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The Friends of McIntosh Veterans invite you to remember and honor our local veterans by watching a program that will air at both 1:00 PM and 7:00 PM on GVTV Channel 30. It will also be available on the group's Facebook page and on the website, www.friendsofmcintoshveterans.com. Included in the program is an interview with McIntosh native and Vietnam veteran, Jim Wertish. Jim honorably served our country in the US Navy; he shares some of those experiences, as well as his recent Honor Flight to Washington, D.C.

It's Book Fair time at WEM school

The Win-E-Mac / Scholastic Book Fair will take place in the Win-E-Mac school library before and after school from Wednesday, November 9th through Friday, November 18th.

There will be a Pastries for Parents event on Tuesday, November 15th from 7:30 am to 8:15 am for kids and their family members to stop by the book fair and shop.

Check out the Book Fair eWallet, the convenient, cash-free payment system that is available.



A portion of the sales at the book fair benefit the Win-E-Mac school.

American Education Week is Nov, 14th - 18th

American Education week is scheduled for the week of November 14 - 18, 2022.

Please join the Win-E-Mac school in honoring and celebrating the individuals who help make our school one of the best in the area.

We want to take the time to recognize the dedication and service that is provided by our teachers, paraprofessionals, cooks, bus drivers, school board, office staff and administration. Please take the time during this week to thank these individuals when you see them on the street or in a store.

Take the time to thank them for choosing a career in education.

Send an email to your child's teacher thanking them for the great job they do to be great role models to children and creating exceptional learning opportunities for them.

Education is and must remain the cornerstone of what our great country is built upon, and we must continue to invest in education and remember to honor those who serve to educate our children.

Please remember to thank all these individuals and please do something special for them to honor their service to kids!

Please join us in celebrating American Education Week!

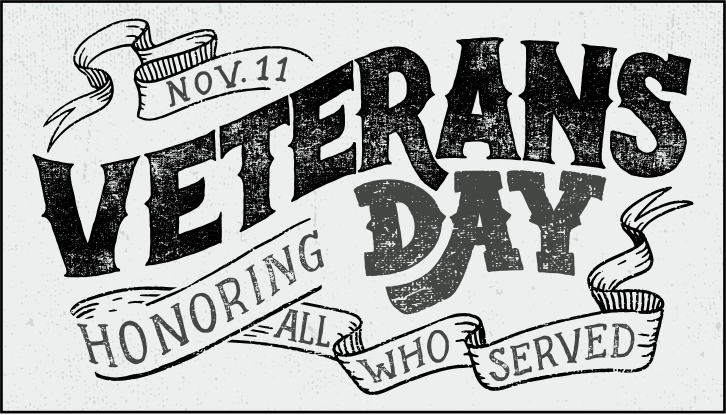
Community events to honor our Veterans

Win-E-Mac School

The Win-E-Mac School in conjunction with area Veteran's organizations will be holding a Veteran's Day program at the high school gymnasium on Friday, November 11th at 9:00 a.m.

We are inviting all veterans and community members to attend this very special program. Veteran's Day gives all of us a chance to honor and thank those who have served and sacrificed in order to preserve our freedom.

The Win-E-Mac School would like to honor all Veterans past and present in our communities by hosting a Digital Photo Board on our new Video Scoreboard in the gymnasium during our Veteran's Day program which is scheduled for 9:00 a.m. on Friday, November 11 in the main gym at the Win-E-Mac School.



To honor a Veteran, please send a digital picture along with the Veteran's name to Jeremy Morgenroth at jmorgenroth@wemschools.org

You can simply take a picture of an old photo with your Iphone and send us the picture. Deadline for photos will be Wednesday, November 9th.

The Friends of McIntosh Veterans

The Friends of McIntosh Veterans will be airing a Veteran's Day program on Garden Valley TV, channel 30, on Friday, November 11th at 1:00 PM as well as on the group's Facebook page and website, www.friendsofmcintoshveterans.com.

If you or a loved one are from McIntosh and have served our country, we would like to honor you. If you didn't provide your military history and a photo of yourself in uniform last year, we would like to add you this year.

Please include: the branch you served in; when you were drafted/enlisted; when you were discharged; your MOS/specialty; your highest rank; and the bases/locations where you served. Photos and information can be dropped off by Monday, November 7th at the First National Bank or emailed to darlene1978@gmail.com or drjaanenson@gmail.com.

