

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
Oct. 31	Trace	
Nov. 1	0.13	
Nov. 2	0.01	
Nov. 5	0.37	
Nov. 6	0.27	Trace
Total in.	0.78	0.00

Vol. 104, Number 12

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Wednesday, November 11, 2015

St. Francis Xavier Church Thanksgiving

Do you have a place to go and celebrate Thanksgiving this year? Well, if you don't, you are invited to St. Francis Xavier on November 26th, serving from 11:30 a.m. to 1 p.m.

St. Francis Xavier is once again making plans to celebrate Thanksgiving with a full meal with all the trimmings for anyone that will be spending Thanksgiving alone or would like to share a meal with someone else. Also meals will be delivered to the homebound (delivery between 11:30 a.m and 12:00 p.m.).

The homemade meal is free and the fellowship is free. The only requirement is to RSVP by November 15th so they are able to order the food. The menu includes a traditional Thanksgiving meal with turkey, dressing, mashed potatoes, gravy, vegetable, roll, pie, cranberries, pickles and beverages.

RSVP by calling the Parish office at 218-796-5375, call Don or Annette at 218-796-5256 or sign up at any local business where the Parish has signup sheets posted.

Oklee Legion Auxiliary, Unit 159, Celebrates American Education Week

The Oklee Unit 159 American Legion Auxiliary is celebrating American Education Week by honoring RLCC faculty and staff. American Education Week is recognized nationwide from November 16th to November 20th. On Wednesday, November 18th, the ALA will be serving cupcakes and coffee to the faculty and all staff at RLCC in appreciation for their contributions to our students quality education.

American Education Week

was first celebrated in 1921, and after WWII took on the important mission to raise American literacy. It now serves as an opportunity to recognize the great things schools do and to honor individuals who make a difference in our children's quality education. American Education Week is a good reminder to thank our staff and faculty year round for making a difference in our children's lives by educating and caring for them.



Red Lake Falls School District to Celebrate American Education Week

November 16th through the 20th, is American Education Week. Throughout the week millions of educators, parents, students and community leaders will join the National Education Association (NEA) in raising awareness about the critical need to provide every child with a quality public education.

This year's theme for American Education Week is, "Great Public Schools: A Basic Right and Our Responsibility." The theme represents NEA's vision of calling upon all Americans to do their part in making public schools great for every child so that they can grow and achieve in the 21st century.

Education Minnesota- Red Lake Falls Union believes that American Education Week is a good time to remember that caring teachers, education support professionals,

substitute educators, and involved parents make the different in a child's learning. The classroom is where students learn to think, solve problems, and cooperate with each other. These skills are critical in shaping the future of America. We encourage you to visit J.A. Hughes Elementary and Lafayette High School and watch children learning to think, solve problems, and cooperate on projects. Whether it's thanking a teacher, reading to kindergartners, or talking with high school students about your work, your support can make all the difference!

The educators of Red Lake Falls would like to thank you for supporting your local public school. Together, we're making great public schools for every child. That is America's promise and the goal that we are striving to make a reality.

USDA Announces \$210 Million to be Invested in Renewable Energy Infrastructure

Agriculture Secretary Tom Vilsack today announced that the U.S. Department of Agriculture (USDA) is partnering with 21 states through the Biofuel Infrastructure Partnership (BIP) to nearly double the number of fueling pumps nationwide that supply renewable fuels to American motorists. In May 2015, USDA announced the availability of \$100 million in grants through the BIP, and that to apply states and private partners match the federal funding by a 1:1 ratio. USDA received applications requesting over \$130 million, outpacing the \$100 million that is available. With the matching commitments by state and private entities, the BIP is investing a total of \$210 million to strengthen the rural economy.

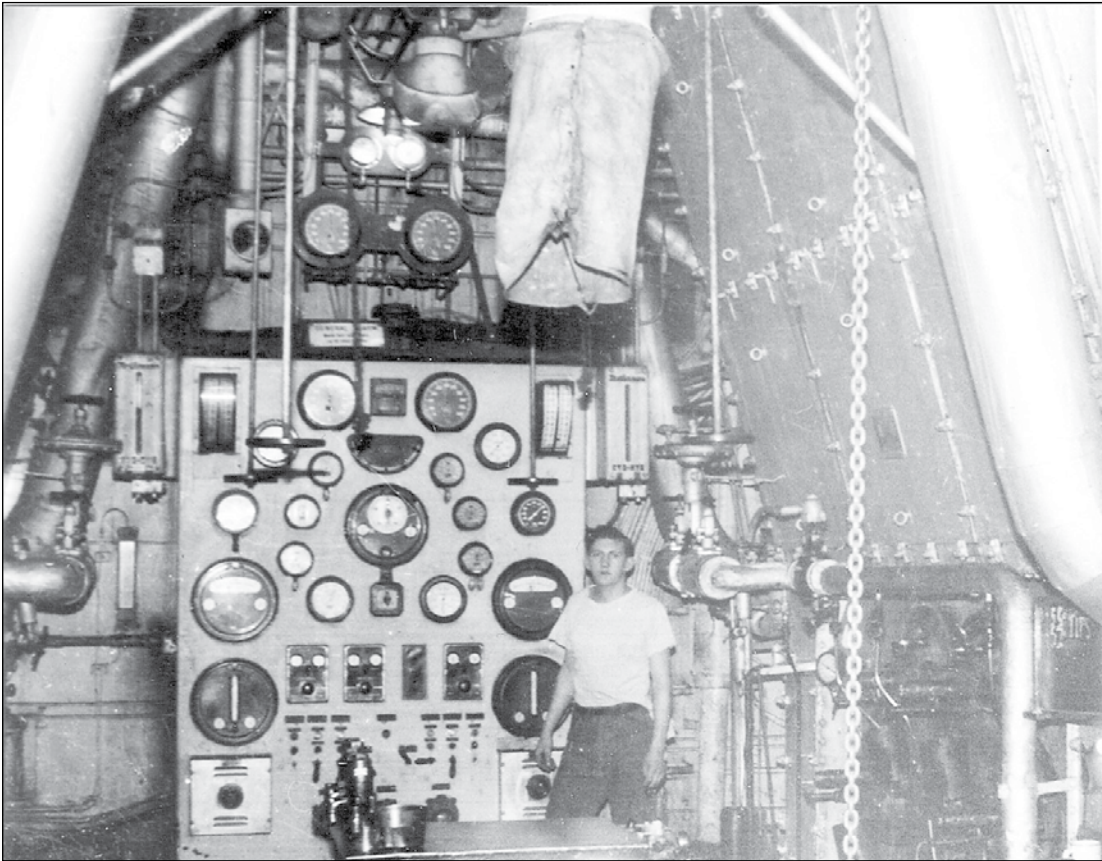
"This major investment in renewable energy infrastructure will give Americans more options that not only will suit their pocketbooks, but also will reduce our country's environmental impact and bolster our rural economy," said Vilsack. "The Biofuel Infrastructure Partnership is one more example of how federal funds can be leveraged by state and private partners to deliver better and farther reaching outcomes for taxpayers. The volume and diverse geographic locations of partners willing to support this infrastructure demonstrate the demand across the country for lower cost, cleaner, American-made fuels. Consumers will begin to see more of these pumps in a matter of months."

The 21 states participating in the BIP include Colorado,

Florida, Illinois, Indiana, Iowa, Kansas, Louisiana, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, North Dakota, Ohio, Pennsylvania, South Dakota, Texas, Virginia, West Virginia, and Wisconsin. The amount awarded to each state is available at: www.fsa.usda.gov/programs-and-services/energy-programs/bip/index. The final awards being announced today are estimated to expand infrastructure by nearly 5,000 pumps at over 1,400 fueling stations.

A typical gas pump delivers fuel with 10 percent ethanol, which limits the amount of renewable energy that consumers can purchase. The new partnership will increase the number of pumps, storage and related infrastructure that offer higher blends of ethanol, such as E15, E85, and even intermediate combination blends.

USDA's Office of the Chief Economist just released a comprehensive report on ethanol. The report, titled U.S. Ethanol: An Examination of Policy, Production, Use, Distribution, and Market Interactions, brings clarity to the complex interaction of ethanol production with agricultural markets and government policies. The corn ethanol industry is the largest biofuel producer in the country, with production increasing from about 1.6 billion gallons in 2000 to just over 14 billion gallons in 2014, stimulating economic activity in rural communities. Visit www.usda.gov/oce/reports/energy/EthanolExamination102015.pdf to read the complete report.



Alvin Jensen joined the Merchant Marines in 1945. This is where he worked...in the belly of a ship...for the safety of the United States of America.

Merchant Marines are necessary for national defense...

Alvin Jensen was born north of Oklee in Garnes Township and in 1936 his family moved to the north edge of Oklee along the Lost River. The family had a small herd of cattle and sold milk to the stores and private homes in Oklee, with Alvin as the delivery boy, summer and winter.

Alvin's older brother Ray had enlisted in the Merchant Marines in 1943 and when Alvin turned 17 in 1945, he decided to follow his brothers path, joining the Merchant Marines. When asking Alvin why, the Merchant Marines, he has two reasons. The Merchant Marines have been serving during war time since before America was founded and he, like his brother, really didn't want to sit in fox holes.

Before the brothers had enlisted they had dabbled in the mink business. At age 11 & 14, they bought two female mink and had them bred and that is how they started their business. However, when they both were serving in the Merchant Marines, they sold their mink.

Not everyone is familiar with the Merchant Marines. The most common military designations that come to mind is the Army, Navy, Air Force and the Marines. According to U.S. Merchant Marines website: www.usmm.org, *The Merchant Marine is the fleet of ships which carries imports and exports during peacetime and becomes a naval auxiliary during wartime to deliver troops and war material. According to the Merchant Marine Act of 1936: "It is necessary for the national defense... that the United States shall have a merchant marine of the best equipped and most suitable types of vessels sufficient to carry the greater portion of its commerce and serve as a naval or military auxiliary in time of war or national emergency..." During World War II the fleet was in effect nationalized, that is, the U.S. Government controlled the cargo and the destinations, contracted with private companies to operate the ships, put guns and Navy personnel (Armed Guard) on board. The Government trained the men to operate the ships and assist in manning the guns through the U.S. Maritime Service.*

Alvin received his training at the U.S. Maritime Service Training Station at Sheepshead Bay in Brooklyn, New York. Alvin started out as a wiper, oiler, went back to school and studied for his engineer license. This needs to be updated every five years, but you can upgrade to different levels every two years, and Alvin was a 3rd, 2nd and Lieutenant.

An engineers schedule is called a watch. Each watch consists of three men. An engineer, an oiler and a fireman. A watch is 4 hours long. After the four hours, you are relieved to sleep, eat, etc, and the next crew takes over for their watch. There are three crews rotating daily.

Because the licensing is handled by the U.S. Coast Guard, and changes in policy, in 1988, the Coast Guard gave



In his dress whites, Alvin participates in all Veteran's events in Oklee.

Merchant seamen eligibility for military service and granted them honorable discharges. In the past, Merchant Marines were given discharge papers after each trip/job and were not eligible for veteran status.

A tidbit from a past conversation about his sailing days, resulted in learning that you know when you are in the gulf stream or not, by touching the hull of the ship. This is because the gulf stream water is warmer and it can be felt in the temperature of the hull. Water is used to cool the equipment and this sometimes told you if you should open the flow of water or not, in the cooling systems.

From 1945 to 1953, he sailed during World War II and the Korean Conflict. He had many ports of call, mostly in northern European and Mediterranean countries. The main missions during this time was to help Europe rebuild, so most of the items being shipped were things needed to make that happen. Wheat and other food was the main cargo to the Mediterranean countries, but other items included machinery of all types, buses, trucks, cars, etc. to European countries.

Also during his time in the Merchant Marines, he sailed 22 times to South America, and traversed the Panama Canal 44 times. One trip to Sweden, the ship got stuck in the North Sea for a week and the crew had to wait for the ice to thaw so an ice breaker could help the ship make it to the harbor.

Ray returned home after four years of service and started up the Mink Ranch again and Alvin stayed in the Merchant Marines in part to help finance the Mink Ranch.

In 1953, Alvin returned to Oklee and married Bonnie Nelson who is also from the area. They lived in Oklee and eventually built a new home in 1960, where they still live. Life was busy for them with the addition of nine children and running their family business.

Ray and his wife decided to move to Brooks so the brothers at that point split their business in two in 1985 and Bonnie and Alvin continued to raise mink.

Over the years, Alvin has held other jobs in addition to the Mink Ranch. He has worked for the pipeline, drove bus and was the Mayor of Oklee in 1970 to 1978. And he was considered by the U.S. government to be listed as a Naval Reserve officer.

Because he was in the Naval Reserves, duty called again when he received a call in 1991. The Navy was looking for experienced engineers from the Merchant Marines to transport equipment due to the Persian Gulf conflict. And Alvin answered the call. So, at the age of 64, Alvin had to renew his engineers license. Off to Florida he went for two months of classes to renew his skills before he embarked on another chapter of his life in the Merchant Marines. The ship he was assigned to was a 950 foot cargo ship, and they hauled military equipment from Saudi Arabia to United States and took multiple trips, on many different ships. Alvin was discharged and returned home from the Merchant Marines in 1992.

Sailing was still in his blood, so he continued to work on cruise ships for five years, traveling back and forth from Hawaii on the SS Independence. In 1995, his wife Bonnie and son Alan, flew out to Hawaii and joined Alvin for a week long cruise. Alvin was off duty that week and they took in a lot of sightseeing and able to participate in the 50th Anniversary of V-J Day. The island was teaming with

Alvin Jensen
Continued on Page 2



Public invited to program in Oklee

A Veterans Day Program will be held at RLCC High gym on Wed, Nov. 11 at 10:30 a.m.

The guest speaker will be Luke Nelson from Fosston who served in the Navy and was a Petty Officer Second Class. Nelson was an Aviation Electronics Technician and served six months in Panama, six months in Italy as well as in Jacksonville, FL.

Emcee of the program will be Dean Walstad, Commander of the Frank Lund Post. The program is sponsored by American Legion Post #159 and the RLCC chapter of Minnesota Association of Honor Societies. RLCC's music department will also perform a piece.

Following the program, the American Legion & Auxiliary will be hosting a Free Will Offering Pork Roast Dinner at the Oklee Community Hall.

Everyone is welcome!

Calendar of Events

Wed, Nov. 11:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.

-7:00 p.m. Bingo at Plummer Legion.

Thu, Nov. 12:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Nov. 13:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Nov. 14:
-Support your local business – Shop Locally!

Sun, Nov. 15:
-Worship at the church of your choice.

Mon, Nov. 16:
-LSS Sr. Meals 11:30 a.m.
Tue, Nov. 17:
-LSS Sr. Meals 5:00 p.m.

-Senior Site Activity: 1:30 p.m. – Cards
-Sr. Potluck @ Oklee Café 5:00 p.m.

Wed, Nov. 18:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.

-7:00 p.m. Bingo at Plummer Legion.

Thu, Nov. 19:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Nov. 20:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Nov. 21:
-Support your local business – Shop Locally!

Sun, Nov. 22:
-Worship at the church of your choice.

Mon, Nov. 23:
-LSS Sr. Meals 11:30 a.m.
Tue, Nov. 24:
-Senior Site Activity: 1:30 p.m. – Cards.

-LSS Sr. Meals 5:00 p.m.

Wed, Nov. 25:
-Noon deadline for Oklee Herald news.

Thu, Nov. 26:
-Senior Site Activity: 1:30 p.m. – Bridge.

-7:00 p.m. Bingo at Plummer Legion.

Fri, Nov. 27:
-Senior Site Closed!

-Support your local business – Shop Locally!

Sat, Nov. 28:
-Support your local business – Shop Locally!

Sun, Nov. 29:
-Worship at the church of your choice.

Mon, Nov. 30:
-LSS Sr. Meals 11:30 a.m.
Tue, Dec. 1:
-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 1:30 p.m. – Cards

Wed, Dec. 2:
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.

-7:00 p.m. Bingo at Plummer Legion.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Margaret Jacobus
Wed, Nov. 11: 6:30 p.m. Confirmation.
Thu, Nov. 12: 7:00 p.m. Parish Board meeting.
Sun, Nov. 15: 9:00 a.m. Zion. 9:00 a.m. SS at Salem. 10:15 a.m. SS at Zion. 10:30 a.m. Salem.
Mon, Nov. 16: 9:00 a.m. Quilting at Zion.
Wed, Nov. 18: 6:30 p.m. Confirmation. 5:00 – 7:00 p.m. Zion WELCA dinner.

ST. FRANCIS XAVIER PARISH OKLEE
Fr. Adam Hamness
Sun, Nov. 15: 7:30 a.m. Confessions 8:00 a.m. Mass.

BROOKS – RED LAKE FALLS CATHOLIC PARISH
Fr. Bill DeCrans
Sat, Nov. 14: 5:30 p.m. Mass at St. Joseph - RLF
Sun, Nov. 15: 8:00 a.m. Mass at St. Joseph – Brooks. 10:00 a.m. Mass at St. Joseph - RLF.

IMMANUEL–EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Sun, Nov. 15: 9:00 a.m. Worship at Immanuel. 10:15 a.m. Sunday School Immanuel. 10:30 a.m. Worship at Ebenezer.
Tue, Nov. 17: 7:00 p.m. Joint Budget meeting at Immanuel.
Wed, Nov. 18: 6:30 p.m. Confirmation at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith Robert W. Dahlen, Pastor
Sun, Nov. 15: 8:30 a.m. Faith; 9:30 a.m. SS. 9:45 a.m. Bethany; 11:00 a.m. SS. 11:00 a.m. Ekelund; 9:45 a.m. SS.

CLEARWATER LUTHERAN PARISH
Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseeth
Wed, Nov. 11: 5:00 p.m. Wednesday School/Confirmation.
Sat, Nov. 14: 9:00 a.m. Mt. Olive. 10:15 a.m. SS/Confirmation.
Sun, Nov. 15: 8:00 a.m. St. Petri. 9:15 a.m. St. Petri SS. 8:30 a.m. Nazareth SS. 9:45 a.m. Nazareth. 9:45 a.m. Oak Park SS. 11:00 a.m. Oak Park.
Wed, Nov. 18: 5:00 p.m. Wednesday School/Confirmation. 7:30 p.m. Oak Park Ladies Aid.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Nov. 11: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Nov. 12: 12:00 p.m. Rotary meeting.
Fri, Nov. 13: 8:00 a.m. Friday School.
Sun, Nov. 15: 9:30 a.m. Worship. 10:45 a.m. Sunday School.
Tue, Nov. 17: 9:30 a.m. Ladies Bible Study. 10:30 a.m. Quilting.
Wed, Nov. 18: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Nov. 11: 2:00 p.m. Lund WELCA.
Sun, Nov. 15: 9:00 a.m. Lund. 10:30 a.m. Sand Valley.
Wed, Nov. 18: 2:00 p.m. Sand Valley WELCA.

BETHEL ASSEMBLY Fosston
Jon Marx, Lead Pastor
Seth Johnson, Assist. Pastor
Sun, Nov. 15: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

Oklee Senior Site Dining

November 16 - 20
Call 796-5666 to order a meal.
If you are over the age of 60 and would like to eat with other seniors at the Senior Site, please call the Café at 796-5666 to reserve your meal. A \$4.00 per meal donation is suggested.
Monday: Hamburger patty, American fries, vegetables, dessert, and milk.
Tuesday: Egg salad, potato bacon soup, dessert and milk.
Wednesday: Spaghetti w/ meat sauce, tossed salad, garlic toast, dessert and milk.
Thursday: Meatloaf, boiled potatoes, vegetables, dessert and milk.
Friday: Birthday meal: Grilled chicken breast, hash browns, vegetables, dessert and milk.

City of Oklee Emergency Numbers
City Clerk 218-277-0131
Maintenance 218-684-0124



RLCC Early Childhood Family Education families were excited to take a field trip to the fire station this year in Plummer. Each family went home with batteries, firehats, and an activity bag. Firemen Jason Jensen, Mike Baker, Janette Braaten and Matt Baltes hosted the field trip.



RLCC Early Childhood Family Education families took a field trip to the fire station in Oklee. Firemen Brady Grove and John Burthwick gave the tour. Remember to change batteries in your smoke detectors and carbon monoxide detectors, and thank your local firefighters.

Monthly Craft Day
Monthly Craft day is Saturday November 21st at Oklee Quilting Supply in their new crafting room beginning at 9am – crafters of all types are encouraged to bring their own project to work on, excellent environment to finish up projects already in the works or start a new project. Quilters who have in the past been a part of the strip exchange are encouraged to bring in their finished project for show and tell. Anyone interested in Project Linus are Welcome too. Questions, call Toni 796-5151.

Red Lake County Environmental Service Landfill Notice

Oklee

Closed for the season
- On call if needed -
218-253-4121
or 218-791-5776

Red Lake Falls

Open
Monday-Wednesday-Friday
8:00 a.m. to 5 p.m.
Closed on Holidays
and/or inclement weather

Questions? Call Kurt Casavan at 218-253-4121

032-33C



From the Oklee Herald, November 8, 1995: Maxine Andrews, member of the Andrew Sisters singing trio who entertained the troops through USO shows during World War II, was among the dignitaries who sailed on the S.S. Independence ship for the 50th Anniversary of V-J Day in Hawaii held the week of August 26. From l to r: Maxine Andrews, Bonnie, Alan and Alvin Jensen.

Alvin Jensen
Continued from page 1.
military men also there for the celebration. Alvin said he got to shake the hand of President Clinton and one morning, had coffee with one of the Andrews Sisters, Maxine.
Alvin came home for good and has lived a busy, interesting life with his wife Bonnie. Their eight of nine children (one was killed in a

car accident) have produced 24 grandchildren and 17 great grandchildren and with two more on the way.

This Veteran Day, remember to thank a Veteran, they all did an important job, whether they were carrying a gun, flying an airplane, searching for subs, or bringing in the supplies needed for the troops and the battles fought.

1X2

Sounds like multiplication?

Guess again. It's newspaper talk for a one column by 2 inch ad. Too small to be effective? You're reading this one!!!

Oklee Herald
• 796-5181 •
okleeherald@gmail.com

Centennial Recipe Corner

Chocolate Iced Buttersweets Donna Fossum

Cookie:
1 cup powdered sugar
1 cup butter, soft
1/2 tsp salt
2 tsp vanilla
2 cups flour

Cream sugar, butter, salt and vanilla until light and fluffy. Add flour. Shape dough into balls and make a thumb print in the center. Bake at 350 degrees for 12 minutes or lightly browned.

Filling:
1 cup powdered sugar
2 Tbsp flour
1 tsp vanilla
3 oz cream cheese-soft
1/2 cup nuts-chopped fine
1/2 cup coconut

Cream the sugar, flour, vanilla and cream cheese until light and fluffy. Stir in nuts and coconut. Fill each warm cookie with about 1/2 tsp filling in the thumbprint.

Frosting:
1/2 cup chocolate chips
2 Tbsp water
2 Tbsp butter
1/2 cup powdered sugar

Melt chocolate chips with the water and butter. Remove from heat, add powdered sugar. Blend until smooth. Drizzle over the cookies. Makes about 5 dozen.
"A little time consuming, but a favorite during the holidays".



St. Francis Xavier Church
IS CELEBRATING
Thanksgiving
in OKLEE

For those who: are alone, want to share a meal with someone else or are home-bound
(will deliver at 11:30 a.m. to 12 noon.)
Thursday, November 26th
11:30 a.m. to 1:00 p.m.

All meals are Free
Fellowship Free

Home-cooked Thanksgiving meal with all the trimmings

Please RSVP by November 15 to the Parish at 218-796-5375 or Annette or Don at 218-796-5256.

Baby Shower
for
Jude Michael Syvertson
son of
Tanya (Melby) & John Syvertson
Saturday, November 21
at 9:30am
at St. Francis Xavier Church

EVERYONE WELCOME

Hometown Banking
With Your Neighbors & Friends

All In A Day's Work

Security STATE BANK
FDIC

PO Box 69
Oklee, MN 56742
Phone
218-796-5157

ECFE News

Events for November

By: Katie Pendelton
Early Childhood Family Education at Red Lake County Central Schools is available for families in the area whose children are under kindergarten. Three fun events are planned for the month of November.

Thursday, November 5 will be an **Infant/Toddler Class #2**. It will be from 6:00-7:00 p.m. at the Oklee site. Connie Hagen will be presenting on infant massage and toddlers may enjoy exploring in the ECFE room. Call ahead to register at 796-5136 Ext. 41.

Thursday, November 12 is **Story Stretcher Class #1** for 3-5 year olds from 6:00 -7:00 p.m. at the Plummer site. Come and listen to a story about Curious George and the Apple Harvest. Try some new apple activities in the classroom to "stretch" your imagination. Take home a free book!

Thursday, November 19 will be **"Holiday Baking"** night from 6:00-7:30 p.m. at the Plummer site. Roll up your sleeves for some baking fun! Children and adults will be making an easy recipe for krumkake and rolling out lefse. Bring an extra container from home to take home samples.

JOHNSON FUNERAL SERVICE, INC.

Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177



Funeral Pre-planning
Monuments
www.johnsonfuneralservice.com

LSS Caregivers Group meets November 12th

The Caregiver Group will meet on Thursday, November 12th at 10:00 a.m. at the Heritage Senior Center located at 301 E. 4th St, Thief River Falls.

The group provides education and support for caregivers and opportunities to share with other caregivers in a confidential setting. There is no charge. If you have questions or concerns, please contact Brandi Halland, Program Coordinator, Lutheran Social Services Caregiver Respite Program at 218-280-3773 or email: brandi.halland@lssmn.org.

Tri-Valley Public Transportation

To reserve a seat, please call by 3:00 p.m. the day before - 1-800-951-9363. All routes will arrive approximately between 10 and 11 a.m. at the destination.

Thu, Nov. 12: Fargo/ Moorhead – Thief River Falls, St. Hilaire.

Fri, Nov. 13: Bemidji – Crookston, Fertile, Winger, Erskine, McIntosh, Fosston.

Mon, Nov. 16: Grand Forks – Fosston, McIntosh, Erskine, Mentor.

Tue, Nov. 17: Thief River Falls/7 Clans Casino – Crookston, Fertile, Winger, Erskine, Brooks.

Wed, Nov. 18: Fargo- Moorhead – Red Lake Falls, Plummer, Oklee, McIntosh, Erskine, Mentor, Crookston.

(U.S.P.S. 407-240)

Oklee Herald

Corner 2nd Ave. & Main
218-796-5181
ESTABLISHED IN 1914
Published by Richards Publishing Co.
Bonny Cote,
Editor & Office Manager
okleeherald@gmail.com

\$25 subscription in
Local Trade Area
\$30 subscription
Out of Trade Area
MEMBER MNA & NNA
PUBLICATION NUMBER 407240

**Winner of National Editorial Ass'n. first prize for Best News Story, 1959.

**Winner of Honorable Mention for General Excellence, Minnesota Newspaper Ass'n., 1962.

**Winner 1st place Typography Excellence, Minnesota Newspaper Association, 1971.

**Winner 1st place Best Feature Story, Minnesota Newspaper Association, 1981.

**Winner 1st place Best Single News or Feature Story, Minnesota Medical Association, 1992.

"The Oklee Herald" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644-0159. Periodical postage paid at Oklee, MN 56742-0009.
POSTMASTER: Send address changes to: Oklee Herald, PO Box 9, Oklee, MN 56742-0009.

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MUSTANG STAMPED

RLCC Menus

November 16 - 20

Oklee

Mon: Breakfast: Ham & cheese croissant, cereal, fruit, juice & milk. **Lunch:** Cheesy bread, lettuce salad, fresh vegetables, fruit, and milk.

Tue: Breakfast: Pancake on a stick, cereal, fruit, juice & milk. **Lunch:** BBQ, baked beans, macaroni or potato salad, fruit, and milk.

Wed: Breakfast: Cereal, toast, fruit, juice & milk. **Lunch:** Chicken strips, cheesy potatoes, vegetables, fruit, and milk.

Thu: Breakfast: Muffins, cereal, fruit, juice & milk. **Lunch:** Mashed potatoes, turkey gravy, vegetables, pumpkin pie pudding, dinner roll, and milk.

Fri: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Cold subs, chips, fresh vegetables, fruit, and milk.

Plummer

Mon: Breakfast: French toast sticks, cereal, fruit, juice & milk. **Lunch:** Subs – smoked turkey, lettuce, cheese, tomatoes, pickles, Sun Chips, fruit, yogurt, and milk.

Tue: Breakfast: Cinnamon streusel coffee cake, cereal, fruit, juice & milk. **Lunch:** Ham patty w/bun, sliced cheese, tater rounds, baked beans, and milk.

Wed: Breakfast: Egg wrap, cereal, yogurt parfaits, fruit, juice & milk. **Lunch:** Fish sticks, baby bakes, glazed carrots, cornbread, strawberries, and milk.

Thu: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Turkey roast, mashed potatoes, gravy, cranberries, green beans, dinner roll, baked cinnamon apples, and milk.

Fri: Breakfast: Pancakes, cereal, fruit, juice & milk. **Lunch:** Cheese garlic French bread, salad or salad bar, oranges wedges, churro, and milk.

Sports Schedules

Red Lake Rebels

Boys Basketball

Sat. Nov. 15: Scrimmage at Clearbrook TBD.

Fri, Nov. 20: Fertile at Red Lake Falls 5:00 p.m.

Tue, Nov. 24: Sacred Heart at RLF 5:00 p.m.

Mon, Nov. 30: Win-E-Mac at Erskine 5:00 p.m.

RLCC HS Parent Teacher Conferences, Nov. 10 and 12

By: Ethan Vettleson
Red Lake County Central Parent Teacher Conferences will be held at the High School in Oklee on Tuesday, November 10 and Thursday, November 12 from 4:00 p.m. to 8:00 p.m.

Math teachers Mrs. Susan Lee and Mr. Bryan Paskvan and School Social Worker Mrs. Beth Hagen will be only available on Tuesday, November 10 from 4:00 through 8:00 p.m.

School Readiness teachers Naomi Magnell and Joni Bjerklie will be available both nights from 4:00 through 6:00 p.m.

RLCC welcomes new students

By Ana Almeida and Nicholas Plante
Two students have been welcomed to Red Lake County Central High School in Oklee. One is a senior high student and the other in junior high. Nicholas Piersol is RLCC's newest senior high student. He is 16 years old and is in 11th grade. He lives in Red Lake Falls and used to attend the Lafayette High School. His parents are Mindy and Brett, and he has a sister named Courtney.

Piersol has been involved in choir at RLCC. His favorite thing to do in his free time is sleep. He has six cats named Jayda, Storm, Tsunami, Ace, Smokey and Meatball.

Allison Ann Aakhus is the new junior high student. Her previous school was Lafayette High School and she is in eighth grade and is thirteen. Her parents are Bobbi and Jason Aakhus and her sister is Natalie.



Kyle Gagner tried on a firemen's gear at the Career Fair at BSU.



Alec Castaneda and Makay Berns checking out "fish snot" at a Career Fair booth at BSU College. They said it smelled really bad.

North Tri-County Boys Basketball Scrimmage and Jamboree to be held November 14

By: Wyatt Waldal
November 14, 2015 will be the boys' basketball scrimmage and jamboree held at the Clearbrook-Gonvick High School. The teams that will be participating are Clearbrook-Gonvick, Warroad, Red Lake, Sacred Heart, Roseau, Goodridge/Grygla, Red Lake County, and Blackduck.

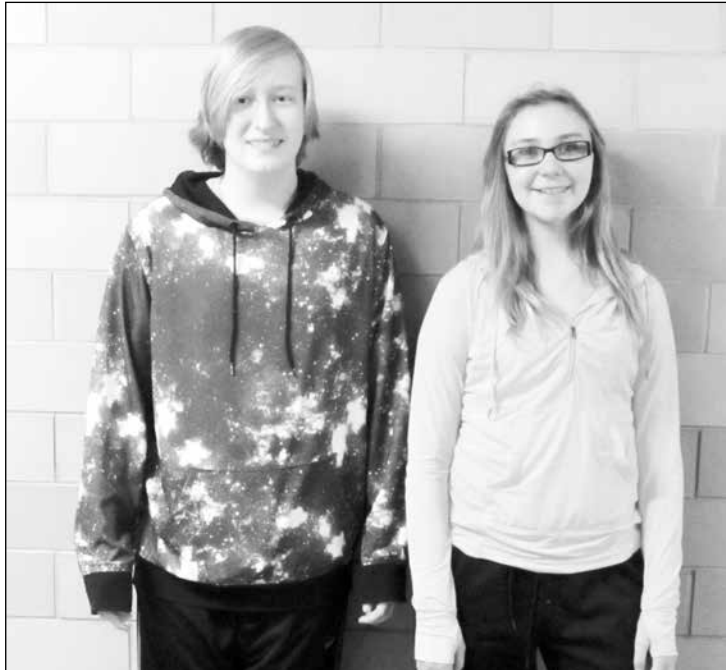
Teams will be playing for 20 minutes of running time for the following scrimmages:

Court 1 in the Large Gym
9:00: CG vs. Warroad
9:30: Sacred Heart vs. Roseau
10:00: Roseau vs. Warroad
10:30: CG vs. Sacred Heart
11:00: Warroad vs. Sacred Heart
11:30: Roseau vs. CG

Court 2 in the Small Gym

9:00: RLC vs. Blackduck
9:30: Blackduck vs. GG
10:00: GG vs. Red Lake
10:30: Red Lake vs. Blackduck
11:00: RLC vs. GG
11:30: Red Lake vs. RLC
The jamboree will be a 30 minute running time game with 15 minutes between each game. **Jamboree in the Large Gym**
12:30: Blackduck vs. Warroad
1:15: Roseau vs. Red Lake
2:00: RLC vs. Sacred Heart
2:45: CG vs. GG

Cost of admission is \$4 for adults and \$4 for students. No passes are allowed.



RLCC welcomes new students Nick Piersol and Allison Aakhus.

Aakhus is involved in speech and Just for Kix. She likes to dance and sing, and her favorite activity is dancing.

She has one cat named Jack. She added that her mother is an English Teacher at RLCC High School.

RLCC 11th graders attend BSU Career Fair

By Ana Almeida

The Red Lake County Central High School 11th grade students went to the Career Fair at Bemidji State University Wednesday, October 28. Many schools also sent their students for the fair. They started with an Orientation by giving the students general information about how the day would be.

Students then were separated each going to their assigned places based on careers they chose when registering for the Fair. In each section there was a

presenter who was employed in that career who shared about their job. They explained what would be the duties for the job, the possible salary, the education requirements, how many hours they work, and basically everything about what they do.

Following the career presentations there was a career exposition where interactive booths were set up with demonstrations of tools and equipment. For example, at a computer design booth they were

showing a 3D printer and students could also put on special glasses which allowed them to experience an alternative reality like they were inside a videogame. In another booth they were making their own ice cream.

The students thought the day was very beneficial and helped them understand more about the careers they were interested in. One student most enjoyed the hands-on interactive booths.



RLCC juniors Shelby Gunderson, Ashley Longtin and Kelsie Sirjord at an interactive booth at the Career Fair at BSU.



On October 28, the junior class at RLCC went to Bemidji State University for a Career Fair: Alec Castaneda, Dylan Gustafson, Austin Erlandson, Ashley Longtin, Makay Berns, Brandon Lee, Talon Porter, Angel Auman, Kelsie Sirjord, Kyle Gagner, Lynsey Morris, Ana Almeida, Natalie Aakhus, Deidra Walton, Shelby Gunderson, Tera Qualley, and Nick Piersol.



Mrs. Judy Schue was a presenter for the Online College in the High School panel. She is pictured with the plaque RLCC received for participating in OCHS for 10 years.

Judy Schue, presenter on OCHS Panel

By: Asia Davis

Every year an Online College in High School (OCHS) Panel takes place to focus on the success of OCHS students in schools, how it is managed and the benefits for students in OCHS, and answer any questions that are frequently asked about OCHS. This year the OCHS Panel took place on October 28, 2015 at the Quality Inn in Thief River Falls, Minnesota.

The Panel is put on by online high school staff members for schools participating, and is workshop to give information for program benefits. Red Lake County Central's OCHS advisor Mrs. Judy Schue was a panel member along with two former RLCC students, Kaytlin Tronvedt and Brady Grove who both graduated in the spring of 2015. Schue has been the OCHS advisor for RLCC since 2007.

OCHS has been available to students at RLCC for over

10 years. Eligible high school students are able to take college courses which are offered online and earn college credit. For the current school year, 29 RLCC students are involved in OCHS. Over 70 classes are being taken by these students and most of the students are taking three or four online college classes each semester.

Other students, principals, and advisors from many colleges and high schools were

at the 2015 OCHS Panel. Those attending greatly appreciated the information presented. "Just wanted to pass on what a great job Judy Schue did on the panel at the OCHS gathering. Her experience and enthusiasm for the program and things she was able to share were very valuable. Your grads on the panel did a nice job too," said Brad Kennett, the principal of Lafayette High School in Red Lake Falls.

Winter Sports Start

By: Wyatt Waldal

Winter sports are coming up fast for students in Red Lake County Central and Red Lake Falls schools. Boys' Basketball combined with Red Lake Falls starts on November 9 and is coached by Steve Philion and assisted by Randy Huie, Kevin Philion, and Kory Baril. The boys play their first game in Clearbrook as a scrimmage on November 14.

Girls' Basketball starts the following Monday, November 16. The girls have a new coach this year, Mark Bagaason who is assisted by Mitch Bernstein. The girls' first game is December 1. Phil Zimpel will be coaching the Junior High girls' basketball.

Mustang Wrestling also starts November 16 and is coached by Aaron Nelson. The wrestlers' first match is December 3.

Oklee Herald Early Files

Seventy Years Ago November 8, 1945

There are so many to list of returning men from the war: Walter Falardeau, Walter Plante, Lester LaJambe, Helmer Hendrickson, Tom Muntansky, all have received their discharge papers.

Pvt. Kenneth Hendrickson, son of Mr. and Mrs. H. Hendrickson is now stationed at Fort Ord, CA. He recently spent a furlough at his home and was stationed at Camp Adair, Oregon before his transfer.

Married at the Lutheran Parsonage in Oklee, Saturday afternoon, November 3rd, were Mrs. Annie Evje of Oklee and Allen Foster of McIntosh.

Sixty Years Ago November 10, 1955

Albert Boucher of Oklee won a \$50 U.S. Savings Bond at a drawing Saturday in connection with the showing of the 1956 Chevrolets at the Rolandson Chevrolet Implement Company here.

A sight to make any fisherman's mouth water is a picture of Roy Depta, formerly of Trail, which was recently published in the Tacoma News Tribune. A picture of Mr. Depta holding a 47 pound, 11 ounce Chinook salmon which he caught in a fishing derby.

Fifty Years Ago November 11, 1965

Continued mild fall weather helped reduce the moisture content of the corn with slightly over one-fourth of the Minnesota acreage picked by Saturday, November 6th, but a flurry of snow on Monday

left a new deposit of unwanted moisture.

Oklee Elevator grain sales topped half a million and was reported at the annual meeting.

Minnesota firearms deer season gets underway Saturday, November 13th, and the hunters are reminded that this should be a high population this year of deer despite a severe winter last year.

Forty Years Ago November 6, 1975

The North County Football All-Conference selections were announced on Tuesday and Oklee placed four players among the 24 players named to the mythical team. They were: Randy Magnell, Mark Nelson, Mark Kirkpatrick and John Larson.

Thursday night the Oklee Bowling Alley was the scene of much excitement when the women of the different leagues dressed up in costume.

The Junior Class will be putting on their annual class play for the public on Friday, November 7th. This year's production is "Finders Creepers."

Thirty Years Ago November 6, 1985

Oklee's 7th Annual Halloween Party was held on Thursday night with lots of fun had by everyone who attended.

The Plummer Legion Post #623 was the site of the 9th District American Legion Fall Rally with over a 100 people attending.

Oklee's North Tri-County

Football Conference selectees included Richard Hendrickson, Duane Baker, Greg Bishop, David Cote and Steve Olson.

The Oklee Community was greatly saddened by Richard Rustan's fatal accident which occurred on November 2nd.

Twenty Years Ago November 15, 1995

Receiving 1st place in the window painting contest which was part of Oklee's Halloween Hysteria events were Chris Nelson and Cole Mickelson, 7th grade art students of Mrs. Vicki Kolden.

Carl Dugstad, Oklee 6th grade student, was declared the Patriotism Essay Contest winner during the Veteran's Day program that was held on November 10th.

Ten Years Ago November 10, 2005

Salem Lutheran Church honored it's members 75 years and older at a luncheon on October 30th. Those attending were: Selmer Christianson, Hilda Linder, Gunda Hegge, Bill Larson, Lily Cantwell, Ruth Neff, Carl Larson, Margaret Johnson, Leonard Johnson and Inga Linder.

Three new employees at the Red Lake County Sheriff's office are 2 deputies - Mike Roff & Paul Carriere, and as a dispatcher, Carmen Rystad.

Both Oklee and Plummer schools referendums were passed.

Larry & Vi Bruggeman of rural Brooks were surprised by their children with a 50th Anniversary breakfast at St. Joseph's Church.

Red Lake County Extension Educator Curtis W. Nyegaard - 218-253-2895

Managing Stored Grain

After enjoying a generally nice harvest season this year; it is now time for producers in the upper Midwest to focus on managing that stored grain. Ken Hellevang, NDSU Extension Ag Engineer recommends that all producers should check the moisture content of the grain in their bins at several locations in each bin because this will determine the management steps they need to take to preserve the stored grain.

Producers should follow the moisture meter manufacturer's recommendations to obtain an accurate reading. They can verify the meter's reading by warming the grain sample to room temperature in a sealed plastic bag or other sealed container before measuring the moisture content.

Listed below are some grain management suggestions from Ken:

* Check the grain temperature. Warm grain creates conditions conducive for insect infestations. Reducing grain temperature reduces insect activity; insects in stored grain become dormant below 50 F. In addition, the allowable storage time which is related to mold growth, is approximately doubled for each 10 degrees the grain is cooled. For example, cereal grains such as corn at 16 percent moisture content can be stored about 70 days if maintained at 70 F and about 230 days at 50 F. Allowable storage time based on germination is approximately one-half as long.

* Cool stored grain to near the average outdoor temperature during the fall using aeration. Grain temperature should be cooled to within about 20 degrees of the coldest average monthly temperature or below 40 F for winter storage. In our area, with an average January temperature of 7 F, that should be about 20 to 30 F.

To estimate the cooling time of 56 pound corn, divide 15 by the airflow rate. For example,

about 75 hours of fan time is required to cool the grain using an airflow rate of .2 cubic feet per minute per bushel (cfm/bu). Cooling times of other grains are the ratio of 56 pounds and the grain weight. For example, barley with a weight of 48 pounds per bushel will cool more quickly than corn at 56 pounds per bushel (48 divided by 56 equals .86).

* Check stored grain biweekly until it has been cooled to the winter storage temperature. Check and record the grain's temperature and condition at several locations in the bin. Temperature history can be used to detect grain warming, which may indicate storage problems. Look for indications of problems, such as condensation on the roof or crusting of the grain surface. Probe to examine grain below the surface.

Temperature cables are an excellent tool to measure the grain temperature, but they only measure the temperature of the grain next to the sensor. Grain is a very good insulator, so warm or hot grain just a very few feet from the sensor may not be detected.

* Because insects are dormant at colder temperatures, warm grain samples to room temperature and place the grain on a white cloth to insect for insect infestations. Grain fumigants will not control an insect infestation adequately, and insects in cool grain near the edge of a "hot spot" may have limited metabolic activity, resulting in poor control. However, cooling the grain can control most storage problems.

* Open the grain bin's fill or access cover during fan operation to serve as a pressure relief valve. Bin vents may become blocked by frost or ice if fans run when the outdoor air temperature is near or below freezing. The resulting air pressure may damage the bin roof. Cover the aeration fan when it is not operating to

prevent pests and moisture in the form of snow, fog and rain from entering the bin.

High corn moisture content may be an issue this year. Corn moisture contents up to 20 percent were harvested and placed in bins with natural air drying fans sized to provide an air flow rate at least 1cfm/bu. Even though the outdoor temperature and relative humidity were conducive for drying during October, the drying zone zone may not have moved through all the grain. The estimated drying time for corn with a moisture content up to 20 percent is 30 to 40 days with average air temperature of about 50 F, about 50 to 60 days at 40 F and at least 70 days when the air temperature is near 30 F. The moisture holding capacity of the air temperature below 35 to 40 F is small, so drying becomes inefficient using natural air/low temperature (NA/LT) drying. Drying time also is related to the airflow rate, so at an airflow rate of .75 cfm/bu, drying time at 1 cfm/bu is extended from 40 days to about 53 days (40 divided by .75). Warming the air by about 5 degrees will allow producers to continue drying corn with the typically higher air humidity level that occurs in November if the outdoor air temperature is averaging at least 35 to 40 F. Adding more heat causes grain in the bottom of the bin to dry to a lower than desired moisture content.

Producers should use a bin stirring device or do batch-in-bin drying with only a few feet of grain in the bin if the air is heated more than 5 to 20 degrees. NA/LT drying can be completed in the spring starting when outdoor temperatures average about 40 F. For more information about grain drying; visit <https://www.ag.ndsu.edu/graindrying> or contact Ken by e mail at kenneth.hellevang@ndsu.edu.

Source: Kenneth Hellevang, NDSU Extension Ag Engineer.

Senior Site News and Other Things

By Volunteer Iona Berry

Our weather has been nice for the month of November. We did have a little cool rain last week, but that is to be expected.

Last Friday night, the American Legion Auxiliary had their annual Bingo-Bake Sale. It was a great evening with a lot of good baked goods. It is always a fun affair.

This Wednesday the Legion will remember Veteran's Day with a program at the school. It is a wonderful way to show our Veteran's we appreciate what you have done to preserve our freedom in the United States. There will be a meal served at the Community Center following the program at the school.

Note: Due to Thanksgiving Meal on November 24th, there

will be no potluck this month.

Dates to Remember

Nov. 11 - Veteran's Day
Nov. 19 - Site Council Meets
Nov. 20 - Birthday Meal
Nov. 24 - Senior Site Thanksgiving Meal

Life's Little Instructions

Most people fall into two categories; those who sail forth and those who remain in port. Never underestimate the power of a warm cozy cup of tea.

Joke Time

Travel Plan
Cahoots--I have been many places but apparently you can't go there alone. You have to be in cahoots with someone.

I've also never been in Cognito. I hear no one

recognizes you there.

I have been in Sane. They don't have an airport. You have to be driven there.

I would like to go to Conclusions but you have to jump and I'm not too much on physical activity.

I also have been in Doubt. That is a sad place to go and I try not to visit there too often.

I may have been in Continent, and I don't remember what country I was in, it's an age thing. They tell me it is very damp there.

A lawyer, discussing trial strategy with his partner, said, "When I address the jury, I'll plead for clemency."

"Nothing doing," shouted his partner, "Let Clemency get his own lawyer."

Plummer News

By Alice Jobe 218-465-4402

Lynn and Roger Gallant and Anna DeHate left Friday to Don and Marge Ranstrom's by Mille Lacs for the weekend. It was Anna's birthday on the first.

Halloween afternoon, the Lions and Lions Too had a Halloween party at the hall for the kids. It was held from 2 to 4 p.m. There were about a 100 kids and around 100 adults. They had games, Bingo and root beer floats for the kids.

It was a cool, windy and rainy afternoon. Some kids went trick or treating afterwards and some went around supper time.

Emilie Skjerven visited Melanie and Bob Parisse at Shoreview from Sunday til Tuesday evening.

Jean Matt celebrated her birthday November 4th at Oakland Park in Thief River Falls. Cingy Jaeger Arlt visited her that day.

Tri River Pioneers met

**Brooks -
Terrebonne News**
By Barb Novak
218-698-4296
novakbl@gvtel.com

The weather is beautiful. Wow to have near 50 degrees in November is almost a gift without a doubt. It is really nice to see the sun too. Mother Nature can keep this up for a few more weeks.

Over the weekend I was very pleased to see Pat Larson who was visiting her son John and Karen Larson and family in Brooks. It was good to see her again.

On Tuesday Jerome and Barb Novak visited with Sandra Gagner at her home.

Kelsey Paradis was a hunting widow over the weekend with Ryan out hunting. Haven't heard the results of the hunt yet though.

This is the first hunting season that I haven't heard shots often and many. I have seen many hunters out and about, but not any shots yet. Ammunition must be scarce and they are saving the bullets for the trophy buck this year.

Chelsea Kjonos and Carter visited her mother Pam Paradis for the weekend. I think Pam got a little Grandma time in there over the weekend.

I think everyone is trying really hard to be good these days because they know that Santa is coming to town on Dec 6 and will be at the Community Hall in Brooks.

The Red Hats are going to the Irishman's Shanty in Crookston on November 18, Wednesday. They will meet at 11:30. Everyone is welcome with or without a red hat. It is a fun get together.

We hope your week is good and that you do remember to say a prayer of thanks to all our veterans today on Veterans Day. It is because of them that we enjoy our lives so much and they should be thanked from the bottoms of our hearts. They sacrificed for us all and so many of them gave their all for us. Thank God for the veterans. Have a good week.

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REMINDER

SECOND HALF AGRICULTURE PROPERTY TAXES DUE NOVEMBER 16

Late Payment Penalty Assesses After Nov. 16

MAKE CHECKS PAYABLE TO

Red Lake County Treasurer

NICK KNOTT
Red Lake County Treasurer
Box 208, Red Lake Falls, MN 56750

Oklee Herald Office Hours

This weeks hours:

Thu, Nov. 12 9:00 a.m. to 12:00 p.m.
Fri, Nov. 13 9:00 a.m. to 5:00 p.m.
Mon, Nov. 16 9:00 a.m. to 3:00 p.m.

Oklee Office Phone: 796-5181

Gonvick Office Phone: 218-487-5225

Or by email at either:
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Who's Dat

This week's photo is of five gentlemen dressed in suits and ties. Looks like a board meeting from years past.

Last week's photo is of Mary Ann Lambert and Beth Skallet dressed as Santa's Helpers many years ago.

Still need some more photos for the Who's Dat column. Keep them coming in. Any Christmas photos? Thanksgiving gatherings?



Regional Ag News
Jim Stordahl, Extension Educator

What is a Fair Farmland Rental Agreement?

One of the most common questions at Extension offices is related to farm land rent. Farm land rental rates have never been higher and determining a fair farm rent agreement is a challenge given today's economy with record high land values and significantly lower grain prices.

What is fair to the landowner while enabling a profit for the renter?

To help answer this question, landowners, farmers and lenders may want to attend one of the 44 informative meetings being held across Minnesota in the coming weeks. These meetings, provided by the University of Minnesota Extension, are free and no registration is required.

The meetings in Northwest

Minnesota will feature Pauline Van Nurden, Extension Educator in Ag Business Management. Pauline, a former ag lender, will provide several examples, factsheets and worksheets to help determine a fair farm land rental rate for both parties.

The meetings will cover local historic and projected farm land rental rate trends, current farm land values and sales, and a worksheet that will help determine a fair and profitable rental agreement. Input costs for 2016 will be presented along with current 2016 grain prices. Worksheets will examine 2016 costs and what is affordable rent that a farmer will be able to pay in 2016, the rate of return to the landlord at current market values and examine flexible

rental agreements.

A flexible rental agreement is another option that may have appeal under these circumstances. In this kind of agreement, both the landlord and farmer share the price risks; if prices improve, so does the rental payment. Flexible cash rent agreements are essentially a sliding cash rent that provide an upper and lower limit based on crop prices and yields. Although this may sound complicated, there are easy formulas to help determine rental values tailored to individual farms.

Make plans to attend one of these meetings now. Attendees will receive several informative worksheets and factsheets that will help to determine what is a fair 2016 farm land rental for your area.

Meeting Locations in northwest and west central Minnesota are:

11/23/15	Thief River	Northland Community & Technical College - Auditorium 1101 Hwy 1 East, Thief River Falls, MN 56701	2:00 PM
11/23/15	Ada	Tubby's Tavern 415 W. Main St., Ada, MN 56510	9:30 AM
11/24/15	McIntosh	McIntosh Community Center 240 Cleveland Ave. SW, McIntosh, MN 56556	9:30 AM
11/24/15	Moorhead	MN State Community & Technical College- Moorhead Rm A117 & A119 1900 28th Ave. S., Moorhead, MN 56560	2:30 PM
12/2/15	Breckenridge	Grace Lutheran Church 1100 Main Ave N., Breckenridge, MN 56520	9:30 AM

For more information, contact me at 800-450-2465 or stordahl@umn.edu.

Red Lake Falls Library News

The library is open on Monday from 10:00 am until 5:00 pm, Wednesday from Noon until 8:00 pm, Friday from 10:00 am until 5:00 pm, and Saturdays from 10:00 a.m. to 3:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/rlf.htm at anytime, where they can create their own patron accounts to browse, request and renew materials all from their home computers.

More new books on the shelves in the RLF branch include "The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present" by Kate Sciandra; "create a new way of living that reduces stress, increases productivity, improves mood, and enhances relationships, using step-by-step instructions and exercises that incorporate habit-forming techniques and help you

find everyday opportunities for making mindfulness an easy practice;" "Haunted by the Abyss: the otherworldly experiences of paranormal Sarah " by Sarah Soderlund; these first-hand accounts of paranormal phenomena will chill your bones and thrill your mind; and in fiction "February Fever" by Jess Lourey, the 10th book in this Minnesota author's "Murder-by-Month" series.

Statepoint Crossword
Theme: Thanksgiving

ACROSS

- Internet posts
- "Kilroy ___ here"
- "Put a ___ in it!"
- "Raspberry ___" by Prince
- Matterhorn, e.g.
- Loosen laces
- Social class or position
- "All the Light We Cannot ___" by Anthony Doerr
- Like professor Sherman Klump
- *In 1941 Thanksgiving moved to this Thursday
- *Football hosts
- Green pod dweller
- One who makes use of something
- Declare
- Globes and balls
- The Curies' discovery
- Guinness and such
- Takes to court
- Santa Maria's companion
- As far as

- Archipelago
- Relating to ear
- Popular in cook-offs
- Cut with an ax
- Be dependent
- Alleviating
- Ginger-flavored cookie
- Hi-___
- Oration station
- Opposite of friend
- *Cause for Thanksgiving celebration
- *Main attraction
- *The Pilgrims crossed it
- De Niro's 1976 ride
- Honorable mention
- Compilation of drawers
- Store posting, for short
- Private
- Actor ___ MacLachlan
- "You betcha!"
- Collection of Buddhist scriptures

DOWN

- British public service broadcaster

- Organ of photosynthesis
- Roughly
- Bob Marley's "___ ___", Stand Up"
- Three-dimensional sound
- Done in loads
- Brewery order
- Glasses, for short
- Give the cold shoulder
- "The Simpsons" palindrome
- C in NYC
- St. Peter's symbol
- Done on a Christmas morning
- Plural of tarsus
- "___ the fields we go"
- No-good
- *Cranberry concoction
- Top dog
- Abominable snowmen
- "No Child Left Behind" President
- Famous French courier
- Lay to rest
- Opposite of #24 Down
- *Parade host
- Prima donna's numbers
- Made by tailor
- Mix-up
- Start a new paragraph
- Solid, liquid, ___
- "The Merchant of Venice" heiress
- Mosquito affect
- Increasing
- *A ___ lock ties turkey drumsticks
- Flu feeling
- Rod attachment
- Flower holder
- *Cookbook abbr. in gravy recipes
- Europe's highest volcano
- Big Bang's original matter
- "We ___ Family" by Sister Sledge
- ___ of Good Feelings

Solution
Famous Athletes

F	A	R	S	I	G	A	S	S	T	O	P			
D	R	A	W	N	A	G	E	J	O	U	L	E		
A	C	R	I	D	G	A	P	O	S	T	I	A		
S	E	R	E	N	A	A	E	R	O	S	T	I	A	
L	E	E	L	E	E	G	L	A	D					
U	K	E	D	I	D	O	R	A	N	C	H	O		
S	E	A	S	G	R	U	B	N	O	H	O	W		
A	N	T	E	H	U	L	A	S	T	A	M	E		
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L	E	M	O	N		L	A	O		A	V	A	I	L
A	G	I	N	G		E	L	K		M	O	R	S	E
G	O	T	O		T	I	E		O	I	L	E	D	

November Health Points

November is Diabetes Awareness Month

What are Diabetes and Prediabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin, as in Type 1 Diabetes, or can't use its own insulin as well as it should, as in Type 2 Diabetes. This causes sugar to build up in your blood.

A person with prediabetes has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.

What You Should Know

You are at increased risk for developing prediabetes and type 2 diabetes if you:

- Are 45 years of age or older. Are overweight.
 - Have a parent with diabetes. Have a sister or brother with diabetes.
 - Have a family background that is African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander.
 - Had diabetes while pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more.
 - Are physically active less than three times a week.
- Will it be you?**
2 out of every 5 Americans are expected to develop type 2 diabetes during their lifetime. More than 29 million Americans have diabetes; 1 in 4 doesn't know.

86 million adults – more than 1 in 3 U.S. adults – have prediabetes, where their blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes.

More than 1 in 2 Hispanic men and women (over 50%) non-Hispanic black women are predicted to develop diabetes, reports a major study of over 1 million U.S. adults between 1985 and 2011.

What You Can Do

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

www.cdc.gov/Features/LivingWithDiabetes/

Symptoms of Diabetes

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
 - Feeling very thirsty
 - Feeling very hungry - even though you are eating
 - Extreme fatigue
 - Blurry vision
 - Cuts/bruises that are slow to heal
 - Weight loss - even though you are eating more (type 1)
 - Tingling, pain, or numbness in the hands/feet (type 2)
- Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

www.diabetes.org/diabetes-basics/symptoms

Parenting Tips

Eating Meals Together

Having family meal time is getting harder for families to

do. It is a great time to sit down and talk about what is going on in each other's lives. It makes a statement to children how to make it a priority in your family's lives. You can discuss issues at school, and what is new with your child. Your child can also learn what is going on with you. It is very important to give your children values about family meal times. Studies show that the lines of communication are better when you sit down as a family. It is not always able to be done, due to jobs or other schedules but it is important to try and do it.

Infant Safe Sleep Week

Governor Mark Dayton has proclaimed November 1 through November 7, 2015 Infant Safe Sleep Week in Minnesota.

Stating, "Whereas: The state of Minnesota is dedicated to the wellbeing of children and recognizes that their future depends on the care and quality of their early childhood experiences.... Every year about 50 Minnesota babies die suddenly and unexpectedly, and most of these deaths happen in an unsafe sleep environment... Parents, families, child care providers and hospitals can engage in safe sleep practices by placing infants on their backs in a safety approved crib free of blankets, pillows, bumper pads, stuffed animals, and toys, and that is located in a smoke-free environment... Safe sleep practices should be followed every time an infant sleeps or naps... Safe Sleep Week in Minnesota provides an opportunity... to promote awareness of safe sleep practices and ensure the safety of infants while they sleep..."

Proclaimed by Mark Dayton, Governor of Minnesota



Halloween Bingo had a full table of creatures hoping to win a prize



Games were set up all around the hall and the Honor Society ran the show. Great job guys!



The Halloween evening ends with the Haunted Walk around the Hall so everyone can see the great costumes the kids and adults are wearing.



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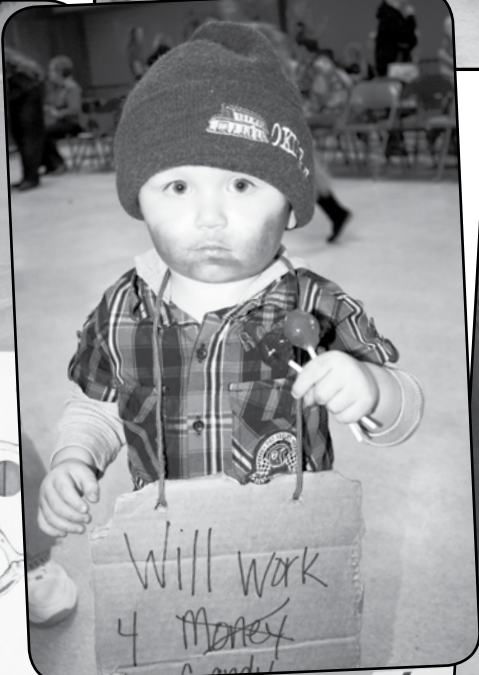


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Back Row L. to R.: Coach Brian Remick, Coach Trevor Paige, Coach Steve Phillip, and Coach Seth Schmitz

Fourth Row: Adrien Verbout, Phillip Sorenson, Hunter Schmitz, Connor Lambert, and Dawson Rystad

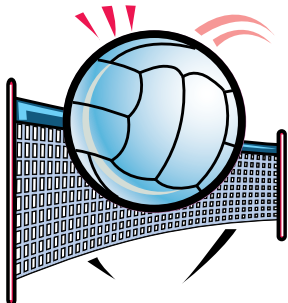
Third Row: Tyler Jenson, Matt Vettleson, Ethan Vettleson, Seth Paradis, Nick Pahlen, Javier Ramirez, and Ethan Peterson

Second Row: Dylan Olsen, Talon Porter, Mason Hanson, Kurt Larson, Josh Casavan, Caleb Novak, Brandon Klipping, Brandon Lee, and Dylan Gustafson

Front Row: Will Duden, Seth Johnson, Brendan Krueger, Wyatt Waldal, Bailey Schmitz, Marcus Christensen, Taylor Kenfield, Austin Waliser, Alan Nemec, and Devin Lambert



Back Row: Coach Nancy Bray, Calyssa Eskeli, Kelsie Sirjord, Shelby Gunderson, Julia Bernstein, and Coach Rhonda Vettleson



Second Row: Sydnie Gunderson, Ashley Longtin, Nikki Schmitz, Megan Berberich, and Taylor Bushelle

First Row: Holly Vettleson, Asia Davis, Michelle Sundquist, and Taylor Klasen

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