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Hub of the Thirteen Townships

McIntosh, Minnesota



Looking Back: 2020
Year in Review, part 4

October 2020: Johnson & Johnson halts recruitment for its phase 3 ENSEMBLE trial for its COVID-19 vaccine halts vaccine trial over a patient's unexplained illness but then restarted trials again.

The Shoppe's of McIntosh held a Flea Market Flip competition on Main street. There was a huge response with 6 entries and many visitors to vote for the winner. Winning the first of it's kind contest in McIntosh were the mother - daughter team of Heidi Haaven and Ann Vesledahl with a remake of an old door into a hat tree.

Covid Food Assistance Program food boxes were distributed to area families who could pick them up outside of Win-E-mac School. The partnership was made up of Grace Community Food Shelf, Win-E-Mac School and the Polk County Sheriff's Mounted Posse. Boxes were distributed on a first come, first served basis.

The Polar Beach Snowmobile Club of McIntosh spent some sunny fall days out on the trails that the club manages doing clean-up and maintenance, including installing new signage.

McIntosh Fire and Rescue Squad members Toby Strom and Luke Syverson visited Win-E-Mac School for Fire Prevention Week. They brought a fire truck, equipment to show to the Kindergartners, 3rd graders and 4th graders.

Halloween was celebrated

in McIntosh with a Trunk - or - Treat event in downtown McIntosh. Community members parked their cars along the streets, decorated and passed out candy to kids who came out for trick - or - treating fun.

November 2020: The CDC urges Americans to stay home for Thanksgiving amid national spikes in COVID-19 cases and hospitalizations. The agency recommends that people avoid mingling with people who have not resided in their household for the last 14 days.

The Win-E-Mac School Board had 5 candidates vie for 4 seats, candidates were Jim Ferden, Davin Swanson, Sarah Strom, Joel Smeby and Tyler Brekken. Election day was Tuesday, November 3rd.

The Quilts of Valor group in East Polk County honored many local area Veteran's with quilts in honor of Veteran's Day, though there were no ceremonies, the group was able to give out many quilts, including quilts to Jim Paulson, Bill Malwitz, Bruce McWilliam, Rodney Emerson and Walter Pederson.

Win-E-Mac Patriot Varsity football ended their short but successful season with the last game being held the night prior to the Governor's order to end all high school sports for the season.

Win-E-Mac School moves

Review...
Continued on page 3...

Haaven hangs it up at Wild Rice Electric

After 47 years at Wild Rice Electric, CEO, Steve Haaven,retires.

Growing up in McIntosh, MN, Steve Haaven was more than delighted when Wild Rice Electric Cooperative offered him a job as an Engineering Aide in October of 1973 because he knew the opportunity meant he and his wife would be able to live close to the communities in which they called home. Steve, the oldest of 3 boys in his family, lived in the city of McIntosh, but enjoyed working with his grandfather on his rural farm, building a strong work ethic and creating great memories. Following high school graduation, Haaven pursued a business degree at Moorhead State University in Moorhead, MN. Steve also gained experience working summers on the line crew at Garden Valley Telephone while home from college.

After his start at Wild Rice Electric, it didn't take long for Steve to be promoted as he was offered the Office Manager position in 1975. Steve and his wife Candace moved to Mahnomon as she was offered a music teaching position in Waubun, MN. She later accepted a position at the Win-E-Mac school and the Haaven's made their home in the communities in which they grew up.

In 1987 Haaven was named CEO of Wild Rice Electric positioning him as the 5th Manager in the Coop's history which started in October of 1939. "Things sure have evolved over the years. I can remember the coop purchasing its first office calculator with a price that seemed astronomical at the time. I remember times the tape on the calculator could stretch across the room. Now, it seems that way more can be accomplished on your smart phone."

In Haaven's 47 years at the cooperative, there have been 30 different directors to serve on the board, 24 of which while Haaven was CEO. "The board has been very supportive of the cooperative and decisions are made with the best interest of the membership. I feel blessed to have worked for a company that is member-owned, memberfocused and member-driven."

Haaven stated that over his time at Wild Rice Electric,

he is most proud of the service that has been provided to our members and the excellent work and response to the members the Coop's employees have demonstrated. Haaven went on to say that he has been involved with the hiring process of every current employee with the cooperative as well as many that have already retired. "All have become like family. A comradery has been developed amongst them and it's simply been a great team effort by everyone." Haaven added that "there are advantages in our new employees coming into our industry as their ideas paired with technology are able to help enhance what has been accomplished over the years."

