



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Give thanks for our small town

As we give thanks this week for all our blessings in our lives, remember those that keep our small town alive. The author of this is unknown.

Thank you from my family for the Mainstreet Merchants who:

Shared kind words when Mother died and put treats in my shopping bag for the kids.

Special ordered items for my Husband's unusual diet.

Donates regularly to our school & civic groups even though some of the requestors have never been in the store.

Smiled bravely at check-out when a local person was overheard to say "I am so glad that you are open because I forgot to buy sugar when I

did my weekly shopping at the competitor's store."

Pays taxes on their business which supports our local school, Fire Department, Senior Center and pays for repairs on our roads

Took the financial risk to open a business in our town.

Sometimes we need to be reminded that every dollar we spend outside of our community is a dollar less that our merchants have to pay their taxes, utilities and mortgage. I am so proud to be part of a community which is caring, supportive and encouraging and I know that we can work together to keep our community strong and vibrant.

Author Unknown

Polk County Health to form a Youth Advisory Board
Applications Being Accepted Now

The Polk County Board of Commissioners has recently approved the formation of a Youth Advisory Board (YAB) for Polk County Public Health (PCPH).

The Polk-Norman-Mahnomen Community Health Board vision statement is: Communities where all people achieve their optimum health potential. As a youth-serving organization and knowing that youth 0-17 years of age make up approximately 24% of Polk County's population (US Census Bureau, 2016), Public Health values input from local youth.

The YAB will provide an opportunity for young people in Polk County to become involved in governmental public health services, merging civic engagement and leadership

development for high school students. As part of developing future leaders of our communities, youth will plan and implement youth driven, health related programming determined by the YAB.

Polk County youth who are currently in 9th, 10th, or 11th grade are encouraged to apply for a 2 year, Board of Commissioners appointed term. The goal is to have one youth from each high school in the county on the board during the inaugural year.

For more information and the brief application, please go to the PCPH web page: <https://www.co.polk.mn.us/>

Questions: Please call Kirsten Fagerlund or Sarah Reese, Polk County Public Health at 218-281-3385 or 218-521-7733 (DID).



Friends and Family gathered as Ben Ramse received a Quilt of Valor on Friday, November 9th at the Win-E-Mac School Veterans Day program.



Paul Mahlen, of Erskine was the guest speaker for the McIntosh Friend's of the Veteran's program held at McIntosh Senior Living. Paul has an interest in the history of Veterans Day and served in the Army National Guard during the Vietnam era, from 1971 to 1978.



Clifford Bartz and Gordy Ostenaar, in uniform, were in attendance for the Veterans Day program held at McIntosh Senior Living on Monday, November 12th.

Holiday tree cutting event at Rydell and Glacial Ridge

The Friends of Rydell and Glacial Ridge Refuges Association (FRGRRA) will host their annual Holiday Tree Cutting Event on Saturday, December 1, from 9:00 am until 4:00 pm, at the south-central portion of Glacial Ridge National Wildlife Refuge (formerly the Lee Nursery) on Highway 32. Signs will be up along the highway, marking the event location.



Participants will need to stop at the Glacial Ridge Project Office, located 3 miles south of U.S. Highway 2 on Highway 32, (5.5 miles west of Mentor) to register and get a map to the tree cutting site. The FRGRRA will have coffee, hot apple cider, and cookies available at the check in station for this fun, family event.

Please ensure that children are dressed appropriately for the weather. Volunteers will be available at the site to assist with tree cutting and tie-down, if requested.

This is a one-day event and no special arrangements will be made for cutting trees during other times or at other locations. Gates to the tree cutting area will close at 4:00pm sharp!

A variety of conifers, including long-needled pine and short-needled spruce trees will be available for hand cutting only.

Bring a hand saw (no chainsaws allowed) to cut your own tree. A few hand saws will be available for use, for those who do not have their own.

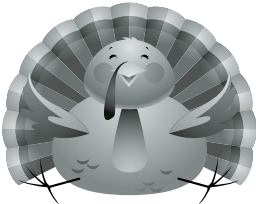
Tree sizes range from small to tall – something for everyone! This activity is part of an ongoing effort to remove non-native trees from a portion of Glacial Ridge National Wildlife Refuge. The reduction of planted conifer stands is an important Refuge management objective. These areas will eventually be restored to their historic tall grass prairie habitat.

