



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Kendall and Skylar Olson, granddaughters of Bob and Karen Olson, were flag bearers for the Pledge of Allegiance during the 4th of July Reading of the Constitution program held at Dan and Darlene Dierkes in rural McIntosh.

Class of 1981 Launches 2022 Scholarship in Memory of Kurtis “Bingo” Hedman

The Class of 1981 invites High School Graduates who will be attending a tech college in the Fall 2022 and studying Auto Mechanics or Manufacturing to apply for a \$500 scholarship. This will be a cash award and can be used towards tuition or tools of the trade.

Kurt “Bingo” Hedman, age 59, passed away unexpectedly December 20, 2021. He attended high school with the Class of 1981 and was confirmed at Our Savior’s Lutheran Church. Kurt attended vocational/tech school after high school for auto mechanics.

Bingo was a great guy with a love of motorcycles, automobiles and laughing! He will be remembered by all of us who



were lucky enough to know him.

To apply, recent graduates must send an email to drjaanenson@gmail.com (Janice Aa-

nenson, 1981 Class President) and write about the following.

Describe what you hope to do with an education in auto mechanics or manufacturing?

Discuss what the funds will be used for?

Describe a way you will make a difference in your community after receiving your education?

Winner will be contacted and announced. The winner will need to send a tuition statement and/or tool purchase prior to the release of the \$500 scholarship funds.

Application/emails answering the three questions are due by August 30, 2022. Winner will be announced and contacted by September 15, 2022.

A Night to Celebrate Being a Church Together

Our Savior’s Lutheran Church, a member of, newly formed, A New Journey Lutheran Parish is hosting an evening of coming together as a community for supper and worship.

The new parish means that Gary Lutheran Church, Immanuel Lutheran Church, Bejou, Ness Lutheran Church, and Our Savior’s Lutheran Church will now begin the process of forming one, new Parish “A New Journey Lutheran Parish.” The churches have

been working together as two joint Parishes already under this name, and the votes during the special Congregational meeting was to officially join together.

The event, “A Night to Celebrate Being a Church Together” will take place on Wednesday, July 13, 2022 at Roholt Park (the Lion’s Park) in McIntosh.

Supper, which will be a taco in a bag with fixing and desserts, will be served at 6:00 pm and worship will begin at 7:00

pm.

There will be a guest speaker for the evening who is Pr, Susan Tjornehoj.

Congregations, individuals and families are welcome and encouraged to come to celebrate this new parish and our communities.

In case of rain, the supper and service will take place at Our Savior’s Lutheran Church in McIntosh.

All are welcome to join in this evening of blessings and community.



Some of the family of Buddy Kiecker from McIntosh joined in at the program held at the Dan and Darlene Dierkes for the 4th of July to honor him as he received a quilt to thank him for his service, from the East Polk County Quilters.



East Polk County quilt members, Lois Boehrnsen and Connie Strom presented quilts at the Dan and Darlene Dierkes home during the Reading of the Constitution program which they have hosted for 5-6 years on the 4th of July. Here is Bob Olson, some of his family and this quilt which he was presented. Thank you to Bob, and his son, Nick for their service.



On July 3, 2022 at approximately 8:14pm, the Polk County Sheriff's Office, Fosston Police Department, McIntosh Fire Department, Fosston Fire Department, and Essentia Ambulance responded to a residential structure fire at 220 State St SW in McIntosh MN. When Deputies arrived the structure was fully engulfed, the homeowner was able to safely get out of the residence. The fire is under investigation by the MN State Fire Marshall.

Medicare 101 virtual class offered

There is a lot to do when you become eligible for Medicare and it can seem overwhelming. Minnesota's Senior LinkAge Line® offers a class giving you answers.

The Senior LinkAge Line Medicare 101 class is for people new to Medicare and would like to learn about Medicare Parts A, B, C and D.

Topics include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage.

During class, you will find out how to get the most from your benefits and how to re-

search your Medicare plan options using the Medicare.gov site.

Space is limited, to attend please register online at www.dancingskyaaa.org or call Senior LinkAge Line at 1-800-333-2433.

What: New to Medicare Virtual Class

When: Thursday, July 21st, 2022 from 2:00 PM – 4:00 p.m.

