage and use of berries by days or weeks! You will always find higher quality fruit when purchasing from a local grower."

Raspberry Pruning

By Jake Overgaard
Extension Educator, Winona County
Pruning of raspberries is done to improve yield, ease of management/harvest, and to lower the incidence of disease by removing dead/dying tissue, increasing light penetration/air movement, and spray penetration. Below are some simple guidelines for pruning different types of raspberries. Remember that raspberries have perennial roots and biennial canes. The canes are distinguished as primocanes (1st year's growth) and floricanes (2nd year's growth).
Primocane Fruiting Raspberries aka Everbearing
Prune floricanes to the ground after final harvest
Thin primocanes (next year's floricanes) late in the fall to 4-5 per linear foot (If concerned about hardness, thin in the spring when winter survival is apparent)
Head back (prune) floricanes in spring just below winter injury point, or no more than 25% the height of the cane
Summer-Bearing Red & Yellow Raspberries
There are two options for primocane fruiting raspberries; they can be pruned to

produce a summer and fall harvest, or a fall harvest alone. Pruning for fall berries alone is much easier, but there is more risk that you won't get a crop because of fall frost risk and because there is no summer crop.
If you want both summer and fall berries...
Thin the primocanes (next year's floricanes) to 4-5 canes per linear foot, select the best canes
If concerned about hardness, thin in the springtime when winter survival is apparent
In the spring, prune the floricanes a few inches below the last node that produced fruit as a primocane in the fall
If you want only fall berries...
Cut all canes down to the ground in the Spring before growth starts. Yep, that's it
Black & Purple Raspberries
Tip the primocanes (cut or pinch off the top 2-3") when they reach 24-30"
Prune side branches to 12-18" on floricanes in the spring and select 4-5/hill
After fruiting, cut floricanes to the ground
For more information on raspberry production, visit Raspberries for the Home Garden at <http://z.umn.edu/83u>.



Thank you for the beautiful "Quilt of Valor" that I received at the McIntosh Memorial Day program. Also, thanks to the ladies that made this possible.

Thank you,
Kerry Mandt

M18C

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



Upper Sand Hill River Targeted Watershed

The East Polk SWCD, along with the Sand Hill River Watershed District would like to invite you to an "Open House" meeting to present opportunities for water quality improvements thru conservation practices including sediment control basins for targeted locations within the Upper Sand Hill River Watershed.

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When: **August 16, 2017 beginning at 9:30 a.m.**
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For further information regarding the open-house, please contact:
East Polk SWCD
240 Cleveland Ave.
McIntosh, MN 56556
Ph: 218-563-2777

M18-19C



CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor
Wed. July 26: 6:00pm Mass at Lengby Lake Pailion
Sun. July 30: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. August 6: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou
Supply Pastor Gordon Syverson
Sun. July 30: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. August 6: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Supply Pastor Gordon Syverson
Sun. July 30: 11:15am Worship Service.
Sun. August 6: 11:15am Worship Service.

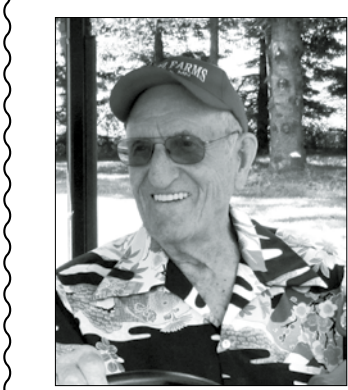
GOSEN LUTHERAN CHURCH Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. July 26: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
Sun. July 30: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in paper)
Tues. August 1: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2
Wed. August 2: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Thurs. July 27: 7:00am Men's Breakfast at Mt. Carmel
Sun. July 30: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity
Thurs. August 3: 7:00am Men's Breakfast at Mt. Carmel
Sun. August 6: :30am Worship at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh
Pastor Jill Torgerson
Sun. July 30: 9am Worship
Sun. August 6: 9am Worship

DOVRE FREE LUTHERAN
Pastor Don Edlund
Wed. July 26: 7:00pm Bible Study
Sun. July 30: 10:00am Worship Service
Wed. August 2: 7:00pm Bible Study
Sun. August 6: 10:00am Worship Service
Wed. Aug 9: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH McIntosh
Rev. John Anderson, Pastor
Sun. July 30: 10:45am Worship Service
Sun. August 6: 10:45am Divine Worship with Holy Communion
Holy Communion 1st and 3rd Sundays