Haaven is no stranger to being involved. Current director Russ Okeson whom has served on the board of directors at Wild Rice Electric for over 40 years says "Haaven is greatly respected by his peers in our industry, not only on a local level, but a state and national level as well as Haaven has served on a magnitude of community and cooperative boards, many of which he was the chairman." Some of Haaven's committee and board involvement includes representing our region on the National Rural Utilities Cooperative Finance Corporation (CFC) as well as 23 years as the chairman of Carr's Tree Service, a company owned by a number of electrical cooperatives including Wild Rice Electric. Okeson added "Steve has guided Wild Rice Electric through a number of challenges over the years and he should be very proud of the leadership he has displayed for the members of the cooperative."

Board Chairman Jeff Nornes stated that he has "never met someone whom walks and talks Wild Rice Electric as much as Steve. He fits this job, knows his job in and out and the best interests of the cooperative members are on his mind all the time, he will truly be missed." Steve and his wife Candace enjoy traveling, spending time with family and friends and attending sporting events. Steve commented that his wife Candace has been extremely supportive of his career and willing to accommodate schedules and plans, even those that would change at the last minute. The Haaven's have 2 children; Jeff (Heidi)



Haaven and Tiffany (Chris) Wirth as well as 5 grandchildren whom live in the area and hope to spend more time with them during retirement. Haaven's final day in the office will be October 30th. We wish Steve and his wife Candace many happy, healthy years of enjoyable retirement and thank him for the decades of faithful service to the members of Wild Rice Electric Cooperative. Congratulations Steve, we wish you the very best!



Norman Anderson of Fosston is pictured here with his Quilt of Honor he was recently given by the East Polk County Quilts of Valor group. His story is on page 2.



Above and below: The children from The Clubhouse Childcare Center in McIntosh recently journeyed to McIntosh Senior Living where the residents gathered at the windows, where the kids gathered outside to sing for them. The kids were able to sing, and entertain the residents of the senior living facility as they have been under quarantine for some time.



How Candelmas Day turned into Groundhog Day

"If Candlemas be fair and bright, come winter, have another flight. If Candlemas bring clouds and rain, go winter, and come not again." - English folk song

If a day to predict the arrival of spring weather sounds familiar, it probably calls to mind Groundhog Day. However, for centuries, February 2nd was celebrated as a Christian Feast Day known as Candlemas.

The day also bore significance outside of Christianity, marking the halfway point between the winter solstice and the spring equinox. It was celebrated as an ancient Roman festival of light.

The name "Candlemas" refers to the traditional processions and blessing of candles that came to characterize the feast day. It also is called the Feast of the Presentation, because it honors the day that Mary and Joseph presented the infant Jesus at the Temple according to Mosaic law.

Candlemas Day was always celebrated on February 2, exactly 40 days after Christmas on December 25th. Mosaic law stated that 40 days was the period of purification time after the birth of a child.

Candlemas also present-



ed an opportunity to predict weather. According to the New England Historical Society, New Englanders who once lived in old houses looked at how far the sun would shine in through cracks in the structure to determine how far the snow would continue to blow in through to the month of May.

Like many religious celebrations, Candlemas has a secular alternative in Groundhog Day. Groundhog Day was first recognized in the United States during the late 1800s and was popularized in Pennsylvania by German settlers who had their own Candlemas Day rhymes related to the

weather. The Germans connected weather prognostication to the local hedgehog. When German immigrants arrived in America, there were no hedgehogs, so they used the groundhog, the closest representative animal they could find. The tradition grew so popular it was eventually commercialized. Thousands began to flock to Punxsutawney, PA, to watch Punxsutawney Phil make his prediction.

Today Groundhog Day is anticipated each year as millions of people eagerly await to see if winter will last six more weeks or if spring warmth will arrive sooner rather than later.

Minnesotans 65 and older can schedule appointments for COVID-19 community vaccine clinics

Educators and child care workers will be notified if they receive an appointment.

Some Minnesotans eligible to receive a COVID-19 vaccine will be able to sign up for appointments at one of the state's nine community vaccination pilot clinics through a new website and call center launched today by the State of Minnesota. The clinics will initially serve adults age 65 and older kindergarten through grade 12 educators, staff, and child care workers.

Because this is a limited pilot program, vaccine demand is certain to outpace available doses at this time, and there will be a limited number of appointments available. Minnesotans are encouraged to remain patient as the state waits for more vaccine doses from the federal government.

These initial clinics will set

the state on a path for a more extensive network of vaccination clinics in Minnesota communities as the federal government increases vaccine supply.