We would like to extend our heartfelt gratitude to all of the men and women who have served our country and preserved our freedom. When you see a veteran, please thank them.



Saturday, October 29th the downtown businesses of McIntosh celebrated with a Haunted Marketplace event for adults to do some shopping, enjoy some good food and visit with friends and neighbors. Here, Cindy Lecy and Heidi Long from Lulu's Little Bites, Hazel Trogstad and Lois Boehrsen served a hot dog lunch for Neil's Meats and Laurie and Bobby Bursheim from Neil's Quality Meats & More.

Winter Hazard Awareness Week is Nov. 14th – 18th

The Polk County Sheriff's Office – Emergency Management Division is participating in the state-wide Winter Hazard Awareness Week campaign, which will take place November 14th – 18th, 2022. Winter Hazard Awareness Week is promoted by the Minnesota Department of Public Safety's Division of Homeland Security Emergency Management.

This week allows Minnesotans an opportunity to familiarize themselves with the hazards we face each winter season. These hazards include dangers from winter weather, dangers from heating sources, and ventilation issues, just to name a few.

Each day of the week has a hazard topic. **Monday is Winter Weather Overview.**

Minnesota experiences a vast variety of inclement weather conditions during the winter months.

In Polk County we are especially prone to experiencing brutal cold, heavy snowfall, and extreme winds.

A number of different watches, warnings, and advisories are issued during the winter season. Winter Weather Advisories are issued when winter weather will cause travel difficulties. Winter Storm Warnings are issued for heavy snowfall, or the combination of dangerous blowing and drifting snow.

A combination of blowing or falling snow, cold

Winter...
Continued on page 2 ...



On Wednesday, November 2nd, Win-E-Mac held their induction ceremony to the Win-E-Mac chapter of the Minnesota Honor Society. Members include: (back row) Nadelly Neubert, Emily Strom, Izabelle Ostenaar, Ella Strom, Justin Courneya, Jamie Stuh, Bret DuChamp, Kallie Hand (front row) Kianna Tadman, Ava Howard, Hana Thompson, and Kyra Stuhaug.

Winter...

Continued from page 1.....

temperatures, and windy conditions can prompt a blizzard warning. Polk County is covered by the National Weather Service's Grand Forks Office. You can get additional weather information by visiting their website at: www.weather.gov/fgf.

Tuesday's topic addresses Outdoor Winter Safety. Whether you are out enjoying the snow, or forced to work in it, it is important to dress adequately.

During brutally cold weather exposure to the elements can lead to hypothermia or frostbite. It is also important to consider the dangers of venturing onto thin ice. Remember that there should be at least four inches of fresh, clear ice before attempting to walk onto a frozen body of water.

Wednesday's topic addresses Winter Fire Safety. During the winter season there is usually an increase of structure fires.

Reasons for the increase in structural fires includes holiday lights, holiday displays,

and using alternative heating sources. To help prevent fires, keep decorations at least three feet from heating sources, and remember to check your furnace and chimney's to ensure they are operating properly.

Thursday's topic addresses Indoor Winter Safety. Some common indoor safety concerns that occur during the winter are monitoring carbon monoxide levels, managing moisture conditions to prevent mold and mildew growth, and minimizing chemical and environmental exposure.

Friday's topic covers Winter Driving. It is important to ensure that your vehicle has been serviced and is ready to take on the cold weather. A winter survival kit included in your vehicle could be the difference between life and death, in some situations. A winter survival kit should include a bag/container to store food and water, a flashlight, candles, matches, a blanket, and a distress sign to display in the window of your vehicle.

Social Security benefits increase in 2023

Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online

using the Message Center in your personal my Social Security account. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 15, 2022

More information on the 2022 Winter Hazard Awareness Week can be found by visiting the Polk County webpage at: www.co.polk.mn.us or by visiting the Minnesota HSEM website at: <https://dps.mn.gov/divisions/hsem/>

Quilting news

The Quilters of East Polk County will be meeting on Saturday November 12th, starting at 9 am to have a "Pattern Cutting Day" to prepare for upcoming sewing days. Bring your cutting mats, rotary scissors, and any other supplies you need. Please bring a potluck item to share for lunch. You can stay for as long as you'd like.