Clifford Bartz McIntosh Minnesota
The McIntosh Heritage and Arts Center recently held its annual picnic at the home of Curt and Judy Bartz. A breakfast feast was served, along with coffee, cake and goodies. A short program honoring two members of our community, Lloyd Schliecher and Clifford Bartz, was presented. The honorees were celebrating their 97th and 95th birthdays respectively.
The duo shares a July

15th birthday, a friendship, community and church affiliations that go back to the early days of our small town. Cliff, born to William and Emma Bartz, along with ten siblings were raised on the family farm east of McIntosh. His parents and grandparents being charter members of Immanuel Lutheran Church, a lineage that continues to this day. The church was five years old when he was born. At the recent 100th anniversary of Immanuel, the program listed all the pastors that had served the church. He knew all of them. His family is now in its fifth generation of membership in attendance at the little church in the northwest corner of town.
According to Clifford's daughter Bev, "Dad went to school through the eighth grade. He talks about being the class Valedictorian, and then with a smile, he says, it wasn't that hard, I was the only one in the class. His last teacher was Ethel Libitz. He also had Mrs. Ramsey, Alma Stennes and Ella Fredrickson. In eighth grade dad attended 116 days of school. At that time, the school year was 160 days verses the 178 or so that we have nowadays. He said the students had to go to school to learn to read and

write and didn't have time for ball games."
Early on Cliff worked on a farm in Montana. He went out west with his brother Ray, who already had a job out there. He borrowed a car and drove out to various farms to inquire about work. He wound up working for a farmer who didn't even ask his name before hiring him. When he asked the farmer about it, the farmer relied, "I saw the license plates on your car and they said Minnesota, I knew you would be a good worker." Cliff returned to the McIntosh area in 1946 and enlisted in the army.
Planning on becoming a pilot upon enlistment, he soon found that his colorblindness would make being a pilot impossible. Instead, young Mr. Bartz fought under General Patton in the United States Army. On one assignment, they started out with a full troop of 100 soldiers, by the time they reached their next stop only 7 had completed the mission. He fought for America then and still loves America and the freedom that he has.
Upon returning to McIntosh, Cliff met Betty. She worked at the creamery as an egg candeler. The couple married in 1948. They rented a farm from Pete and Helen Maunt. Three years later they

purchased the farm that remains his home today. Upon the purchase and move to their new home on the farm, they purchased 3 additional cows, a used pickup to haul the milk and a new tractor. They had been awarded one of three VA loans given out that year. According to Bev, it is quite the story, all taking place in a single day. A story that one should ask Cliff about, if you get the chance.
For most of his life Cliff farmed, his farm site lies just north of the farm site where he grew up.
Cliff and his wife raised three children, Bev, Clayton and Curtis. He was involved with the township rules and regulations and served as a supervisor, worked for the ASCS, Church Board, Creamery Board, as well as the CO-OP Board. He was also involved with the VFW, marching in the Memorial Day parade until 2015. "Dad believed in being honest and he and mom showed us by example on a daily basis. They ran their farm with no production loans, no crop insurance and us kids didn't have student loans.
They trusted in God and were frugal in their expenses. We kids knew love, discipline and respect."

Community Birthday and Anniversary Calendar

Wed. July 26:
Parker Graff, Wayne Brekke, Lian Schow, Kimberly Carlson
Thurs. July 27:
Makenzie Ohma, *Jer-er & Theresa Agnes
Fri. July 28:
Diane Boucher, Madisen Pries, Tiffany Writh
Sat. July 29:
CK-athy Finseth, Cecil Finseth
Sun. July 30:
Grafton Langemo, Cody Huschle
Mon. July 31:
Steve Urness, Sydney Svalen
Tues. August 1:
*Jim & Eileen Votava



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"Serving the Win-E-Mac area"

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Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas where we are having some hot and sticky days and nights. Still no rain to speak of and we definitely are in need of it. Hopefully we will get some soon and without the storms that usually follow the hot and muggy days.

Summer is slipping by to quickly, We will be into the month of August in about 10 days and that means that some of the children will be going back to school in a little over a month along with the colleges starting back up again.