"Every shot in the arm is another step toward ending this pandemic and these clinics will help us meet the goal of getting millions of Minnesotans vaccinated as quickly and as safely as possible," Minnesota Commissioner of Health Jan Malcolm said.

"To be clear, we do not have enough vaccine for everyone who wants one. Appointment slots will fill very quickly, and most Minnesotans will need to be patient as we wait for more vaccine to arrive in the state. But we are working hard to build a community vaccination system so we are ready along with pharmacies and clinics and others to get Minnesotans immunized once the federal

government provides those doses."

In addition to the pilot clinics, Minnesota health care systems are providing limited vaccine doses to patients 65 years of age and older. Health care providers are developing systems to let their existing patients know when they can make an appointment for a vaccine. Providers will contact patients with this information - Minnesotans should not contact their health care providers directly right now.

Minnesotans age 65 and older can make appointments by visiting mn.gov/vaccine or by calling 612-426-7230 or toll free, 1-833-431-2053. Minnesotans should attempt to make an appointment online before dialing the call center. Minnesotans who cannot immediately make an appointment may be able to sign up for a waitlist.

Simple tech solutions that can make daily life easier

Technology has become such a part of the fabric of daily life that it's easy for anyone to take their favorite gadgets and gizmos for granted.

It's only when power outages strike or batteries run out of power that people stop and realize just how vital a role technology plays in their daily lives.

Technology is always evolving. Whether it's system updates on a smartphone or the latest incarnation of a popular tablet, technology does not sit still. That ever-evolving nature means there's likely a simple tech solution out there to help anyone make daily life a little easier.

Wi-Fi extender: The pandemic forced many people to spend more time at home than ever before. While keeping their social distance, homeowners may have noticed a few spots in their home where it's hard to get a strong and/or consistent Wi-Fi signal. A Wi-Fi

extender is a simple, easily installed and inexpensive way to remedy spotty Wi-Fi signals around the home.

Auto shut-off wall outlet: Parents who spent much of 2020 working from home as their kids were engaged in remote learning recognize that distractions ruled the day during the pandemic. Auto shut-off wall outlets can act as something of a safety net, turning off devices like curling irons and panini grills that distracted parents mistakenly left plugged in.

Portable phone charger: Portable phone chargers can ensure that smartphones don't run out of juice while users are out and about. Modern smartphones do more than ever, and users rely on them to message friends and family, respond to work emails, stream their favorite songs and movies, and perform a host of other functions, all in a given day. Portable chargers

are compact and lightweight, and solar-powered varieties can be especially useful when spending a full day in the great outdoors.

USB port hub: A USB port hub can help professionals who suddenly found themselves working full-time from home using a laptop. Laptops may or may not come with enough USB ports, but a port hub can help professionals adapt to working from home without having to change their computers. A port hub, which may include as many as 10 ports, can ensure wireless accessories like a mouse or keyboard remain charged even when using laptops with insufficient ports.

Technology has affected every aspect of daily life. When confronted with problems in a typical day, consumers can rest easy knowing there's likely a simple and even affordable tech-based solution to that problem.

Local public health is prepared as it awaits more COVID-19 vaccine

At this time, the COVID-19 vaccine is very limited and vaccine guidelines continue to change. Polk County Public Health and Norman-Mahnomen Public Health continue to work with our local health-care facilities and partners on the planning and distribution of the COVID-19 vaccine.

We will continue to work through the phased priority groups with the vaccine doses we are allotted; currently our public health agencies are finishing phase 1A. Local Public Health and our local health-care partners will notify our communities as additional people are able to get the vaccine. As more vaccine becomes available, everyone will have the opportunity to receive it.

Given the frequently changing vaccine guidance, this is a

very fluid situation and can be very unclear at times.

We know this is important and we ask for your understanding and patience, as we work closely with our local partners to vaccinate individuals in the priority groups.

Until the COVID-19 vaccine is more widely available, please continue to do your part by slowing the spread of COVID-19.

If you haven't already, get your flu shot, be patient as priority groups are vaccinated, and continue to practice preventative habits such as wearing a mask, staying 6 feet from others, washing your hands often and staying home if sick.

We greatly appreciate the communities' patience and support as we work through this process.



(Above) Pictured with his son, Norman Anderson of Fosston recently received a Quilt of Valor, presented by the East Polk County Quilt's of Valor group.

Norman D. Anderson entered the United States Army in February 1951. He attended Basic Training at Fort Lewis, Washington and Advanced Individual Training at Fort Belvoir, Virginia. After graduation, he was stationed at Fort Huachuca, Arizona.