FRGRRA's mission involves promoting a better understanding, appreciation, and accessibility of both Glacial Ridge and Rydell National Wildlife Refuges, for people of all ages and abilities.

In case of a winter storm on December 1, the tree cutting will be held the following Saturday, December 8, with the same hours.

If necessary, a decision to reschedule the event will be made no later than noon on 11/30. For more information on this event, call 218-687-2229 extension 10.

For more information please contact: Loren (Punky) Johnson, President, FRGRRA at 218-280-0729; or et1johnson@q.com.



Community Calendar

- Wed. Nov. 21:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Nov. 22:** Happy Thanksgiving
- Fri. Nov. 23:** No School at Win-E-Mac; McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Nov. 26:** 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. Nov. 27:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Nov. 28:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Nov. 29:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Nov. 30:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Dec. 3:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Dec 4:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



There will be no school at Win-E-Mac on Thursday and Friday, November 22 and 23 due to Thanksgiving Break.



The McIntosh Community Center was busy on Saturday, November 17th, as 15 ladies came to cut some quilt kits and cut they did! 17 quilt kits were put together for Saturday, January 12! The ladies were from Fosston, McIntosh, Crookston and Oklee! Thank you ladies on a job well done.



The Win-E-Mac Elementary Choir entertained students, teachers and guest with a Veteran's Day song during the program held at the school on Friday, December 10th.

Pestle & Vessel

by Alison Opdahl

Dream

Dinah likes to sing; around the house, at my business, in the grocery store... maybe you've heard her there? "Row, row, row your boat gently down the stream. Merrily, merrily, merrily, merrily life is but a dream." One day, this was her song, over and over. Guess who was singing it under her breath for the next three days? Yep. Momma.

There are accounts of dreams in the Bible. Kings had dreams. Prophets interpreted dreams. Great men of God, like Jacob, had dreams that changed their lives. We dream all the time. My nighttime dreams can be disjointed and confusing, seeming to have little application to everyday life. My daytime dreams used to be: having my own home and being a Momma. And I am blessed! But my dreams are simpler now; like going to the bathroom by myself or taking a nap!

That little rhyming song has hidden truths. The first phrase talks about moving. In life, this could be the sense we should be willing to grow and keep becoming, fulfilling our godly potential. My human nature can too easily think I've arrived. And have the tendency to turn

around and look over its shoulder at those who have not yet. In the second phrase, the last words catch my attention. Is life but a dream? It may seem a naive statement. Maybe if we take 'but' out. "Life is a dream." Look around, is it?

I have to choose my perspective, because the reality of life can seem like a bad dream or even a nightmare. I have lived the nightmare in the day. But as terrifying and challenging as those moments can be they are the knife edge of faith. You see, my faith in El Olam, the Everlasting God, is not going to keep hurt and pain from me. It will either grow in the circumstance or it will wither—not because of the outcome—but because of my choice.

Our world is encountering many crises. As a nation we are on the knife edge of faith. We can "see" the struggles out there; the devastation and deception. I urge us not to miss the trees for the forest. Yes, I flipped it. For I believe the true battle ground of faith is not in a forest; on a national platform or even a church platform. But found in the trees; in the individual minds, spirits and hearts of every human being. It is the struggle not for our

country or even our future but for our souls—for our eternity.

"Instead, we renounced the hidden shameful ways—not walking in deception or distorting the word of God, but commending ourselves before God to everyone's conscience by the open proclamation of the truth. And even if our Good News is veiled, it is veiled to those who are perishing. In their case, the god of this world has blinded the minds of the unbelieving, so they might not see the light of the Good News of the glory of the Messiah, who is the image of God. For we do not proclaim ourselves, but Messiah Yeshua as Lord—and ourselves as your slaves for Yeshua's sake. For God, who said, "Let light shine out of darkness," is the One who has shone in our hearts, to give the light of the knowledge of the glory of God in the face of Messiah." II Corinthians 4:2-6 TLV

These verses will highlight themselves in different ways to all of us. I am asking the Ruach Ha-Kodesh to reveal what I need to discern. I sense the urgency in my spirit to awaken. So that whether or not my life is but a dream... I will be walking in faith with my eyes wide open.