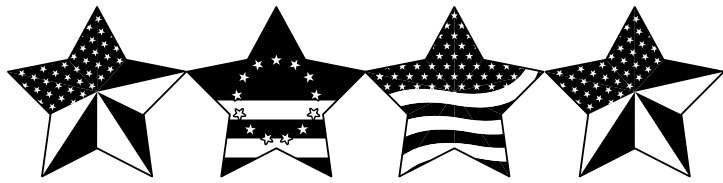
Where: Online Virtual Class

Register at: www.dancingskyaaa.org

The Senior LinkAge Line® is a free statewide service of the Minnesota Board on Aging in partnership with Minne-

sota's Area Agencies on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the service and support they need.

Call the Senior LinkAge Line at (800)-333-2433, Monday through Friday from 8:00 a.m. to 4:30 p.m. or visit www.MinnesotaHelp.info to chat with a specialist during business hours.



Jim Wertish and Tom Hegg enjoying a story together at the Dierkes Annual Reading of the Declaration of Independence held on July 4th at their rural McIntosh home.



Carole Burslie was perfectly coordinated and looked lovely and spry in a patriotic ensemble.

Friends of McIntosh Veteran's News

Friends of McIntosh Veterans say Thanks

FMV would like to give a big thank you for all of the McIntosh community members that were part of the Memorial Day program. We could not do this without people showing up to sing in the choir, people to help the kids with the Lawn Program, Veterans to carry the Flag and be part of the parade, play and march in the Win-E-Mac band, set up chairs and crosses, take pictures and write stories, research names for Honor Roll and so much more.

We would like to share a special thank you to Philip Lee with the McIntosh Community Club for purchasing a new sound system for the McIntosh Community Center. Having a program is great, being able to hear it way in the back is awesome! Thank you MCC!

Finally, we would like to thank all of you that participated or attended. As a community, this event has always been important. McIntosh is it's best when we all come together!

Future events include Veteran's Day Program on November 11, 2022 and a Blood Drive in January 2023.



Wed. July 6:
Timothy Perreault,
Ella Strom

Thurs. July 7:
Karol Langemo,
Macy Carlson

Fri. July 8: Devra
Carlson, Colleen
Borud, Macey Lee

Sat. July 9: Virgil
Lerfald, *Cameron
and Christy Burslie

Sun. July 10:
Natalie Smith, Kyle
Jore, Bryan Paskvan,
Mason Rominski

Mon. July 11:
Amelia Vigoren,
Preston Lecy

Tues. July 12:
Koralyn Kringlen,
Joey Violette, Gavin
Robert Strom, Gar-
rett Rock, *Beth &
Shawn Rominski



McINTOSH Times

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"Serving the Win-E-Mac area"

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LSS Meals Menu 687-2262

**Call to reserve your meal.
Indoor dining at 11:30 am;
drive-up available at 11:00 am.**

Mon. July 11 Bacon Chili
Macaroni Hotdish - Creamy
Coleslaw - Peaches - Corn Muf-
fins - Chocolate Chips Bars -
Milk

Tues. July 12: *Bingo*
Roast Beef - Mashed Potatoes
& Gravy - Broccoli Mix - Wheat
Bread - Leon's Sugar Cookies -
Milk

Wed. July 13: Tuna Noodle
Hotdish - Tomato Wedges -
Pears - Chocolate Pudding -
Milk

Thur. July 14: *Bingo*
Meatloaf - AuGratin Potatoes
- Mixed Vegetables - Wheat
Rolls - Gingersnap Cookies -
Milk

Fri. July 15: Chicken Fried
Beef Steak - Mashed Potatoes
& Gravy - Italian Blend Vegetables -
Rolls - Ice Cream - Milk



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

Wed. July 6: 11:30 am Mass
at St. Mary's, Fosston

Fri. July 8: 8:30am Mass at
St. Mary's, Fosston

Sun. July 10: 8:30am Mass
at St. Mary's, Fosston; 10:30am
Mass at St. Joseph's, Bagley

Wed. July 13: 11:30am Mass
at St. Mary's, Fosston

Fri. July 15: 8:30am Mass
at St. Mary's, Fosston

Sun. July 17: 8:30am Mass
at St. Mary's, Fosston; 10:30am
Mass at St. Joseph's, Bagley