In the late spring of 1953, his unit was sent by train to San Francisco where they boarded a troop ship that was presumed to be headed to the Korean Theatre. Once at sea, they learned that the ship was instead going south through the Panama Canal and was to cruise up the eastern U.S. coast. They were later informed that their unit was destined for Thule, Greenland as part of Operation Blue Jay. Blue Jay was the code name for the secret operation to construct the Thule Air Base in Greenland. The airfield was built to provide a deterrent to the Soviet Union and provide a forward staging base for U.S. aircraft. Soldiers and construction personnel from the Upper Midwest were specifically chosen for the mission because of their hardiness and experiences with cold weather. Norman operated heavy equipment to construct the airfield and the associated buildings. Months later, he was back on a ship to Norfolk, Virginia and then on an airplane back to Fort Huachuca, Arizona.

Norman came back to Fosston, Minnesota after his honorable discharge in 1953. He, along with his two brothers, established a road construction business and constructed roads, airfields and other projects throughout Northern Minnesota. Norman also continued his public service by serving on

the Fosston City Council for 25 years and the Airport Commission for 45 years. He is also a member of the American Legion and the Fosston-Lengby Lions Club. He considered it a great honor to have served his country.



Wed. Jan. 27: Ella Langemo, Krystal Haugen

Thurs. Jan. 28: Shirley Carver, JoAnn Anderson, Robert Landsverk

Fri. Jan. 29: Roman Shultz, Rachell Finseth, Ruth Bartz, *Wes & Debbie Kaupang

Sat Jan. 30: *Dominic & Kayla Kingle, Vicki Antonio

Mon. Feb. 1: Scott Grove, Todd Tranby, *Mark & Danette Strom

McIntosh Times

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"Serving the Win-E-Mac area"

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Please visit <https://www.health.state.mn.us/diseases/coronavirus/vaccine/index.html> for more COVID-19 vaccine information. Together We Can support each other.

Learn more:

Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response.pcg.hub.arcgis.com/>), the Norman County COVID-19 website (www.co.norman.mn.us/covid) the Minnesota Department of Health (<https://www.health.state.mn.us/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>) websites for more COVID-19 information. Follow Polk County Public Health and Norman-Mahnomen Public Health on social media for local updates.



**LSS
Meals Menu
687-2262**

Tues, Feb. 2nd - Baked Chicken - Au gratin Potatoes - Peas - Wheat Rolls - Banana Bars - Milk

Wed, Feb. 3rd - Roast Beef - Mashed Potatoes & Gravy - Broccoli Mix - Wheat Bread - Carrot Bars - Milk



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

Sun. Jan. 31: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Feb. 7: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

Currently there is no in house worship until further notice. It can be viewed on Sunday mornings on Garden Valley channel 30 and 9:00 and 11:15 am or on our YouTube channel "One in Spirit" on Sunday mornings starting at 7:30 am.

**MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson**

Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
11:00 Mt Carmel
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

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

Sun., Jan. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com))

Tues, Feb. 2: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, Feb. 3: 6:30 p.m. Bible Study at Sharon Ramberg's home.

**CALVARY-IMMANUEL
LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson**

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

**LITTLE BOBBY'S
BAR AND GRILL**
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WE MISSED YOU!
OPENING AT NOON ON FRIDAY JAN. 29TH
FRIDAY FISH FRY Start at 5pm
SATURDAY WINE TASTING at 2pm
LIVE MUSIC on Friday & Saturday
NEW LOOK. NEW MENU M45C

NOTICE
Hill River Board of Audit
The Board of Audit meeting and the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 8, 2021 at 7:00 p.m. at the Ray Sundrud hunting shack. (Call 218-435-1029 for directions and masks are required.) The Clerk's financial records shall be open for review.
Raymond O. Sundrud
Clerk/Treasurer
Hill River Township M45-46C

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October 2020: Winners of the first Flea Market Flip competition held in McIntosh was the mother - daughter team of Heidi Haaven and Ann Vesledahl.

Review...

Continued from page 1 Junior High School and Senior High School students to 100% distance learning after Thanksgiving break due to an increase in COVID-19 cases in Polk County.

December 2020: An FDA advisory panel endorses the first COVID-19 vaccine. A day after the panel votes, the FDA agrees to an EUA for the Pfizer and BioNTech vaccine, allowing shipments to begin; vaccinations of health care workers begin within days. The FDA issues the second EUA allowing shipments of the Moderna COVID-19 vaccine to begin. The Trump administration announces it will buy an additional 100 million doses of Pfizer and BioNTech's vaccine. The recently discovered novel variant found a week prior in the United Kingdom is detected in a Colorado man in his 20s with no travel history. Scientists say they are concerned, but not surprised, since viruses are known to mutate.