-a.m.opdahl

Medication dispensing is now available to patients in Erskine

In order to provide more convenient access to prescription medications, Altru Clinic in Erskine is now offering patients instant medication fills before they leave the physician's office. A partnership with InstyMeds has enabled Altru to offer fully automated on-site medication services to patients obtaining medications for acute conditions.

The system offers a safe, convenient way for patients in Erskine and the surrounding area to receive their prescriptions medications for acute conditions. The new system eliminates the need for patients to have to travel to a nearby pharmacy if they are not feeling well to get their prescription.

The InstyMeds system automates the entire process from the prescriber issuing the prescription, to the patient obtaining their medications, insurance coverage and payment collection. The patient can obtain their medications and be on their way in about the same time it takes them to use their bank ATM.

How it works. The medical provider enters a prescription electronically and gives patients a voucher with a unique security code. Using the touchscreen of the InstyMeds dispenser, the patient enters the unique security code and their date of birth.

The patient then swipes a debit or credit card to pay for

the medication or insurance co-pay. After the machine performs a triple bar code safety check, the pre-packaged, labeled medication is dispensed from the machine to the patient. The entire process typically takes a couple of minutes.

About InstyMeds

InstyMeds provides the only fully automated, ATM-style physician dispensing system for outpatient prescription medication services. With well over one million prescription medications dispensed, InstyMeds' mission is to make patients better, quicker, by providing immediate access to acute medications. For more information, call 1-866-467-8963 or visit www.instymeds.com.

Community Thanksgiving Service will be held Nov.21st

The McIntosh Community Thanksgiving Service will be held at Our Savior's Lutheran Church on Wednesday, November 21st. The Service will begin at 7:30pm.

Please come early for Adult and Children's Choir rehearsals at 7:00pm.

The Offering will go to Northland Rescue Mission in Grand Forks. Food Donations will go to Fosston & Erskine Food Shelves.

Coffee Fellowship after the service

The McIntosh Community Thanksgiving Service Sponsored by Area Churches

•Our Savior's Lutheran Church
•Vernes Lutheran Church



•Trinity Free Lutheran Church
•Mt. Carmel Free Lutheran Church
•Calvary Lutheran Church (Winger)
Everyone is welcome to attend this service.



Arlene Eggers spoke during the McIntosh Senior Living Veterans Day program.



Wendy Reitmeier paid a visit to her parents, and was also a speaker during the Veterans Day program at McIntosh Senior Living.



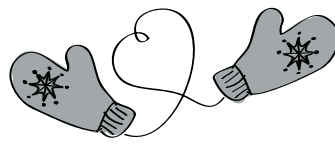
During the McIntosh Friends of the Veterans program held at McIntosh Senior Living, Marilyn Graff spoke to the residents and visitors.



Ole Stemoen Home Long Ago.
Happy Thanksgiving from McIntosh Heritage and Arts Center.



Thank You A special note of thanks to the following ladies for their exceptional workmanship and presentation of the Quilt of Valor given to me: Jan Langemo, Connie Strom, Lois Boehrman, Paulette Kringle, and Stephanie Frisk, Ben Ramse



Please donate

to the mitten tree

Neil's Quality Meats and more and Minnesota Rust are asking for donations of new mitten's, hats, and scarves that will be given to local families in need this winter.

Donations will be collected at Neil's Meats in McIntosh from 9:00 am to 5:00 pm, Monday through Friday and 9:00 am to noon on Saturday. Donations will be accepted until Thursday, December 6th.

Hill River Township "2018 One Fund Drive" results

Multiple Sclerosis \$40
Salvation Army \$285
MN Medical Foundation \$10
Heart Fund \$255
Cancer Fund \$538
Red Cross \$80
DAC \$60
Leukemia Society \$40
American Diabetis Assn. \$190
Northland Rescue Mission \$50
Samaritan's Purse \$50
Fosston Fire Department \$25
Solicitors: Tim Disrud, Jacob Brinkman, Ron Roed, Sidney Finseth
Chairperson: Betty Syverson

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

Gosen Luther League

The Lowell Trochman Gospel Singers will be presenting an evening of Gospel music at the Gosen Church, Sunday evening at 7:00 P.M. November 25th, 2018. Gosen Church is located 4 miles South of Erskine on Highway 59, and 1/2 mile East on County Rd. 206.