Wednesday the 12th Paul Carlson stopped by the Milton Carlson home for a brief visit and a cup of coffee to start his work day.

Last Friday Eddie Martin of New Brighton and Kelly Johnson and Granddaughter Lilly were visitors at the Pulskamp home.

Kenny Jorstad of Washington is vacationing in the area and has spent the last week at the Lucy Brtek home, during this time they have been visiting friends and families of them both.

Judy Gieseke was a dinner guest and visitor with Milton Carlson at the Carlson home last Wednesday.

Betty Lou Myhrum was among the family and friends that attended the Burcham/Hillestad wedding held last Saturday afternoon. Betty's Granddaughter Chelsey Haugen was one of the attendants.

Paul Carlson stopped in at the Milton Carlson home on Friday morning on his way to work for a brief visit and a freshly brewed cup of coffee to go.

Donnie Johnson of Maple Lake, MN and Nola Abele of Fosston visited on Monday afternoon at the Dean Johnson and also at the Pulskamp home.

While out and about last week Lucy Brtek and Kenny Jorstad were visitors in Fosston with Sheldon Lee and several other friends and family.

Last Saturday morning Chelsey Haugen and Steven Cullen of Thief River Falls were visitors with Grandma Betty Myhrum at Betty's home.

Sunday the 16th Milton Carlson and Lonnie and Judy Gieseke enjoyed dinner together. That evening Milton Carlson, Lonnie and Judy Gieseke, Roy, Lisa and Ryan Schaumburg and Ryan's friend Krystin were all supper guests of Mike, Kari, Terry and Olivia Keller at the Keller home at Bejou to observe Lonnie Gieseke's birthday

seke's birthday

Eddie Martin of New Brighton returned to his home last Saturday after spending a week with Dean Johnson at Dean's home and visiting with other family and friends in the area.

Monday afternoon the 17th Chad Carlson was a visitor with Milton Carlson at the Carlson home.

Ernie Flermoen of Muskegon, MI was a recent visitor with Betty Myhrum at Betty's home.

Unfortunately this is all the happenings I was able to come up with. Help NEEDED.

In closing, a bad attitude is like a flat tire, if you don't change it, you will never go anywhere!

From Bun Manor:

Shawn Balstad wanted to make sure that Bun told his readers that she bought him and Dale lunch at the Lunch box in Winger last week. Such a nice lady!

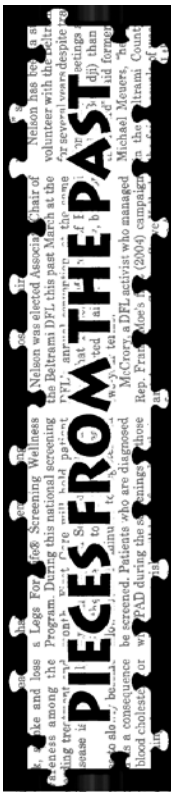
Dale Balstad celebrated his 46th birthday with a dinner party at Moran's. Those lucky enough to attend the event were Lorri, Steve and Brian, Ole, mama Joyce and Bun. Bun thought the boys could shake to see who would buy Dale's meal. Imagine to his surprise when he found out Ole had already bought the birthday boys meal. Strange days indeed. Most peculiar. They adjourned uptown after Moran's and enjoyed music by Wild Wes. Others from Winger joined them at the round table. The Single Winger boys took a double take when some real live women came in the door. These days sighting of women in town is a rarity. Trouble is they are 20-30 years to young for the boys.

Since Bun has no more news this week he will tell you about one of his fiascoes that happened on Sat. He went to Winger and had lunch with his buddies Bert and Dale. Following lunch he had Dale put a gallon of milk in the back of his van close to the door so he would have easy access to it when he got home. Luck would have it that when he was entering the garage he had a mind and brake malfunction that caused the van to hit the garage wall. Minimal damage to the wall and van but the impact of the hit caused the milk to fall forwards and out of Buns reach. Since no one was home and the temp was over 80 degrees he needed to get the milk out of the van. He went into the house and got his stick and tried to fish it out so

he could reach grab it. After twenty minutes or more of no luck. He noticed the neighbors car was home. He wheeled over there and knocked on the door. No one answered so he went out the side garage door only to find no one was out front. He went back through the door and got stuck on the rug causing him to spin out. He had his portable house phone on his lap but got no reception. He did manage to get himself free from the rug and went back home. He also got the milk out after a few more efforts with the stick.