McIntosh celebrates with A Very Merry McIntosh event downtown. Stores stayed open late and there were shoppers out looking for the perfect Christmas gifts.

Thanks to a grant from

the Minnesota Department of Education and Lutheran Social Services, LSS Meals were able to provide any community member in need with 5 frozen meals and snacks for the Christmas season.

The Clubhouse Childcare Center spent the Friday before Christmas caroling up and down the streets of McIntosh.

Win-E-Mac Seniors Felicity Address, Kobe Hamre and Gavin Haskett signed letters of intent to play basketball and football at various colleges in the region.

Win-E-Mac Patriotd, Gavin Walker and Gavin Haskett were named to the MN Football Coaches 9 Man All State team and Bryer Strom was named an All-State Honorable Mention.

Felicity Address and Gavin Walker were names Win-E-Mac's Triple A Award nominees.

Patriot Volleyball team members Mia Thompson and Paige Breckel were named Academic All State for the 2020 - 2021 season.

Win-E-Mac announces plans to move to a hybrid learning plan in January of 2021.

New scholarship available to MN Ag Water Quality Certified Farmers

Funding will support those in the Farm Business Management Program.

The Minnesota Department of Agriculture (MDA) is offering a new scholarship for farmers to learn business management strategies that will lead to profitable and competitive farming operations. The Minnesota Agricultural Water Quality Certification Program (MAWQCP) Farm Business Management Scholarship provides tuition money for the Farm Business Management Program.

This program started in 1952 and now serves over 5,000 farm families annually in Minnesota. It is offered at eight Minnesota State colleges throughout the state.

The Farm Business Management Program is a one-on-one, student-led program designed to provide education to farm owners and operators. The program helps students to meet their business and personal goals and focuses on using quality records and sound business decisions with tools and other resources.

“Our goal of offering this scholarship to the Farm Business Management Program is to assure our farmers are on better financial footing through good education,” said MDA Assistant Commissioner Whitney Place. “We already know, thanks to a study by Ag-Centric and the Agricultural Centers of Excellence, that ag water quality certified farms have a 26% higher net income than non-certified farms, so it will be an added benefit to equip them with the resources of the Farm Business Management Program.”

“Minnesota Farm Business Management faculty are ex-

cited to enroll farmers who are water quality certified,” said Keith Olander, Director of Ag-Centric and the Central Lakes College Ag & Energy Center. “The ability to compare financial data to environmental practices on the farm offers a new management tool for producers who desire to change farming methods while maintaining profitability.”

The MAWQCP Farm Business Management Scholarship will award \$140 per credit (approximately 75% of the cost of tuition) for new Farm Business Management students in their first and/or second semester of the program and \$90 per credit (approximately 50% the cost of tuition) for returning students in their third semester or beyond. Students must enroll in a minimum of two credits per semester, or four per academic year, with a maximum of 10 credits per year.

To qualify for the scholarship, applicants must be water quality certified in the MAWQCP.

To apply, contact a Farm Business Management instructor. Applications will be accepted on a rolling basis. The deadline for spring semester 2021 is March 1.

Farmers and landowners interested in becoming water quality certified can contact their local Soil and Water Conservation District or visit MyLandMyLegacy.com.

About the Minnesota Agricultural Water Quality Certification Program

The Minnesota Agricultural Water Quality Certification Program is a voluntary opportunity for farmers and agricultural landowners to take the lead in implementing conservation practices that protect our

water. Those who implement and maintain approved farm management practices will be certified and in turn obtain regulatory certainty for a period of ten years. The program is available to farmers and

landowners statewide. To date, over 990 farmers have enrolled 695,000 acres in MAWQCP. In December 2020, Governor Tim Walz announced a goal of enrolling one million acres in the program by the end of 2022.

POLK COUNTY SOCIAL SERVICES MINUTES

Name of County
Polk County, Minnesota
Date of Meeting
December 15, 2020 Convened at 1:00 P.M. -Adjourned at 2:10 P.M.
Board Members Present
Gerald Jacobson -Chair
Joan Lee -Vice Chair
Don Diedrich -Commissioner
Gary Willhite -Commissioner
Warren Strandell, Commissioner
Cathy Gutterud -Secretary
Paula Waters -Board Member
Staff Present
Karen Warmack, Director
Betty Solie, Support Services Supervisor
Megan Starr, Social Services Supervisor
Holly Thorssen, Social Worker CPS
Kendra Hatcher, Social Worker CPS
Others Present
Chuck Whiting, County Administrator

Minutes
A motion was made by Board Member Gutterud, seconded by Commissioner Strandell and adopted unanimous vote of the Board to approve the Minutes from the November 17, 2020 Polk County Social Service Board Meeting.