Wed. July 20: 11:30 am
Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

**Interim Pastor Keith Zeh
Synodical Authorized
Minister Katie DeMarais**

Sun. July 10 10:00am Coffee
Hour; 10:30am Worship
Services

Sun. July 17: 10:00am Coffee
Hour; 10:30am Worship
Services

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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:45am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Sun, July 10 :9:30 a.m.
Sunday School and Adult
Bible Study; 11:00 a.m. Worship
Service (also on Facebook:
gosenchurch.org and gosenchurch.com); 7:00am Gosen Luther
League (see article elsewhere
in paper)

Tues. July 12 : 10:00am
Sunday worship service tele-
cast on GVTV--30

Wed. July 13: 6:30pm Bible
Study at Sharon Ramberg's home

*Gosen Church is located 4
miles south of the junctions of
Highways 2 & 59 or 4 miles
north of Winger; then 1/2 mile
east on County Road 206. For
information call 268-4242 or
687-3461.*

VERNES LUTHERAN CHURCH (LCMC) McIntosh PastorLee Laaveg

Sun. July 10: 9:00am Wor-
ship
Sun. July 17: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker

Sundays: 9:00am Worship;
10:00am Fellowship Hour;
10:15am Sunday School



Patriotic ladies enjoying coffee and conversation during the 4th of July program held at Dan and Darlene Dierkes rural McIntosh home. Pictured: Miriam Ramse, Dianne Roed, Eileen Hegg, Karen Olson and Clellie Kiecker.

Little Bobby's

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**Tacos
on
Tuesdays**

**Corn Hole
and Wings on
Wednesdays**

**Live Music and
Open Mic on the
Weekend**

UPCOMING EVENTS:

July 15th at 9 p.m. – "Shotgun Face Lift" a Power Groove Band. \$20 admission.

July 22nd at 9 p.m. – "Indegenous" an American Blues Rock Band. \$20 admission.

*All you can eat breakfast buffet for \$10 every
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Superintendents Notes

By Randy Bruer

School Year

Kristi Plante has moved into Ann's role for this coming school year. She will take all your transportation questions and assist in assigning substitute teachers. We have hired Erin Lisburg as our new receptionist to the Main Office. She will be the voice answering the phone when calls are taken.

ECFE

The school district has hired DeAnn Boe to serve as our new ECFE Coordinator to lead our program. She is planning to host Tuesday evening classes for our little ones and parents. Look for advertising for program details on our website and local media channels of communication.

School Updates

These digital boards will be state of the art displaying advertising which local business and retail can purchase. The boards have been installed using Snustad dollars, and technology CD interest dollars. Digital Electronics came with a school curriculum which will be studied in our media classes and local advertising used to pay the balance. The enhanced view will be updated at each activity with current information and advertising from our local sponsors. Look for more information as this is completed.

Free Breakfast and Lunch



During the summer months Win-E-Mac School will be serving free Breakfast and free Lunch from for all school aged children. Adults will be charged for meals. If students want to participate regularly, please call the school and give the office the names of students participating. This program will be available all summer through August 26, 2022. This is open to any or all students.

Parents will need to fill out the Free and Reduced Lunch applications on-line or paper copies to receive a free breakfast and lunch during the school year. Free breakfast and lunch will NOT be available for the 2022-2023 school year. This will be a huge change for all families attending our Minnesota schools.

Important Immunizations

Now is the time to prepare

for student immunizations for the next school year. Do not wait until the last minute because state law does not allow a student to attend a Minnesota school, until their immunizations are up to date. According to Minnesota's School Immunization laws, a child entering Kindergarten should have dates for the following vaccines; 5 (DTaP/DTP) Diphtheria-Tetanus-Pertussis, 4 (IPV) Polio, 3 (Hep B) Hepatitis B, 2 (MMR) Measles-Mumps-Rubella, 2 Varicella (chickenpox) 1(Tdap booster-7th grade only) and 2 Meningococcal (MCV) first dose at 7th grade, second generally at age 16 . Win-E-Mac School along with all schools in Minnesota is required to make sure all students meet the criteria for immunization certification in Minnesota schools. If a parent has a question about immunizations, please call the school district. In order to remain in school, your student is required to be in compliance.