Don't forget to attend the Winger Fire men's Ball in Winger this coming Saturday night. There will be a free will supper consisting of pulled pork, potato salad and more followed by live music outdoors. They would appreciate all the support they can get.

Joann and Carsten had a very busy weekend guests were, daughter, Denise from Fargo, Joanne's sister, Kathy from Plymouth, MN., Kathy and Niel's son, Andy and his wife Irene, Joanne's sister, Linda and her husband, Pete Haedtke from Fort Myers, Florida, as well as 2 of Joanne's cousins Bill and Kelly Marek from New Prague, Minnesota area (they came by Motorcycle). Denise furnished a great spread of snacks and appetizers. After about 3 to 4 hours



40 years ago...1977: Fritz Weible (former AFS student from Switzerland at Mac-Winger High) along with Lori Raben and Victor Bly (both Mac-Winger juniors) accompanied Gaudi Wieble (brother of Fritz) to the Kennedy Airport in New York so he could return to school in Switzerland. Fritz and Gaudi have been visiting around the area about one month.

of intense visiting, the Merek brothers took us all to Lakeview for dinner. Denise stayed in Winger until Sunday afternoon.

MDA Value Added Grants now available

\$1 million available to increase sales of agricultural products

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$1 million through the competitive Value Added Grant Program. Funding for the grants was established through the Agricultural Growth, Research and Innovation (AGRI) Program to advance Minnesota's agricultural and renewable energy industries.

The Value Added Grant program seeks to increase sales of Minnesota agricultural products by diversifying markets and increasing market access and food safety of value-added products.

"We're excited to see what kinds of projects will be represented in this round of applications," said MDA Grant Specialist Julianne LaClair. "The Value Added Grant program helps drive sales of Minnesota agricultural products, which can bolster farmers of all kinds, all over the state."

New or established for-profit businesses may apply for funding to purchase equipment or make physical improvements.

Applications that have a meat processing or marketing component, or address a food safety plan will receive priority.

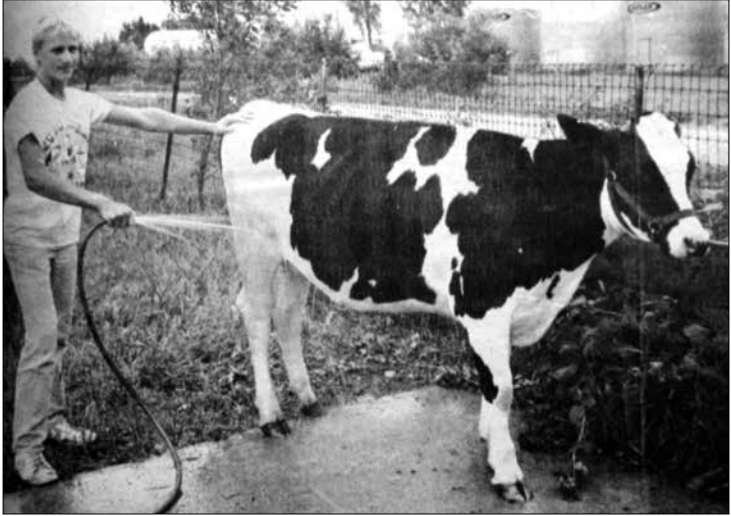
Grant funds reimburse up to 25 percent of the total project cost with a maximum award of \$200,000 and a minimum of \$1,000. Equipment purchases and facility improvements are eligible.

Applications must be received no later than 4:00 p.m. on Wednesday, September 20, 2017. Applications are available at www.mda.state.mn.us/grants/grants/valueaddedgrant.aspx and may be submitted online, by mail, or in-person.

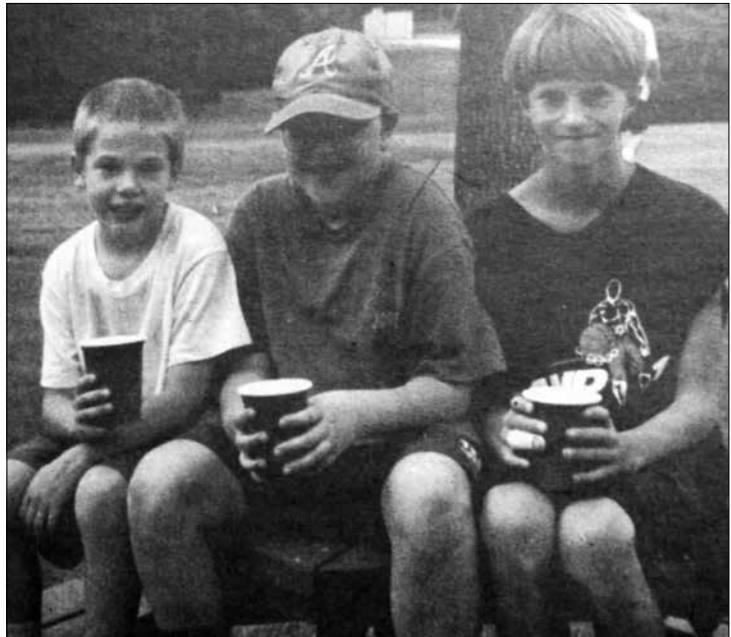
MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.



30 years ago...1987: Chad Carlson, son of Paul and Donna Rae Carlson of Winger, is preparing his Senior Yearling "Kate" for 4-H Dairy Judging. Chad says Kate is a good calf for showmanship as she leads well and shows herself well. Chad received a red ribbon on his winter calf and his senior yearling.



20 years ago...1997: (L-R) Brothers Nick and Nathan Stark and Bobby Strom found a cool place to sit as they "smapple" the draft root beer. The boys needed a cooldown time from playing during the summer recreation picnic in Roholt Park.

Your retirement planning starts with Social Security

By: Patty Hoffman
Social Security Public Affairs Specialist

Right now is the perfect time to start planning for a secure, comfortable retirement. And you can count on Social Security to help you begin the process.

First, we encourage you to set up an online my Social Security account so you can verify your lifetime earnings record and make sure you get credit for all of your contributions to the Social Security system through the Federal Insurance Contributions Act (FICA) payroll taxes. If you haven't set up your personal my Social Security account yet, you can do so at www.socialsecurity.gov/myaccount.

Then, you can use our online earnings history and our online retirement estimators and calculators to get a glimpse of what your Social Security retirement future looks like. You'll find important details such as your retirement age, life expectancy, and estimates of how much you may receive in future retirement benefits from Social Security.

As you look ahead to ensuring a secure, comfortable future for you and your family, it's important to keep in mind that Social Security replaces about 40 percent of your pre-retirement income, on average. So, a responsible retirement plan includes planning for more than Social Security.

Here are some more things you can do now to build your financial security:

- o Contribute to pension plans offered by your employers;
- o Maintain and grow

savings accounts; and

- o Open and regularly contribute to an individual retirement fund.

These steps — combined with your Social Security benefits — will go a long way toward ensuring a comfortable quality of life for you and your loved ones in the future.

If you don't already have a retirement account, you can start one today by visiting www.myra.gov. Developed by the U.S. Department of the Treasury, myRA offers those without an employer-sponsored retirement plan an affordable and secure way to save for later in life.

As you plan for a financially secure future, please keep in mind that our Retirement Estimator and benefit calculators provide you with estimates — not guarantees. We can't provide your actual benefit amount until you apply for benefits.

Our estimates may differ from your actual benefit amount if your future earnings increase or decrease, if laws governing benefit amounts change, if you've served in the military, or if you've had jobs in which you did not pay Social Security taxes.

Social Security is with you throughout life's journey, from your first paycheck to receiving your first retirement deposit in your bank account. And, as our nation's most successful anti-poverty program, we'll continue to provide you and millions of other Americans with financial protections to ensure a secure tomorrow.

To learn more about our programs, please visit www.socialsecurity.gov.

Patty Hoffman is the Public Affairs Specialist for ND and Western MN. You can write her c/o Social Security Admin-

istration, 4207 Boulder Ridge Road, Ste. 100, Bismarck ND 58503 or via email at patty.hoffman@ssa.gov.