Agenda
A motion was made by Commissioner Lee, seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the meeting Agenda for December 15, 2020 Polk County Social Service Board Meeting.

Review of the Cases and Claims
A motion was made by Commissioner Lee, seconded by Commissioner Jacobson, and adopted by unanimous vote of the Board to approve the Cases and Claims as follows:

<u>Admin</u>	
Administration	\$52,907.13
Employee & Board	\$1,034.65
Medicare Part B	\$7,953.00
<u>Non Public</u>	
Payroll – Paydate 11/25/20	\$315,620.57
POS 11/30/20	\$109,082.94
1 st of the Month	\$5,867.78
Payroll – Paydate 12/11/20	\$323,730.29
POS 12/18/20	\$417,303.17
MA Insurance	\$9,480.69
Medical Transportation	\$12,289.12

Warrants for Publication		
Warrants Approved on 12/15/2020 for Payment 12/4/2020		
<u>Vendor Name</u>		<u>Amount</u>
Verizon Wireless		\$4,678.51
6 Payments less than 2000		\$1,189.27
Final Total:		\$5,867.78

Warrants for Publication		
Warrants Approved on 12/15/2020 for Payment 12/18/2020		
<u>Vendor Name</u>		<u>Amount</u>
Carlin Family Funeral Service		\$4,723.20
Dahl Funeral Home		\$2,650.00
DHS – SWIFT		\$11,608.81
PharmChem, Inc.		\$2,205.60
Polk County Administrator		\$16,373.83
Verizon Wireless		\$4,986.96
25 Payments less than 2000		\$10,358.73
Final Total:		\$52,907.13

Warrants for Publication		
Warrants Approved on 12/15/2020 for Payment 12/18/2020		
<u>Vendor Name</u>		<u>Amount</u>
11 Payments less than 2000		\$1,034.65
Final Total:		\$1,034.65

Personnel

The Director informed the Board regarding the Probationary Appointment of Angela Zak, Social Worker CPS, effective November 30, 2020.

The Director informed the Board regarding the Probationary Appointment of Ruby McCoy, Eligibility Worker, effective January 4, 2021.

The Director informed the Board regarding the Probationary Appointment of Ashley Thompson, Eligibility Worker, effective November 30, 2020.

The Director informed the Board regarding the Resignation/Retirement of Laurie Holtman, Family Based Services Provider, effective December 31, 2020. Request for replacement was referred to County Board.

The Director informed the Board regarding the Resignation of Erica King, Family Based Services Provider, effective January 10, 2021. Request for replacement was referred to County Board.

The Director reviewed with the Board the Personnel Organizational Chart dated December 15, 2020.

Budget
The Director and Randy Beggs, Fiscal Supervisor I, reviewed with the Board the following Budget Reports:

Social Services Budget Review Report for both Income Maintenance and Social Services -November 2020.

Social Services Month End Fund Balance Summary- 1999 through November 2020.

Out-of-Home Placement Cost Expenditures Report-2018 through November 2020.

Out-of-Home Placement Report -November 2020.

Screened in Child Protection Reports - November 2020.

Child Protection Information Report.

Adult Mental Health Place-

ment Costs for State Operated Services - November 2020.

Adult Mental Health Commitments Report - November 2020.

Consolidated Chemical Dependency Treatment Fund Report. MA Recoveries/Estate Recoveries - November 2020.

Burial Expense Report-2019 through November 2020.

Purchase of Services

The Director informed the Board regarding the contract with Minnesota Department of Human Services for the Children's Mental Health Respite care grant for the time period of January 1, 2021 through December 31, 2021. This contract was referred to County Board.

The Director infonned the Board regarding the contract with Personal Money Management for the time period of January 1, 2021 through December 31, 2021. This contract was referred to County Board.

General Business

The Director shared with the Board regarding the Social Services Board meeting schedule for 2021. This was referred to County Board.

Other
Income Maintenance Unit 2020 Active Cases by Program Report.

Child Support Collection & Distribution Reports - November 2020.

Megan Starr, Social Services Supervisor, Holly Thorssen, Social Worker CPS, and Kendra Hatcher, Social Worker CPS, spoke to the Board regarding Children's Mental Health program.