The Trochman Singers are a group of people from Thief River Falls who love to sing in churches throughout the local area and have ministered in various nursing homes where ever they can share the wonderful love of Jesus. Their music consists of Southern and Old Time Gospel Music. Following the concert, refreshments will be served. A freewill offering will be received for the music group. Come and expect a wonderful night of fellowship and song.

Free TUBA Christmas Concert

Over 100 TUBA players! December 2, 2018 @ 4PM Central Presbyterian Church, 500 Cedar St, St Paul, MN. EVERYONE welcome! Submitted by Marlin Kieck-er



Wed. Nov. 21: Victor Bly
Thurs. Nov. 22: Danelle Schommer, Ron Lemer, Miranda Plante, Jill Hewitt, Grace Roed, Suzanne Shear
Fri. Nov. 23: Chase Burslie, Maci Hamre, Betsy Roed, Amber Finseth
Sat. Nov. 24: Betty Tangen, Mary Lerfeld
Mon. Nov. 26: Karen Rolf, Kristi Tofstad, Brittany Sylstad, Pat Tranby, Raquel Linds-eth
Tues. Nov. 27: Shelley Quinlan, Simon Lundquist, Susan-nah Roed



ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Sun. Nov. 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Dec. 2: 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. Nov. 25: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Dec. 2: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson

Sun. Nov. 25: 11:15am Worship Service.

Sun. Dec 2: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

Wed. Nov. 21: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Nov. 25: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Nov. 27: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. Nov. 28: 7:00pm Bible Study at Don and 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 1/2 mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. Nov. 21: 7:30pm Bible Study at Mt. Carmel

Sun. Nov. 25: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. Nov. 28: 7:30pm Bible Study at Mt. Carmel

Thurs. Nov. 29: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson

Sun. Nov. 25: 9am Worship
Sun. Dec. 2: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlunds

Wed. Nov. 21: 7:00pm Bible Study on Romans

Sun. Nov. 25: 10:00am Worship Service; Adult and Children's Sunday School following worship service

Wed. Nov. 28: 7:00pm Bible Study on Romans

Sun. Dec. 2: 10:00am Worship Service; Adult and Children's Sunday School following worship service

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker,

Sun. Nov. 25: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Dec. 2: 9:00am Divine Worship Service; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Wed. Nov. 21: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Nov. 24: 8:00am Men's Prayer Group
Sun. Nov. 25: 10:00am Worship

Tues. Nov. 27: 10:00am Women's prayer group

Wed. Nov. 28: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thursday, Nov 29: 4:00pm Confirmation Class

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

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"Serving the Win-E-Mac area"

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where we definitely winter and I do believe it is here to stay. The snow we have is here to stay too, and the cooler temps we had for a few days certainly made it feel like winter. Today, Wednesday, the temps are in the upper 30's but with the south wind blowing doesn't feel that cold.

The 2018 deer hunt is history and it seems like there were a lot of deer seen but not all the hunters bagged their deer during the hunt. Muzzle loading is coming up in a couple days so maybe there is the chance for your deer.

Milton Carlson's Corner

On Wednesday the 7th Lonnie Gieseke was a visitor and a coffee guest with Milton at his home and while there he cleaned the deck for Milton.

Later on Wednesday Paul Carlson stopped in at Milton's for a brief visit and took care of the garbage for Milton.

Thursday the 8th Paul Carlson stopped in at Milton's especially to fill the water softener for Milton.

Lonnie Gieseke was a Friday the 9th visitor with Milton at his home and while he was there he cleaned the snow and ice off the deck for Milton. Later that same day Wanda Donovan of St. Francis arrived at the Carlson home to spend a few days with family and friends.

Saturday the 10th Judy Gieseke was a visitor at the Carlson home and joined Milton and Wanda Donovan for dinner. Later in the day Paul and Donna Carlson were visitors and brought treats for everyone, they were all joined by Lonnie Gieseke who stopped in that afternoon.