10 years ago...2007: The Win-E-Mac Legion took on Win-E-Mac Alumni in baseball. Pictured is Alumni players: Back L-R: Andrew Renna, Phil Lee, Kevin Branstner, Brenden Morrison, Russ Johnson, Nate Johnson; Front: L-R: Dustin Vedbraaten, Aaron Cook, Nate Stark and Justin Moran.

Random Things and Stuff



Where Are You From? HUNGARY! By: Emily Lynne

The next person from camp I chose to interview is from Hungary! Here are ten things to get to know a Hungarian:

- 1. What is something unique about your home place?
 - a. We have the most spas from the 14th century still operating.
- 2. What is your favorite place to visit where you are from?
 - a. The park by the river in my hometown and the vineyards in Northern Hungary.
- 3. What is your occupation?
 - a. I work for the summer camp industry full time.
- 4. Do you know any celebrities that are from your home place?
 - a. Hungarians invented Rubik's cube, ballpoint pens and matches, but I don't know any classic celebrities.
- 5. What is a unique food item to your home place?
 - a. Gulyas soup
- 6. How far is Minnesota from your home place?
 - a. 4858 miles
- 7. What is your favorite thing about Minnesota?
 - a. That people are really nice here. The wild rice soup also.
- 8. Do you have any traditions in your home place?
 - a. My hometown organized a "Goodbye Summer" parade every year on the first weekend of September.
- 9. What are the most popular sports in your home place?
 - a. Water polo and rowing
- 10. Would you ever travel back to Minnesota? Why or why not?
 - a. Yes! The lakes and the people are amazing!



The Senior High players during basketball camp last week at Win-E-Mac School.

WEM School Announcements

Attention 9-12 Football Players

Practice will start on Monday August 14 at 7:00am at the Win-E-Mac School. Equipment handout will be on Wednesday August 9 at 430, with the Parent meeting to follow. All student-athletes should have a physical on file every three years. If this has not been completed the student-athlete will not be allowed to participate until its completed. If there are any questions please contact me. Elementary and Jr. High football Friday, August 18th Pick-up Gear and Schedules at the football shed

9:00 am 7th and 8th grade 9:30 am 5th and 6th grade Monday, August 21st ELEMENTARY AND JR HIGH PRACTICE 6:00pm -8:00pm Tuesday, August 22nd ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am Wednesday, August 23rd ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am Thursday, August 24th ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am Friday, August 25th ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am Monday, August 28th ELEMENTARY AND JR HIGH PRACTICE 6:00pm -8:00pm Tuesday, August 29th EL-



Kalli Roy tested out her catapult as her friends kept working on theirs during the McIntosh Library Summer Reading Program event last Monday, July 17th. The next events are Monday, July 31st at 10:30 am where kids will have fun making a banner to take home. The final event of the summer is Wednesday, August 3rd with a DIY Magic Show at 10:30 am. The events are open to kids of all ages.

EMENTARY AND JR HIGH PRACTICE 6:00pm -8:00pm Wednesday, August 30th ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am Thursday, August 31st Jr. High game vs. Stephen-Argyle Central @ Argyle 5pm Practice will resume Tuesday, Sept. 5th, after school from 3:30pm -5:00pm for both Elementary and Jr. High. No Jr. high practice on Wednesdays (only Elemen-

tary) Elementary has their first game Sept. 8th at home. We will need parent volunteers to help in the concession stands. Win-E-Mac Cheerleading Camp Day: August 2nd - 9:00 am-4:00 pm - lunch provided Tryouts: Monday August 7th and Thursday August 10th from 5 pm - 7 pm. Attendance is Mandatory



SPORTS PHYSICALS

altru.org/sportsphysicals

August 8 & 14, 2017

Altru Clinic | Erskine | 23076 347th St. SE

Altru is offering these exams at a reduced cost of \$35 which will be donated back to your school's athletic department. When you make your appointment be sure to state that you wish to schedule a sports physical at one of the clinics. Call 218.687.5317 for appointment. \$35 due at time of physical.

- GIVE BACK TO YOUR SCHOOLS -



Win-E-Mac Varsity Basketball Coach, Vern Johnson hossted basketball camp last week at the school. Here he is with a few of the elementary kids as he is handing out awards at the end of the week.



There were a lot of kids (some from out of the area) that attended basketball camp last week at Win-E-Mac school with Coach Vern Johnson.