Karen Warmack, Director, Polk County Social Service Center
Gerald Jacobson
Chairman
County Social Service Board
Attest: Cathy Gutterud
Secretary, County Social Service Board



November 2020: The Win-E-Mac Patriot team walking off the field one last time, one last game when they beat the South Ridge Panthers 50 - 0. The team had a short season and with the new orders from the Minnesota Governor to shut down high school sports across the state, the Patriots were able to have one last game before the shutdown began. Here is to a great season and a great bunch of young men. Pictured: Bryer Strom (22), Kaleb Morberg (15), Tom Martushev (3), Remy Goodwin (8), and Gavin Walker (12).



Ideas for preserving flowers

Flowers can have sentimental value, particularly those received as gifts or those that were part of momentous occasions, like weddings.

Fresh flowers have finite life spans unless measures are taken to preserve the blooms. The flower experts at ProFlowers say pressing flowers can preserve them for years to come.

While flower lovers can invest in a flower press, other heavy objects also can be effective at pressing flowers. Start

by choosing flowers that are either still in bud form or are freshly bloomed. Dry the flowers out as quickly as possible to prevent browning. Place the flower between two pieces of white, nontextured paper. Then place all within the pages of a book.

Depending on the size of the book, you may be able to press more than one flower at a time. Place other books on top to weigh down the book with the flowers inside. Change the moisture blotting sheets every few days. After two to three weeks, the flowers will be completely dry and flat. Remove the flowers carefully using tweezers or fingertips.

Store the fresh flowers in a cool, dry place or consider framing them in a shadow box.

(Left) December 2020: The Clubhouse Childcare Center spent Friday afternoon caroling down Main Street in McIntosh, compete with the cutest Santa Claus (Sawyer Cook) one has ever seen.

NWMAC announces upcoming grant and other deadlines

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce a number of upcoming grant and other deadlines.

Grants are awarded to non-profit arts organizations, communities, schools, individuals and other nonprofit organizations.

Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Individual Artist Grants for \$1,500 — Applications Due February 10

The NWMAC has extended our deadline for individuals to ask for \$1,500 grants. The deadline now is February 10. This is the main category that individuals use to support their artistic business or advice their technical skills. This category is for non-hobby artists. The McKnight Foundation has given us funds to support a self-identified artist of color. Support for Individual Artist Grants comes from the McKnight Foundation.

Public Art Projects — Due February 10

The NWMAC would like to fund public art projects. Do you have experience with Public Art? Let us know by February 10 if you are interested in undertaking projects in our area this Spring/Summer/Fall of 2021.

We will be gathering information from interested artists, including examples of your work and budgets.

We plan to share this information with organizations like cities and schools. Let's create some public art! For more information email director@nwartscouncil.org or call 218-745-8886.

Arts Legacy Grants, Arts Project Grants and Arts Equipment for the Schools — Due March 1

There is a March 1 deadline for Arts Legacy Grants and Arts Project Grants, as well as for Arts Equipment for the Schools.

The Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment.

Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with a required cash match. This grant program has substantially less reporting requirements than Legacy grants.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in



our communities.

Arts Equipment for Schools Grants are considered a special category of our Arts Project Grant Program. This grant allows schools to purchase artistic equipment for their art room, theater, band room, etc.

Equipment that is used solely for the pursuit of arts like a kiln or theater lights, or a band instrument has a better chance of being funded. Grants of up to \$3,000.00 are awarded with a 25% cash match requirement.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500.

The NWMAC is currently awarding Quick Turn Around grants for COVID-19-related relief for artists in northwest Minnesota.

These grants are for missed gigs and income due to the

Hypothermia a risk when temperatures drop

Cold winter temperatures begin to appear as early as November. While some people retreat into their homes to escape the chill, plenty of others embrace winter because of the opportunities for recreational activities such as snowboarding, skiing, snowtubing, and much more.

However, just as activities enjoyed in hot climates put individuals at risk for heat-related health emergencies, when the mercury drops, hypothermia can compromise outdoor enthusiasts' health. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat. While body temperature normally hovers around 98.6 F, hypothermia sets in when body temperature falls below 95 F. Hypothermia occurs as a result of prolonged exposure to cold temperatures. It also can happen after capsizing into cold water or even sweating and then getting chills when the temperature drops.