We also would like to encourage ALL people who have an interest in helping wrap our local Veterans in a quilt for their service. We are looking to add members to our group, so if you have any interest in sewing, or learning how to help out, please come by and meet us! We'd love to have you join as a new member!

to receive the 2023 COLA notice online.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

January 2023 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2023 will be higher. The retirement earnings test exempt amount will also change in 2023.

Expert Alert: Expect high turkey prices this Thanksgiving

Families can expect their holiday turkeys to be more expensive than ever this year due to the combination of inflation and avian influenza.

The price of uncooked poultry, including turkey, was up 17% in September from the same time last year, according to the Consumer Price Index.

Michael Boland, a professor in the College of Food, Agricultural and Natural Resource Sciences, is available to provide expert comment on why the price of turkey is rising dramatically in 2022.

Michael Boland, Ph.D. "As we've seen over the last several months, food prices across the board are on the rise, and the Thanksgiving turkey is no exception. Not only are turkey suppliers dealing



Michael Boland, Ph.D.

with inflation and the rising costs of packaging, transportation and energy — but this year farmers are also battling avian influenza."

"Over 250 commercial bird

LARL closed for Veteran's Day

All Lake Agassiz Regional Library (LARL) branches and LINK sites will be closed on Friday, November 11th for Veterans Day.

Lake Agassiz Regional Library is comprised of 13 branch libraries and 9 LINK sites serving the residents of seven counties in NW MN. More information is available at www.larl.org

LSS Meals Menu 687-2262

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

Mon. Nov. 14: Salisbury Steak w/ Gravy - Baked Potato - Carrots - Wheat Rolls - Pudding Cake - Milk

Tues. Nov. 15: *Bingo* Homemade Chili - Lettuce Salad - Fruit - Corn Muffins - Oatmeal Raisin Cookies - Milk
Wed. Nov. 16: Macaroni & Cheese - Broccoli Mix - Stewed Tomatoes - Wheat Rolls - Rhubarb Dessert - Milk

Thur. Nov. 17: *Bingo* A.S. Bank Day: Presentation at 11:00am Tara Nordby, Medicare Open Enrollment; Baked Turkey/Dressing - Mashed Potatoes & Gravy - Corn - Peaches - Pumpkin Dessert - Milk
Fri. Nov. 18: Chicken Ala King over Buttermilk Biscuits - Peas & Carrots - Fruit - Zucchini Brownies - Milk



Community Birthday and Anniversary Calendar

Wed. Nov. 9: Tyler Schow, Lynette Espeseth

Thurs. Nov. 10: Travis Plante, Jenna Schommer, Lorene Tranby, Danette Strom

Fri. Nov. 11: Ruth Carlson

Sat. Nov. 12: Steven Widman, Andrea Stordahl, Jayden Gensburger

Sun. Nov. 13: Chris Grettum

Mon. Nov. 14: Bev Anderson, Veronica Rolf, Laura Paskvan, Lois Boehrnsen, Ray Austin

Tues. Nov. 15: Gayle Burslie

flocks across the country have been affected, according to the USDA. The deadly disease means limited availability, which is contributing to higher prices at the grocery store. Restaurant and food service will likely have smaller sized turkeys due to the shortage."

Michael Boland is a professor in the Department of Applied Economics in the College of Food, Agricultural and Natural Resource Sciences. His areas of interest include agribusiness, cooperatives, industrial organization and supply chain. His research focuses on economic issues affecting the governance of agricultural and food supply or value chains.



CHURCH DIRECTORY

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

Wed. Nov. 9: 11:30am Mass at St. Mary's, Fosston
Fri. Nov. 11: 8:30am Mass at St. Mary's, Fosston
Sun. Nov. 13: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 16: 11:30am Mass at St. Mary's, Fosston
Fri. Nov. 18: 8:30am Mass at St. Mary's, Fosston
Sun. Nov. 20: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 23: 11:30am Mass at St. Mary's, Fosston
Thurs. Nov. 24: Thanksgiving Mass - 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Nov. 13: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 20: 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
9:30am 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. Nov. 13: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosen-church and gosenchurch.com)
Tues. Nov. 15: 10:00am Sunday worship service telecast on GVTV--30

Wed. Nov. 16: 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
Pastor Lee Laaveg

Sun. Nov. 13: 9:00am Worship
Sun. Nov. 20: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

Friends of McIntosh Veteran's News

This is the time of the year that the Friends of McIntosh Veterans and the community need to get Christmas cards ready to send to the Friends of our Troops in New Madrid, MO.