Sunday the 11th was the highlight of the weekend where some 200 family and friends all gathered at the New Journey Church in Fosston to help Paul and Donna Carlson celebrate their 50th Wedding Anniversary. There were family and friends from near and far that attended, bringing well wishes to the couple. The event was hosted by their children and grandchildren.

Monday the 12th Judy Gieseke joined Milton and Wanda Donovan at the Carlson home for dinner, Paul joined the family for a visit and a cup of coffee and Lonnie Gieseke also stopped by Milton's to visit

with the family and again he scraped ice and snow off the deck for Milton. That afternoon Wanda Donovan left for her home in St. Francis.

Monday afternoon James Iverson was a visitor with Milton at the Carlson home.

Tuesday Milton had an eye appointment in Mahanomen to check his eyes following recent eye surgery, he was given a good report by the Dr., stating that the surgery had been a total success.

Now Milton says he is going to take a few days and rest up before the Thanksgiving Holiday gets here.

House guests at the Pulskamp home for the second weekend of deer hunting were Craig Helgaas of Glenwood, Steve Johnson of Coon Rapids and Brent, Jessie, Sidnie, Skyline and Brylie Pulskamp of Wahpeton. Others visiting and checking on the progress of the hunters were Kelly Johnson, who joined in on the hunt, Lily Brtek, Jamie Anderson and Matt Balstad. All helped to observe Skyline and Brent's upcoming birthday with cake and ice cream on Saturday night. The two will observe their birthday's on November 18.

Kjerstie and Dakota Poissant of Newfolden were Saturday afternoon visitors with Grandma Betty Myhrum at Betty's home.

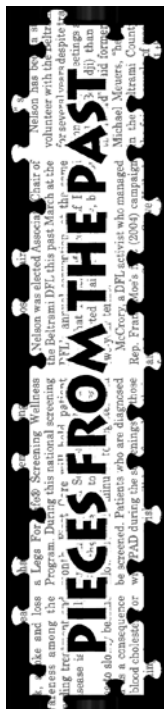
Joan Helland of Fargo and Jim Larsen of West Fargo were Sunday afternoon visitors at the Pulskamp home. Joan is Butch's sister.

Mark and Betty Syverson were visitors with Helmer and Verlys Homme at the Pioneer Home last Saturday afternoon.

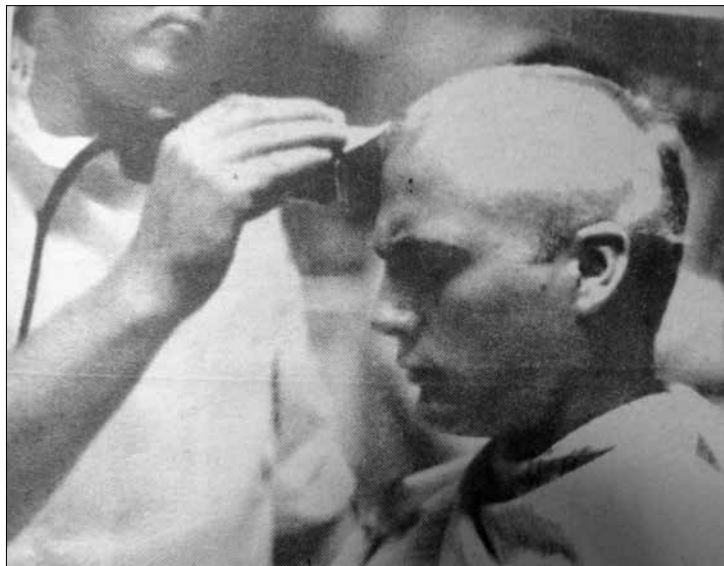
Tuesday as Lucy Brtek made her way back home from a trip to Dilworth she encountered some wild turkeys over by Gary, she had to stop and wait for the to move off the road as she said they were laying right on the road.

Monday afternoon Cindy Johnson of Gully and Bev Helgaas of Glenwood visited briefly at the Pulskamp home, Bev had spent the weekend in Gully with Cindy and Cindy brought her here to meet up with Craig as they left for their home in Glenwood that afternoon.

In closing I want to wish you all a Happy Thanksgiving and for those of you traveling have safe travels !



Milton Hendrickson taking the oath of enlistment at Minneapolis.



Hendrickson getting a choice of 4 hairstyles that cost only 75 cents.



Immunizations from the shot gun for Hendrickson.



When filled, the duffle bag which Hedrickson received will weigh 66 pounds and contain all of his uniforms.



The Platoons' Barricks were made ready for inspection by 7:00 am.



As well as being a big contributor to McIntosh Friends of the Veteran's, Garnet Aanenson played the piano for the Veteran's Day program at McIntosh Senior Living.

50 Years ago...1968: On October 22, 1968, forty-three young men enlisted into the United States Army as the Dave Osborn Platoon. In addition to the normal Army enlistment benefits, they are staying together throughout their Basic Training and they attended the Minnesota - Vikings vs. Dallas - Cowboys game where they were honored on the field prior to the game.

Milton Carl Hendrickson, son of Mr. and Mrs. Carl Hendrickson, Winger, Minnesota, is a member of this platoon.

Milton is a 1968 graduate of McIntosh High School. He worked as a farm hand for Ed Balstad, Beltrami, prior to entering the Army.

Captain Willets, their Basic Training Commanding Officer, gave his assurance that they

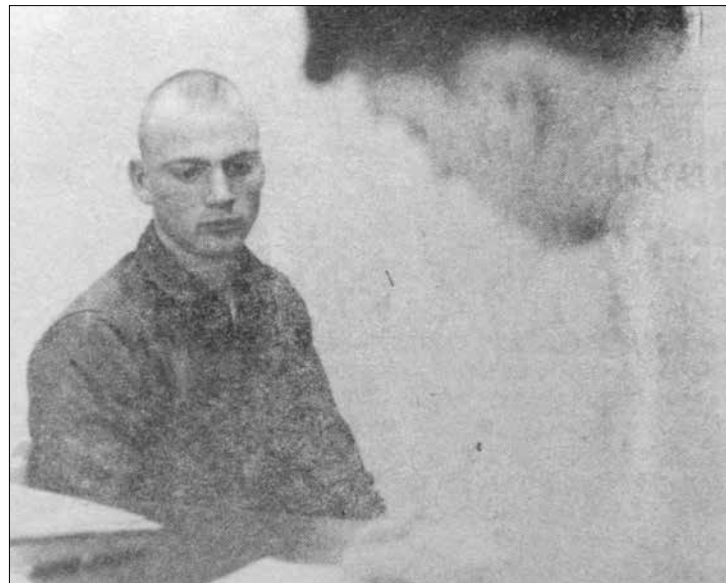


will be kept together throughout basic and that he has assigned his best Drill Sergeant to these men.

The Drill Sergeant said it would be helpful to the men if they received letters of encouragement, urging them to do their best while at basic training.



The Dave Osborn Platoon was honored before the Minnesota Vikings game that they attended in Minneapolis.



Hedrickson attending the classification interview, where important information is put into his records.



The Dave Osborn Platoon meets the Drill Sergeant.



The Dave Osborn Platoon heads off the Basic Training at Fort Campbell, Kentucky.



Residents, their families and friends joined in to honor our Veteran's on Monday, November 12th at McIntosh Senior Living.



Kiersten Anderson shot this 8-point buck on the Saturday opener of deer hunting south of McIntosh.

Beware of Carbon Monoxide poisoning

To protect yourself and your family from carbon monoxide, follow these safety tips:

Make sure you have working carbon monoxide alarms. To detect potentially deadly conditions, CO alarms should be installed and regularly maintained in all households. In Minnesota, state law requires CO alarms in all single and multi-family Minnesota residences within 10 feet of each room used for sleeping. Replace your alarms every five years or according to manufacturer's instructions.

Have your furnace or wood-burning stove inspected annually. Hire a professional to make sure it is working properly and vents

properly outside the home.

Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or in garage.

Generators should be run at a safe distance (at least 20 feet) from the home.

Never run a car in an enclosed space.

At high levels, carbon monoxide can cause death within minutes. Symptoms of over-exposure to carbon monoxide include headache, fatigue, dizziness, shortness of breath, nausea, and confusion. If you suspect you may be experiencing carbon monoxide poisoning, or your detector sounds an alarm, head outside immediately for fresh air and call 911.



Quilt of Valor presenters, Stephanie Frisk and Connie Strom with Ben Ramse, who was the honored recipient of a Quilt of Valor during the Win-E-Mac Veterans Day program.



Wayne Benbo and Calvin Skeie, along with some student helpers, folded the Flag during the Veterans Day program at Win-E-Mac School.



The Win-E-Mac High School choir performed during the Veterans Day program on Friday, November 10th under the direction of Charity Salmenson and accompanied by Diane Boucher.



Veterans who were in attendance at the Win-E-Mac Veterans Day program were asked to stand and were applauded by the students, staff and community members who were in attendance.

Did you know?

Plaid Friday is an effort to encourage holiday shoppers to shop local on the day after Thanksgiving, a day that many know as "Black Friday." Conceptualized in Oakland, CA, Plaid Friday has spread beyond northern California to cities across the United States. While Black Friday is often associated with big box retailers, Plaid Friday focuses on small, locally owned businesses. But why plaid? According to Oakland-Grown.org, an organization that celebrates and supports independent business leaders, artists and activists in the city of Oakland, plaid symbolizes the weaving together of a creative and diverse community of small businesses. Consumers interested in learning about Plaid Friday events and sales in their communities should find out more various ways to support locally-based businesses this holiday season.

Add local flavor to your Thanksgiving table

Check out these tasty side dish recipes featuring fresh, local ingredients. These spotlight-stealing recipes will give your turkey a run for its money! Each of these recipes were contributed by Minnesota Grown members

Wild Rice Stuffing
Red Lake Nation Foods
1 cup Red Lake Nation wild rice (any variety)
3 cup chicken broth
1 cup diced celery
1 medium onion, diced
1 lb fresh sliced mushrooms
3/4 tsp poultry seasoning
1 tsp parsley flakes
1/2 tsp salt
1/3 to 1/2 pkg. dry stuffing cubes
Rinse rice in hot water.
Prepare rice with broth adding extra water as needed.
Sauté celery, onion and mushrooms in butter until tender, approximately 2 1/2 - 3 minutes.
Combine rice, vegetables, seasonings and stuffing cubes. Add more chicken broth if needed to moisten bread cubes. This will stuff a ten-pound turkey.

Pumpkin Soup
Untiedt's Garden Market
1 small pumpkin, cut into chunks
3 large baking potatoes, cut into chunks
1 large onion, chopped
3 cups chicken stock
2 cups water
1/2 tsp dried rosemary
1/2 cup grated Parmesan cheese
1/2 tsp salt
1/4 tsp nutmeg
1/4 tsp ground white pepper
In a heavy 2 quart saucepan combine pumpkin, potatoes, onion, stock, water, and rosemary. Cover and simmer for about 30 min until pumpkin is tender.

Let cool, then peel the skin from the pumpkin and return to broth.
Puree the mixture in batches in a blender or food processor.

Add the cheese, salt, nutmeg and pepper. Heat through and serve hot. Also freezes well.

The original recipe is from Preserving the Harvest by Carol Costenbader

Crispy Apple Coleslaw
Pine Tree Apple Orchard
2 cups cabbage shredded
2 medium unpeeled apples, cored and diced
1 can (16 ounces) crushed pineapple, drained
1/2 cup fat-free mayonnaise
Mix cabbage, apples and crushed pineapple with mayonnaise in a large bowl. Refrigerate for at least one hour.
Serves 6

Harvest Cake with Apple Cider Cinnamon Frosting
Emma Krumbee's
Cooking spray (with flour or butter, for the pan)
2 large carrots, grated (1 1/2 cups)
1 large parsnip, grated (1 cup)
1 medium zucchini, cored and grated (1 1/4 cups)
1 tart Haralson apple, grated (1 cup)
1 1/4 cups all-purpose flour
1/2 cup whole wheat flour
1 1/2 tsp baking soda
3/4 tsp salt
3/4 tsp cinnamon
1/2 tsp ground ginger
3 large eggs
1 cup sugar
1/4 cup packed brown sugar
1 tsp vanilla
1/4 cup buttermilk or 1/4 cup oil
1/4 cup unsweetened apple sauce

For Cider Cinnamon Frosting:
1/4 cup unsalted butter, room temperature
8 ounces low fat cream cheese or 8 ounces cream cheese, room temperature
2 cups confectioner's sugar
2 Tb Emma Krumbee's Apple Cider
1/4 tsp cinnamon
Preheat the oven to 350 degrees. Spray or butter a 9 x 9



square pan, line with wax paper, and spray or butter the paper. Set aside.