Bus Drivers

If you would like to earn a great wage during the school year driving a route or activity, we need sub bus drivers. This is open for both male and females who have the interest in our group. We can train and assist you in getting the license. Please call the school at 218-563-2900 for more information.

LARL adds free access to FamilySearch Ancestry Research Tool

If you want to be part of the popular ancestry search trend, look no further than your local library. The Lake Agassiz Regional Library (LARL) is now a FamilySearch Affiliate Library, which means it has access to more genealogy resources to help you make more family discoveries. FamilySearch is a world leader in family history.

There are only a few hundred affiliate libraries in the country. The designation means library customers will have greater and more convenient access to the wealth of genealogical resources available through FamilySearch. The popular web service has over 6 billion searchable names and 2 billion images of historical genealogical records—and

you get the helpful assistance of library staff.

FamilySearch adds over 300 million free genealogical records and images online yearly from all over the world and manages the famous Family History Library in Salt Lake City. It has amassed billions of birth, marriage, death, census, land and court records from more than 130 countries to help you discover and make family connections.

To access FamilySearch, Lake Agassiz Regional Library cardholders can visit larl.org/research/genealogy. A free account may be required to access parts of the site and as a FamilySearch affiliate library, additional records are available within LARL locations.

About FamilySearch

FamilySearch is the largest genealogy organization in the world. FamilySearch is a nonprofit, volunteer-driven organization sponsored by The Church of Jesus Christ of Latter-day Saints. Millions of people use FamilySearch records, resources, and services to learn more about their family history. To help in this great pursuit, FamilySearch and its predecessors have been actively gathering, preserving, and sharing genealogical records worldwide for over 100 years. Patrons may access FamilySearch services and resources for free at FamilySearch.org or through more than 5,000 family history centers in 129 countries, including the main Family History Library in Salt Lake City, Utah.

How to organize a social club

The sense of isolation that many people developed during those early days of the pandemic likely didn't come as a surprise to medical researchers, particularly those who have studied the effects of isolation on aging populations.

The National Institute on Aging indicates that social isolation and loneliness are linked to depression as well as a host of other negative health outcomes, including high blood pressure, heart disease, obesity, and cognitive decline.

Social clubs can be a great way for adults over 50 to avoid isolation and loneliness.

Such clubs can provide opportunities to connect with individuals who share similar interests, laying the foundation for new friendships that can be hard to develop in midlife.

Perhaps the best thing about social clubs is that anyone can start one.

These tips can help individuals over 50 start social clubs that appeal to locals who are on the lookout for fun ways to meet new people.

Think all comers. Individuals over 50 may aspire to meet people in situations similar to their own, but they should still allow anyone interested in their club to join. Adults in the early stages of midlife (i.e., their thirties and forties) are often too busy with their personal and professional

lives to make much time for social clubs, so it's likely that those interested will be 50 or older. But accepting all who are interested can increase the chances of starting a diverse and engaging group.

Spread the word. Meetup (meetup.com) has been facilitating connections for two de-

cades, making it a great place to start a group for people with shared interests. In addition to utilizing a service like Meetup, founders can spread the word through their social media apps and create fliers to post on public boards at local community centers and libraries.

How to Preserve Strawberries

Purchasing Strawberries

Nothing can compare to a freshly picked, red, sweet, juicy Minnesota-grown strawberry. Minnesota-grown strawberries can be purchased directly from the farm or at the local farmers markets. Many of the strawberry farms throughout the state offer u-pick and pre-picked strawberries. Use the Minnesota Grown printed or online directory to find a strawberry farm near you.

U-pick strawberries are typically sold by the pound whereas a quart or a flat of strawberries are sold by the unit. A quart of freshly picked strawberries can surely disappear fast and can be enjoyed fresh on yogurt or ice cream or made into a smoothie or baked in a pie. Others like to serve them with whipped cream on, waffles, pancakes, crepes, strawberry shortcake, or with angel food cake. As one u-picker tells his mom, "These are so good, [that] you don't even need to dip them in sugar."