The rules are the same as every other year. 1. Don't seal the envelope; 2. You can sign the card and write something in it; 3. Put your name and address on the back of each card and in the upper left hand corner of the envelope.

All cards need to be given to Arlene Eggers, Mary Goodwin or Garnet Aanenson and they will get them ready to send to New Madrid.

No information was received this year from the Friends of our Troops but the rules are the same for 2022.

All of the cards need to be

Did you know?

Conscientious consumers who want to help local entrepreneurs thrive may not need any extra incentive to support small businesses in their communities. However, that doesn't mean it isn't worth noting the tax benefits of buying local compared to buying online or in other towns or cities. Small businesses pay sales taxes to the city and county where the business is located, which means a significant amount of the money spent at local businesses is ultimately going to the community at large. In addition, local businesses tend to hire local residents, who pay taxes on their incomes. This ripple effect of supporting local businesses is one reason why the Small Business Administration estimates that, for every \$100 consumers spend at a small business, \$48 remains in the community.

sent to Friends of Our Troops by November 20th. So will everyone get the cards to the people listed above by November 17th?

Last year we received 3 replies from various military organizations telling us how much they appreciated our efforts.

This is a worthwhile project for our organization and helps to keep in contact with the Veterans around the world!

SECOND HALF PROPERTY TAXES DUE

Samuel W. Melbye, Polk County Director of Property Records, reminds Polk County property owners that the second half of the 2022 Real Estate Tax classified as Agriculture is due by Tuesday, November 15, 2022. Manufactured Home owners are also reminded that the second half of the 2022 Manufactured Home taxes is due by Tuesday, November 15.

Payments can be made at the Polk County Government Center or can be placed in the Taxpayer Service Center drop box located outside the main East doors at the Polk County Government Center, paid online at www.co.polk.mn.us, or mail them along with your tax statement stub postmarked no later than November 15, 2022.

Checks should be made payable to Polk County or Polk County Administrator. Thank you.

M34C

IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

**This will affect the amount of property tax you pay in 2023, and it may affect your eligibility for a property tax refund.*

Please contact your county assessor to file a homestead application on or before December 31, 2022, if one of the following applies:

- You purchased a property in the past year and you, or a qualifying relative, occupy the property for homestead purposes on December 1, 2022; or
- You, or a qualifying relative occupy a property for homestead purposes on December 1, 2022, and the property was previously classified as non-homestead.

"Relative" for the purposes of a residential or occupied agricultural homestead means a parent, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece. This relationship may be by blood or marriage.

"Relative" for the purposes of a special agricultural (unoccupied) homestead is a grandchild, child, sibling, or parent of the owner of the agricultural property or of the spouse of the owner of the property. This relationship may be by blood or marriage.

Once you have been granted the homestead classification, no further applications are necessary unless they are specifically requested by the county assessor. Special agricultural homestead is a yearly application.

You must also contact the assessor by December 31, 2022 if you are the property owner, or a qualifying relative of the property owner, and the use of the property has changed during the past year.

If you should sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status. Failure to notify the county assessor within this 30 day period is punishable by recalculation of tax as non-homestead, in addition to penalty equal to 100 percent of the homestead benefits.

POLK COUNTY TAX PAYER SERVICE CENTER
218-281-4186

M34C

BUSINESS & PROFESSIONAL GUIDE

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Stroke care access
improved across state

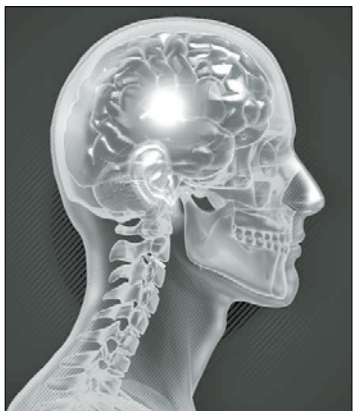
Minnesota has seen a significant increase in access to stroke care, and 92% of Minnesotans now live within a 30-minute drive of a designated Stroke System Hospital. Stroke is the sixth leading cause of death and one of the leading causes of disability in Minnesota, and outcomes improve for victims when they can get to the hospital for treatment as soon as possible.

Minnesotans can find a hospital designated for stroke care at Minnesota Stroke System Designated Hospitals. The Minnesota Department of Health (MDH) designates facilities as Acute Stroke Ready Hospitals, Primary Stroke Centers, and Comprehensive Stroke Centers. A recent update of the Stroke Drive Time Map found that Minnesota has come a long way during the last 10 years. In 2012, only 60% of Minnesota's population lived within 30 minutes of a designated stroke center. This progress means more than 1.7 million additional Minnesotans now have better access to emergency stroke care.

"If you're having a stroke, you need to go to the hospital fast in order to have the best possible outcome," said Minnesota Commissioner of Health Jan Malcolm. "That is why it is heartening to see that our drive-time map is showing a big improvement in stroke-ready hospitals and access to emergency stroke care. Thanks to our hardworking hospital partners and MDH Stroke Team, more Minnesotans than ever have access to live-saving stroke care."

Since 2014, the MDH Stroke Program has been striving to improve stroke care by designating stroke hospitals so that all Minnesotans can live near the best stroke care possible. Facilities are designated as Acute Stroke Ready Hospitals, Primary Stroke Centers, and Comprehensive Stroke Centers. These designated hospitals make up the Minnesota Stroke System. Having a designation program and a statewide stroke care system has encouraged hospitals to implement best practices. The Minnesota Department of Health partners with the American Heart Association, hospitals, EMS agencies, and many others to implement this coordinated system of care for Minnesota. This statewide system ensures all hospitals are equipped and ready to treat stroke quickly.

A stroke occurs when the



blood supply to the brain is suddenly stopped. Strokes can lead to permanent disability and death. However, doctors have medications that can help remove blockages and restore blood flow. October 29 is World Stroke Day, a chance to get informed. The more people who know what to do, the more lives can be saved. You can help keep yourself and your loved ones safe by learning the warning signs of stroke and knowing the location of the stroke center closest to you.

Because time lost can be brain loss, it is important to know the signs of stroke and err on the side of safety and call 9-1-1.

An easy way to remember how to recognize a stroke is "BE FAST:"

B – Balance loss. Does the person have sudden loss of balance or coordination?

E – Eyesight changes. Is eyesight suddenly blurred or double? Is there a sudden loss of vision?

F - Face drooping. Does one side of the face droop or is it numb? Ask the person to smile.

A – Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S – Speech difficulty. Is speech slurred, are they unable to speak, or are they are they hard to understand?

T – Time to call 9-1-1. If the person shows ANY of these symptoms, even if the symptoms go away, call 9-1-1 and get them to a hospital immediately.

The signs and symptoms of stroke are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness or loss of balance.
- Sudden severe headache with no known cause.



The Haunted Marketplace held in McIntosh was a great success where customers could shop at Howard Soap with some spooky help from Ava, Katherine and Iris Howard along with Tiffany Omundson.



Andrea Stordahl and Nadelly Neubert were on hand to greet guests during the McIntosh Shoppes Haunted marketplace held downtown on Saturday, October 29th.

MN receives \$15 million to
boost meat and poultry processing

The State of Minnesota is receiving \$15 million from the United States Department of Agriculture to establish a revolving loan program that will support small and medium-sized meat and poultry processors. The new Meat and Poultry Revolving Loan Fund will be available through the Minnesota Department of Agriculture's (MDA) Rural Finance Authority.

"Local meat processing benefits farmers, our urban and rural economies, and consumers throughout the state," said Governor Tim Walz. "This loan program will help processors increase their capacity to better serve Minnesotans and ease supply chain disruptions we've witnessed over the past several years."

The fund will offer low-interest loans for the start-up, expansion, or operation of slaughter and value-added meat and poultry processing. Loans of up to \$10 million will be available at a 3% fixed interest rate with a term of up to 10 years. Funds can be used to purchase land or equipment, cover start-up costs, and make other business investments. Returned funds will be available to new borrowers.

"This loan program acts as a catalyst for rural prosperity by opening opportunities to expand local and regional processing capacity and increase competition within the meat industry. It creates new



markets, new jobs, and builds our economy," said USDA Rural Development Minnesota State Director Colleen Landkammer. "Minnesota Rural Development is proud to partner with the State of Minnesota. This is a clear example of how the Biden Administration is building our economy from the bottom up and middle out, investing in meat and poultry processing facilities that know how to serve their community's unique needs."

Minnesota was awarded the maximum of \$15 million in grant money targeting meat and poultry processing from the USDA Minnesota Rural Development Meat and Poultry Intermediary Lending Program. The USDA will be investing a total of \$200 million across the nation through two rounds of program grants.

"The MDA's Rural Finance Authority already oversees over \$96 million in loans and is well qualified to manage and administer this money," said MDA Commissioner Thom

Petersen. "We are grateful for this award from USDA and look forward to its positive impact on the meat and poultry processing industry across Minnesota."

"Minnesota Farmers Union members have championed increased investment in small and medium-sized meat and poultry processors at the state and federal level for several years and are elated to see the establishment of a revolving loan program at Minnesota's Rural Finance Authority," said MFU President Gary Wertish. "These funds will assist rural entrepreneurs in expanding their businesses, which is welcome news for livestock farmers. We are grateful to USDA for making this investment in a more resilient food system, and we are appreciative of the leadership of Gov. Walz and his administration as they pursued this funding to strengthen rural Minnesota's economy."

Loan applications will be available in early 2023.

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On Wednesday, November 2nd, Win-E-Mac held their induction ceremony to the Win-E-Mac chapter of the Minnesota Honor Society. New members include: Kianna Tadman, Emily Strom, Ava Howard, Ella Strom, Justin Courneya, Hana Thompson, Jamie Stuhr, and Kyra Stuhau.

Workplace Well-being Collaborative kicks off this week: Helping to put a healthy workplace within reach

Polk County Public Health and Norman-Mahnomen Public Health Statewide Health Improvement Partnership (SHIP) begin the Workplace Well-being Collaborative this week.

The 2022-2023 Workplace Well-being Collaborative kicks off this week for its first session in a six-session in-person and virtual series. Workplace partners from the three-county area including Polk, Norman, and Mahnomen counties are still invited to join. The first session will be held at Garden Valley Technologies Community Room in Erskine from 9:00am – 11:30am. Participants are invited to join for a light breakfast, coffee, and tea

beginning at 8:45am. The collaborative will focus on well-being as workplaces rethink and reprioritize employee health and wellness as a result of the COVID-19 pandemic. We will discuss ways to reconnect and build workplaces that put employee well-being at the forefront. The COVID-19 pandemic intensified preexisting workplace stress and burnout, and now is a great time to analyze current policies to help reshape workplace well-being for your changing workforce. Dynamic wellness programs are an excellent way to build, demonstrate, and support employee well-being and retain and recruit great people to your organization.

Additional dates and topic areas for both the in-person and virtual sessions are below. If you would like to join, contact Amanda Lien at Polk County Public Health at amanda.lien@co.polk.mn.us or Kim Myers at kimberly.myers@co.norman.mn.us at Norman-Mahnomen Public Health.

First Session (already completed) – What is Well-being? Finding where employees are on their wellness journey & responding to a Covid world.

The class was held on Wednesday, November 2nd from 9:00am – 11:30am at the Garden Valley Community Room, Erskine.

Join us for tea, coffee & fruit parfaits beginning at 8:45am.

RSVP to Amanda Lien at amanda.lien@co.polk.mn.us

Second Session – Integrating Wellness and Work: Workplace culture and norms

On Tuesday, November 29th, 9:00am – 10:30am or Friday, December 2nd, 7:30am – 9am hosted by Microsoft Teams.

Third Session – Managing Stress and Burnout: Coping with stress and its impacts

On Wednesday, January 4th from 9:00am – 11:30am at

Agassiz Environmental Learning Center, Fertile.

Fourth Session – Connection and Belonging: How to retain and [re] engage employees & letting employees choose what it means to them

On Tuesday, January 24th, 9:00am – 10:30am or Friday, January 27th, 7:30am – 9am hosted by Microsoft Teams.

Fifth Session – Worksite Environment & Policy: The benefits of written policies and agreements

Tuesday, February 28th,

9:00am – 10:30am or Friday, March 3rd, 7:30am – 9am hosted by Microsoft Teams.

Sixth Session – Putting it All Together: Reaching a healthy workplace for all

On Wednesday, March 29th from 9:00am – 11:30pm at Mahnomen Fire Hall.

The Workplace Well-being Collaborative will provide you with the tools and resources to support employee well-being and provide actionable tips. Take steps to create a healthier workplace and contact your local SHIP contact to get started!

Potatoes and cauliflower in a new way

Certain items are staples of the Thanksgiving dinner table. For example, mashed potatoes, candied yams and stuffing are Thanksgiving stalwarts. Pumpkin and apple pies help wrap up the festivities.

Thanksgiving hosts and hostesses interested in injecting more variety into their Thanksgiving offerings may want to consider a few unique side dishes to complement their turkey dinners. Sides that borrow from familiar flavors may fit seamlessly into the holiday feast and add spark to the meal.

This recipe for "Gnocchi with Roasted Cauliflower" from "Real Simple Dinner Tonight: Done!" (Time Home Entertainment) from the editors of Real Simple is rooted in popular ingredients synonymous with Thanksgiving. Gnocchi is a chewy and filling pasta made from potato - a holiday standard, while cauliflower is a mild, versatile vegetable that absorbs the spices and flavors of other ingredients. Putting these two ingredients together



allows holiday hosts to provide a new side with some familiar flavors at this year's Thanksgiving dinner.

Gnocchi with Roasted Cauliflower
Serves 4 (as a main course)

- 1 small head cauliflower, cut into small florets
- 1/4 cup fresh sage leaves
- 3 tablespoons olive oil
- Kosher salt and black pepper
- 1 pound gnocchi (fresh or frozen)
- 1/4 cup grated Parmesan

Heat oven to 400 F. On a rimmed baking sheet, toss the cauliflower and sage with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast, toss-

ing once, until the cauliflower is golden brown and tender, 25 to 30 minutes.

Fifteen minutes before the cauliflower is finished, cook the gnocchi according to the package directions. Divide the gnocchi among bowls and top with the cauliflower and Parmesan.

Tip: Cauliflower florets are easier to separate if you remove the core first. Place the head stem-side up. Using a paring knife, cut around the core at an angle, creating a cone-shaped piece, then lift it out. If the head is very large, halve it first through the core.

America Recycles Day

November 15

Inclement Weather

Snowy weather will soon be upon us and we will be faced with decisions to close school because of unsafe weather conditions.

The district will use a School Reach system to notify parents and students when unsafe weather conditions are upon us. Please check your communications info with the school for accuracy. We will send out a notification to your home phone, cell phone, email or other means of programmed communication if such weather exists. If we have nasty weather, please listen to the TV station of KVLV and Fosston KKCQ and Crookston KROX radio stations for emergency weather announcements. We make numerous contacts and visits throughout our district and region to make a concise decision of whether to close school or not. Our priority is the safety of students.

This year we will be using e-learning (distance learning) if we are forced to take a snow day. Students should take their technology with the day



before if bad weather is suspected.

School Levy

Around Thanksgiving each of you will receive your Proposed Property Tax Statement/s. The school levy Portion of the Statement for the 2022 Pay 2023 school year will show a 5% increase. This is due to three factors: school enrollment, Market Values and inflationary adjustments based on the CPI referendum conversions. Compare the Market Value and tax comparison to last year to see the differences. These factors contribute to proposed amount of tax on your

Property Tax Statement.

Sports

The Win-E-Mac Sports were back in play this fall with spectators. Both the Volleyball and Football had a terrific season with a lot of fun for all. We are proud of our girls and boys, and Thanks to the coaches and athletes for all the memories and hard work they put into the sport. The Girls and Boys Basketball seasons are beginning soon. If you are looking for something to do this winter season, please come to school and see the action or visit our Garden Valley TV station.

Construction Trades Program

The Building Trades class built has an 8-hole heated ice-house for sale. Its brand new and the base bid is 15,000. Come and see the house. This project provided students with many concepts of building a house on a smaller scale. The ice house is completed and we will sell the house. (See pictures below.) For details, call the District Office. Call 218-563-2900 or email rbruer@win-e-mac.k12.mn.us



Pictures of the newly built 8-hole ice house recently built by the Win-E-Mac Building Trades class. The fish house is for sale.