Whisk the flours, soda, salt, and spices together in a medium-sized bowl. In a large mixing bowl, whisk the eggs and sugars until very well blended. Add the vanilla, buttermilk, and applesauce and whisk until completely combined. Using a spoon, stir in the flour mixture, then fold in the grated vegetables and fruit, stirring until completely coated with batter.

Spread the batter evenly into the prepared pan. Bake on the middle rack for 35 to 45 minutes, or until the cake tests clean with a wooden toothpick. Let cool for 15 minutes, then invert the cake onto a cooling rack. Remove paper, and invert again onto a serving plate. Cool at least 1 hour more.

Meanwhile, make the frosting: In the work bowl of a food processor fitted with the paddle attachment, whip the butter and cream cheese together on medium speed until light and smooth, about 3 minutes. With the machine on low, add the sugar, a little at a time, then the cider and cinnamon. Scrape down the sides of the bowl, increase speed to high, and whip for 2 minutes.

Spread half the frosting on the cake and reserve the other half for another use, or split the cake in half horizontally, fill the center with a thin layer of frosting, then frost the tops and sides of the cake.

The original recipe is from the "Edible Seattle" magazine (Oct. 2008)



WEM School Announcements

Open gym started on November 4th and will be open every Sunday night through Sunday, March 10th from 3:00 pm to 6:00 pm. There will be no open gym on Sunday, December 23rd or February 3rd due to the Super Bowl. The gym is available for basketball, volleyball, jumping rope, running games, hula hoops, etc. Parents are encouraged to come and play with their children. The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways. The weight room in the Events Center is also for adults to use with a yearly \$20 membership.

Piano Lessons: There are still openings for students who are looking for piano lessons for the school year. If interested, please contact the school to arrange a time and day. All lessons take place at the school. Please call 563-2900 or 687-2236, if interested.

Patchwork for Kindness Quilt project is in progress with the 9th grade Win-E-Mac FCS class. For a \$1.00 a ticket you have chance for a quilt constructed by the class and the proceeds will be given away locally in an 'Act of Kind-

ness'. Obtain tickets from 9th graders or in the FCS room, or email Mrs. Jore.



The first blood drive of the year at Win-E-Mac school is Wednesday, November 28th from 9-2 in the Arts and Events Center Commons Area. Please use the following link to get signed up <https://www.bloodhero.com> Minor forms will be available in the office the week before the blood drive.

Snowmobile Safety Class with the Polar Beach and Knightriders Snowmobile Clubs will be offered at the Knightriders grooming facilities. This class is offered to students 11 years and older. Saturday, December 8th is classroom training from 8:00 am to 8:00 pm.; Saturday, December 15th starting at 8:00am will be the driving portion of the test.

Every Minnesota resident born after December 31, 1976 is required to obtain a safety certificate to ride a snowmobile in Minnesota Kids 11 and older can take either the Traditional class or the online course. Kids & adults age 16+ can attend the traditional class or complete just the online class provided by the DNR.

Students are required to at-

tend the full day class or complete the Online course and also the driving course to receive their certificates.

Preregistration packets will be available at Win-E-Mac school. Student will be responsible to show up for the class they signed up for.

Preregistration is not required to attend class. If student takes a packet they are required to bring that packet to class with them This is the workbook for class.

Yearbook staff is taking pre-orders for this year's book titled "Our Story Unfolds" to be distributed upon completion in May of 2019. Cost is \$35.00 now and until December 21st and will cost \$40.00 after December 21st. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.

Jostens will be here on November 26th for the seniors and sophomores. Sophomores will meet with them from 12:30-12:50 and seniors will meet with Jostens from 1:00-1:20 p.m.

FYI - The elementary report cards are now available on ParentVue/StudentVue.

WEM ECFE

ECFE activities for November.

November 26 at 6:00 pm: Gingerbread Man

Come make a craft as we learn about Thanksgiving.