Preserving Strawberries

With the short three week June-bearing season one might wonder how they can save this goodness. Purchasing strawberries in bulk either u-pick or by the flat is usually a cost-effective way to purchase strawberries. When purchasing in

bulk it is good to remember that the shelf life of farm fresh strawberries is approximately three days, which is much shorter than store bought strawberries from other areas of the US. There are a variety of ways to preserve strawberries including freezing and processing into jam. Freezing is a quicker method of preserving when compared to making jam. Frozen strawberries can be enjoyed in yogurt, smoothies, and milk shakes.

Freezer Jam

There are two types of homemade strawberry jam: freezer jam and shelf stable jam. Freezer jam is an easier no-cook method that doesn't require the hot water bath or sealing for preservation. Freezer jam can be stored in plastic containers; however, this jam is not shelf stable and needs to be stored in the freezer before use. Freezer jam is typically thinner than shelf stable jam.

Shelf stable Jam

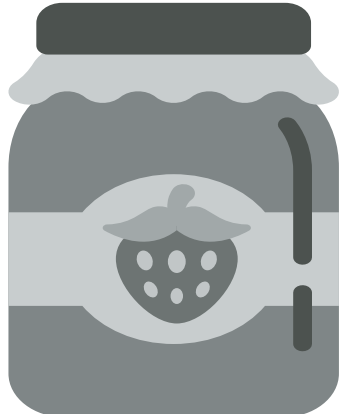
Canning shelf stable jam is more complex than freezer jam. It requires glass jars and a water bath sealing method. Once the jars have sealed the jam is shelf stable. This jam is thicker than freezer jam, but typically runnier than store bought jam.

Recipes

There are many recipes for



McIntosh Senior Living held its 1st annual MSL golf tournament on June 11th. It was at the Fosston Golf course with a banquet at Ventures following the tournament. Congratulations to the winners of the 1st Annual MSL Golf Tournament. 1st place: Dalton Agnes & team (pictured above), 2nd place: Larry Lenos & team (pictured below), 3rd place: Mike Solstein & team. Winner of the longest drive was Diane Anderson, closest to the pin was Jim Wille. Fantastic golfing and fun was had by all! Many door prizes given and raffles won- some notable raffle winners: Traeger grill: Keith Kirsch, Solo wood fire stove: Joe Chaput, Yeti cooler: Nikki McCollum, Blackstone Grill: Jesse Sather, Kate Spade purse bundle: Ian Hanson, Putter: Erin Lisburg, fishing package: Tyler McGlynn, and many others. A special thank you to our wonderful volunteers. McIntosh Senior Living appreciates all of the great sponsors that made this possible. MSL and the residents thank everyone for participating in this tournament!



jams, including low sugar, no sugar, and pectin free. It is important to follow your recipe as directed, otherwise the jam may not set properly. Homemade strawberry jam can be enjoyed on homemade bread, over ice cream, mixed in yogurt, on Swedish pancakes or crepes, or made into the classic PB&J sandwich. Once you have made homemade strawberry jam, you will not return to store bought jam! So, it is important to purchase enough strawberries to last you all winter long. Provided are two recipes for strawberry jam.

Strawberry Freezer Jam

Yield: approximately 5 cups

Ingredients:
4 cups strawberries
4 cups granulated sugar
1 box of sure-jell premium fruit pectin

3/4 cup water

Directions:

Prepare strawberries: Wash and remove stems.

Crush strawberries, you may use a potato masher.

Measure 2 cups of crushed strawberries and 4 cups of granulated sugar and put into medium sauce pan and heat over medium-low heat.

In small saucepan mix water and fruit pectin. Bring to boil. Let boil for 1 minute.

Mix fruit pectin and strawberry mixture for 3 minutes until sugar has dissolved.

Fill containers immediately, leaving ½ inch space at the top for expansion during freezing. Cover with lids.

Let sit at room temperature for 24 hours or until set. Refrigerate up to 3 weeks or freeze up to 1 year. If frozen, thaw in refrigerator before using.

Strawberry Jam (Shelf Stable)

By: Bri Martinez

Ingredients:

8 cups of strawberries
7 cups sugar
1 package sure-jell pectin
½ tsp butter

Preparing Jars:

Boil glass jars for 10-15 minutes prior to use.

Boil lids for 10 minutes, then leave in pot of hot water while making jam.

Directions:

Crush strawberries to 5 cups, then put into a large pot. (Can use potato masher or blender)

Stir pectin into strawberries Add 1/2 tsp butter to reduce foaming

On high heat, bring to a full rolling boil, stirring constantly. Add sugar. Return to full rolling boil. Boil exactly 1 minute. Remove from heat.

Skim off any foam with metal spoon. Ladle immediately into prepared jars, filling each within ¼ inch of top. Wipe jar rims and threads. Cover with 2-piece lids -only finger tight,

Place jars into pot of boiling water. Water must cover jars by at least 1-2 inches. Cover and bring to gentle boil. Let boil for 10 minutes. Remove jars and place on towels to cool completely.

After jars cool, check seals by pressing centers of lids with finger. If lid springs back lid is not sealed and MUST be refrigerated. Let stand at room temperature for 24 hours. Store unopened in a cool, dark place (such as cupboard or pantry) for up to 1 year.

Story by: Miranda Hillukka, Nowthen Berries. Nowthen Berries is a small 5-acre, family farm in Nowthen, Minnesota.



Nick and his dad, Bob Olson during the July 4th, Independence Day celebration held at the Dierkes residence each year in rural McIntosh. Nick currently serves and Bob was honored with the quilt for his past service.



Ben Ramsey reads the Declaration of Independence, a reminder to those in attendance why we have this holiday to celebrate. Dan and Darlene Dierkes host a program annually at their home in rural McIntosh for friends, family and community members to gather.



During the 4th of July program held at the Dierkes residence in rural McIntosh, some members of Bud Kiecker's family were there to witness his quilt presentation: Luke Syverson, Dave Kiecker, Ross Syverson, Janna Syverson, and Kevin Kiecker. Bud was presented a Quilt of Valor in thanks of his military service by the East Polk County Quilters.

Summer events at Rydell National Wildlife Refuge

Rydell National Wildlife Refuge and the Friends of Rydell and Glacial Ridge Refuges Association will be hosting several free events for area youth this summer. The first of these events will be an Introduction to Archery, which will be held at Rydell Refuge from 10:00am to 1:00pm on Saturday, July 16th.

This event is for youth ages 8-16 and will provide an introductory experience to the sport of archery, using the safe and unimposing Hoverball Archery System, where rubber tipped arrows are shot at plastic balls that are suspended on a stream of air. This is a free event and no pre-registration is required.

The following Saturday, July 23rd, the Friends of Rydell and Glacial Ridge Refuges Association will host the 5th Annual Youth Fishing Day Event at Rydell, from 9:00am to 1:00pm. This free event is

targeted towards youth age 15 or younger. Anglers age 16 and older must possess a valid Minnesota DNR fishing license to fish on the Refuge. A limited amount of fishing tackle (rods and reels) will be available, or youth anglers are welcome to bring their own. Bait will be provided.

The fish won't be the only ones eating for free – lunch will be provided for all participants. This event will also include a fish cleaning demonstration and a casting seminar and contest. Certificates will be given to participants who catch their first fish, as well as for the biggest fish of each species and the winner of a casting contest. Other surprise prizes will be awarded to participants as well! Stay tuned for more information on this event in the coming weeks. Pre-registration will likely be required.

The third event of the summer will be a Youth Owl Pel-

let Dissection Seminar. This unique activity will be held on Saturday, August 6th, from 10:00am to 1:00pm and is for youth ages 8-16. Staff will guide participating youth through the dissection of their very own lab-sterilized owl pellet. Owl pellets are the undigested parts of an owl's food, such as hair and bones, which are coughed up through the beak. Materials will be provided that help participants determine whether that skull they're looking at is from a mouse or a mole, or whether that leg bone is from a shrew or a sparrow. This is a free event and no pre-registration is required.

Parents are strongly encouraged to attend these events with their children. For more information or if you have questions, contact Gregg Knutsen, Refuge Manager, at 218-686-4329 or gregg_knutsen@fws.gov.



Lois Boehrnsen and Connie Strom of the East Polk County Quilters read the military histories of these two local veterans, Bob Olson and Bud Kiecker, and presented them with quilts to honor their service to our country. The quilts were presented during a Reading of the Declaration of Independence program at the Dierkes residence.



Guests in attendance listen to Ben Ramsey's reading of the Declaration of Independence at the Dan and Darlene Dierkes residence in Rural McIntosh on Monday, July 4th.