WebMD says that, during exposure to cold temperatures, around 90 percent of heat loss escapes through the skin, and the rest is exhaled from the lungs. Heat loss speeds up when the skin is exposed to moisture or wind. In response, the body will shiver to produce heat through muscle activity. Furthermore, the body also will temporarily narrow blood vessels, called vasoconstriction. Activity of the liver and heart normally produces most

pandemic. Use the Quick Turn Around application in the Individual Artist grants.

Who is eligible? Performing artists, writers, media artists, fine craft artists, and visual artists can apply if they are a permanent resident of our seven-county service area of Northwest Minnesota.

Northwest Minnesota Art Exhibit and Of the Year Awards — Submissions Accepted until April 15

This year, the deadline for the Northwest Minnesota Art Exhibit has been extended until April 15 due to June dates for the showcase.

The exhibit will take place in Warroad. This allows more time for artists to create work. The application is open online for submissions whenever you are ready.

The deadline for nominations for Of the Year Awards have been extended until April 15, as well.

For more information about our grants look to our website at www.NWArtsCouncil.org. The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.



Win-E-Mac Patriot Remy Goodwin (20) takes a 3-point shot during the Patriot win over the Panther's last weekend in Thief River Falls.

Strategies to overcome seasonal affective disorder

Winter can be an awe-inspiring time of year. Snow-covered landscapes and opportunities to enjoy sports like skiing and snowboarding make winter a favorite time of year for nature enthusiasts and athletes.

As fun as winter can be, many people struggle with the transition from warm weather and long, sunny days to cold weather and reduced hours of sunlight.

Sometimes mistaken or misidentified as the "winter blues," this phenomenon is known as seasonal affective disorder, or SAD.

What is seasonal affective disorder?

According to the National Institutes of Mental Health, SAD is a type of depression. The NIH notes that a person must meet full criteria for major depression coinciding with specific seasons for at least two years to be diagnosed with SAD.

The American Psychiatric Association says symptoms of SAD can be distressing and overwhelming and even interfere with daily functioning.

The APA notes that SAD has been linked to a biochemical imbalance in the brain that's prompted by shorter daylight hours and less sunlight in winter.

As the seasons change, a shift in a person's biological internal clock or circadian rhythm can lead to them being out of step with their normal routines. That can contribute to various symptoms, including:

- Feeling sad or depressed



- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite, usually eating more and craving carbohydrates
- Loss of energy or increased fatigue despite increased sleep hours
- Increase in purposeless physical activity or slowed movements or speech that may be noticed by others
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Overcoming SAD

The weather can't be changed, but people can speak with their physicians about the following strategies to overcome SAD.

· **Light therapy:** According to the APA, light therapy involves sitting in front of a light therapy box that emits a very bright light. In the winter, patients typically sit in front of the box for 20 minutes each morning, and they may see some improvements within

one to two weeks of beginning treatment. Light therapy is usually continued throughout the winter.

· **Medication:** The APA notes that selective serotonin reuptake inhibitors, or SSRIs, are a type of antidepressant that are sometimes prescribed to treat SAD.

· **Spending time outdoors:** People with SAD who don't typically spend much time outdoors when the temperatures dip may notice their symptoms improve if they make a concerted effort to spend time outdoors in winter.

· **Rearrange rooms in the home:** The APA notes that rearranging rooms and furniture in a home or office to allow more natural light in during the daytime can help improve symptoms of SAD.

SAD is a legitimate concern for millions of people across the globe. Working with a physician to overcome SAD can help people successfully transition to days with fewer hours of sunlight.



The Clubhouse Childcare Center kids walked up to McIntosh Senior Living in January to visit outside the windows with the residents and sing songs.



WEM School Announcements

Jr. High Boys' will have practice on 1/26 (Arts), pass out jerseys, pictures on 1/28 practice to follow, and practice on 1/29 (Arts). Practice will run from 3:30-5:00 each day. We won't be having practice on Wednesdays in February & March.

Open gym will be on Sunday's. Masks are required at all times. Elementary Students are welcome to attend from 3:00-4:30 p.m. High School students can attend from 4:30-6:00 p.m. High school students should not come before 4:30 p.m.

Elementary Basketball Practice for the Month of January ~ Wednesday Evening, January 27th; 3rd and 4th Grade Boys and Girls 5:30-6:30; 5th and 6th grade Boys and Girls 6:30-8:00; Saturday Morning, January 30th; 3rd and 4th Grade Boys and Girls 9:30-11:00; and 5th and 6th grade Boys and Girls - 8:00-9:30.

Yearbook staff is still taking pre-orders for this year's book titled "One Way... or Another" to be distributed upon completion in May of 2021. Cost is \$40.00. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours