



Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

\$1.00



Vol. 111, Number 9

Wednesday, October 12, 2022



High School Exterior



High School Science Classroom

Referendum moves onto next phase: Bidding to begin this month

The design stage is coming to an end and soon some big progress will be made in regards to the Referendum that passed last February for Red Lake County Central ISD 4906. The referendum was considered after surveys of schools buildings, as well as other factors, showed that it was time to invest into the future of the buildings and the students of RLCC.

After several months of planning, revising, community input sessions and a healthy amount of debate, the referendum was passed by a vote of 479 to 304. That gave the school district the power to invest the \$14.12 million to make the needed upgrades to both the Plummer and Oklee sites. Some improvements will

include better accessibility to the gym in Plummer as well as a new bathroom. These improvements will better meet the needs of those who use mobility devices and will satisfy the requirements put in place by the American Disabilities Act. Relocation of the High School office from the center of the building to the front door will also provide more safe entry to the school.

Classrooms in the high school will also be upgraded to accommodate a growing on-line college in the high school program and support more involved science classes than the previous classrooms allowed for. In addition, a parking lot will be added at the High School site, along with a gymnasium.

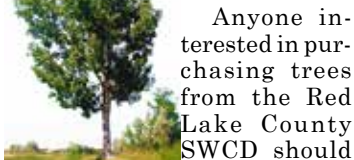
The added gymnasium space is a benefit to student in sports and other activities such as theatre and speech.

The school and consultants from ICS have completed two of the three design phases. The first was the Schematic Design which was completed in June, followed by the Design Development phase which wrapped up in August. They are currently finalizing the details for the Construction documents, the last step before the project opens up for the bidding process. Bids from contractors could be accepted as soon as October 19th and will close on November 17th. The actual work on the sites will not begin until school ends this coming Spring. At the high school there will be some deconstruction before the new construction can begin. The oldest part of the school, which currently houses a science classroom will be demolished and replaced with a new structure.

The photos above are renderings created by ICS. More information will be available to the public as the process continues. RLCC is committed to transparency during the project.

SWCD Now Taking Tree Orders for Spring '23

Red Lake County Soil & Water Conservation District (SWCD) is taking tree orders now for springs' tree planting season.



Anyone interested in purchasing trees from the Red Lake County SWCD should have their order in by October 31, 2022. Tree order forms are available at our office, on our website www.redlakecounty.org on the front page or we can mail you a form. The SWCD office is in the basement of the MN Wheat Grower's Building south of Red Lake Falls.

If you are interested in placing a tree order, for 2023 springs' tree planting season, please call the Red Lake County SWCD office at (218) 253-2593.

RLCC Day of Caring: Looking For Work

Red Lake County Central Students and Staff are looking for work to do during their Annual Day of Caring, which will be held on Wednesday October 19, 2022.

Students and Staff will head out into the communities after lunch to help wherever is needed. They are looking for work to help you with your raking your lawn, window washing,

garden work, and any other outdoor work in Oklee, Plummer or Brooks.

Requests will be taken until October 17th. If interested in receiving help with any projects, please visit the high school office to get a request form, call the office at 218-796-5136, email sgunderson@rlcc.k12.mn.us, or visit our website at rlcc2906.org.



Photo courtesy of Mary Lynn Bachand.

National Fire Fighter Day and Fire Prevention Month

October is recognized as National Fire Prevention Month, and on October 9th the flags at the Oklee Area Veterans' Memorial were lowered to half staff in observance of National Fire Fighters Day.

This is a small way of recognizing fire fighters across the country for their service. In our community we are lucky to have several dozen men and women on the volunteer fire departments, ready to help their neighbors at a moments notice.

Fire prevention and fire safety are important topics for adults and children to be aware of. On Wednesday, October 12th there will be a Fire Safety night at the Plummer Hall from 5:30-7:00 p.m. Local heroes will be there with fire engines, giving tours to kids and educating those who attend about fire safety and prevention.

Let this be a reminder to appreciate the dedicated members of fire departments as well as all who serve their community. While you are thinking about it, check your smoke detectors!

Community Calender

- Wed, Oct. 12:**
-11:30 a.m. Senior Meals delivered – Call to order.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, Oct. 13:**
-11:30 a.m. Senior Meals delivered – Call to order.
- Fri, Oct. 14:**
-Noon deadline for Oklee Herald news
- Sat, Oct. 15:**
-Support your local business – Shop Locally!
- Sun, Oct. 16:**
-Worship at the church – check inside for church times and places.
- Mon, Oct. 17:**
-11:30 a.m. Senior Meals delivered – Call to order.
- Tue, Oct. 18:**
-11:30 a.m. Senior Meals delivered – Call to order.
- Wed, Oct. 19:**
-11:30 a.m. Senior Meals delivered – Call to order.
-7:00 p.m. Bingo at Plummer Legion.

Oklee Herald Office Hours

This weeks hours:

Wed, Oct. 12	2:00 p.m. - 5:00 p.m.
Fri, Oct. 14	10:30 a.m. - 2:00 p.m.
Sun, Oct. 16	12:00 p.m. - 3:00 p.m.

Oklee Office Phone: 218-796-5181

Courtney Cell Phone: 218-689-4440

Or by email at either:

okleeherald@gmail.com • richards@gvtel.com

★ **DEADLINE** for news & ads:
Noon on Friday

Public Health Points for October

Breast Cancer Awareness Month

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Be physically active.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer and improve your chances of surviving cancer if it occurs.

https://www.cdc.gov/cancer/breast/basic_info/prevention.htm

Down Syndrome Awareness Month

Down syndrome is one of the most common types of intellectual disabilities. Down syndrome is a condition in which a person is born with an extra chromosome. A baby is typically born with 46 chromosomes, but a baby with Down syndrome has an extra copy or part of a copy of chromosome 21.

This extra copy changes how the baby's body and brain develop, which can cause both mental and physical challenges for the baby. The physical symptoms of Down syndrome vary from person to person, but they commonly include:

- A flattened facial profile
- Short neck, excess skin at the back of the neck
- Small head, ears, and mouth
- Decreased muscle tone or loose joints

People with Down syndrome usually have an IQ in the mildly-to-moderately low range and are slower to speak than other children.

Even though people with Down syndrome might act and look similar, each person has different abilities.

They have dreams and goals, and they want to have success-

ful careers and families. They can drive, go to work, go to college, go on dates, get married, and contribute to society.

People with Down syndrome still face stereotypes and myths, but they've shown time and again that the condition is just one part of who they are and doesn't define them or limit their abilities. That's why it's so important that during Down Syndrome Awareness Month and all year long, we help spread the message of love, acceptance, inclusion, and respect.

<https://www.cdc.gov/ncbddd/birthdefects/downsyndrome.html>

<https://www.specialolympics.org/stories/news/down-syndrome-awareness-month#:~:text=October%20was%20first%20designated%20as,of%20their%20abilities%20and%20accomplishments.>

National Lead Poisoning Prevention Week, October 23-29, 2022

Get the facts.
Get your child tested.
Get your home tested.
Learn more at CDC's Lead FAQs page:
<https://www.cdc.gov/nceh/>

lead/docs/know-the-facts.html

Experts Issue Health Warning About Giving Melatonin to Children

The American Academy of Sleep Medicine (AASM) has issued a health advisory encouraging parents to talk to a healthcare professional before giving melatonin or any supplement to children.

Melatonin is a natural hormone that helps us regulate our own sleep timing. Even though our body makes its melatonin in the brain, some people use extra melatonin to improve their sleep. Melatonin can improve sleep in children whose body clocks are "off schedule" and in some children with developmental problems.

Melatonin is the second-most popular "natural" product that parents give to their children, next to multivitamins. With this increased use, there are growing reports of melatonin overdose, calls to poison control centers, and emergency room visits.

Melatonin is considered a "dietary supplement." It is not under FDA oversight like other over-the-counter (OTC) or prescription medications. Melatonin content in supplements can vary widely. The

most significant variability in melatonin content was in chewable tablets – the form children are most likely to use.

AASM advises that:

- Melatonin should be handled as any other medication and kept out of reach of children.

- Before starting melatonin or any supplement in their children, parents should discuss this decision with a pediatric health care provider.

- Many sleep problems can be better managed with a change in schedules, habits, or behaviors rather than taking melatonin.

- If melatonin is used, the health care professional can recommend the melatonin dose and timing for the sleep problem. Parents should select a product with the USP Verified Mark to allow for safer use.

<https://aasm.org/advocacy/position-statements/melatonin-use-in-children-and-adolescents-health-advisory/>

Parenting Tips Positive Parenting 15 Ways to Be a Positive Parent

1. Consequences that make sense
2. Validate, empathize, sympathize

3. Talk at the child's level
4. Explain & help them learn from their mistakes
5. Talk to your child like an individual

6. Provide warnings
7. Provide clear expectations
8. Tell kids what they should do rather than what they shouldn't

9. Keep it positive
10. Be consistent and keep your word

11. Be loving and firm
12. Use humor
13. Let your child have a right to their feelings

14. Be aware of age appropriateness

15. Keep your own feelings and judgements in check

<https://bilingualkidspot.com/2018/10/31/what-is-positive-parenting-tips-techniques/>



Church news

OKLEE LUTHERAN PARISH

Zion and Salem

Pastor Linda Molitor
Wed, Oct. 12: 4:00 p.m.
First Communion Class. 6:30 p.m.
Chimes. 7:00 p.m. Salem WELCA. 7:00 p.m. Confirmation at Zion.

Sun, Oct. 16: 9:00 a.m. Worship, 10:30 a.m. SS at Zion. 9:00 a.m. SS, 10:30 a.m. Worship at Salem.

Tues, Oct. 18: 7:00 p.m. Mutual Ministry at Zion.

Wed, Oct. 19: 4:00 p.m. First Communion Class. 6:30 Chimes. 7:00 p.m. Confirmation at Zion.

Sermons are on GVTel Channel 35 (10 am Sunday & 2 pm Tuesday), also on Facebook or YouTube.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE

Fr. Bryan Kujawa

Sunday: 8:00 a.m. St. Francis – Oklee, 10:15 a.m. – Grygla, 12:00 p.m. – Goodridge.

Go to: <http://www.oggcatholic.org/> for service times.

BROOKS – RED LAKE FALLS

CATHOLIC PARISH

Fr. Bob Schreiner

Saturday: St. Joseph RLF 5:30 p.m.

Sunday: Brooks Sunday 8:00 a.m. St. Joseph 10:00 a.m.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA

Pastor Jonathan Dodson

Sun, Oct. 16: 9:00 a.m. Worship at Immanuel. 10:15 a.m. SS at Immanuel. 7 p.m. Worship at Ebenezer.

GOODRIDGE AREA

LUTHERAN PARISH

Bethany-Ekelund-Faith

Pastor Kristen Ostercamp

Wed, Oct. 12: 12:15 p.m. Release time. 7-9:00 p.m. Confirmation.

Sun, Oct. 16: 8:00 a.m. Worship, 9:00 a.m. SS at Ekelund. 9:30 a.m. Worship, 10:30 a.m. SS at Faith. 11:00 a.m. Worship, 9:30 a.m. SS at Bethany.

CLEARWATER

LUTHERAN PARISH

Mt. Olive – Nazareth

Oak Park – St. Petri

Pastor Jeff Merseth

Wed, Oct. 12: 5-7:00 p.m. Wednesday School. 6:30 p.m.

Oklee Senior Site Dining

October 16, 18-21

No congregate meals served.

If you are over the age of 60 and you want a meal delivered to your home, call the Oklee Cafe 796-5666. Please call by Friday to order your meals from the menu below. If the cafe runs short, it will be Cook's Choice. A \$5.00 per meal donation is suggested.

Sun: 4 pc. Shrimp, baked potato, coleslaw, bread, milk and dessert.

Mon: Cafe is closed.

Tue: Hamburger macaroni hotdish, corn, garlic toast, milk and dessert.

Wed: Wisconsin cheese soup, ham sandwich, fruit, milk and dessert.

Thu: Rice hotdish, egg roll, bread, milk and dessert.

Fri: Chicken Filet sandwich, Italian pasta salad, fruit, milk and dessert.

Vespers.

Sat, Oct. 15: Mt Olive: 9:00 a.m.

Sun, Oct. 16: St. Petri: 8:00 a.m., SS 9:15. Oak Park: 9:45 a.m., SS 8:45. Nazareth: 11:00 a.m., SS 10:00.

Wed, Oct. 19: Wednesday School: 5-7:00 p.m. 6:30 p.m. Vespers.

Find services and past sermons at www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH

Jarred LeBon, Pastor

Tyler Stynsberg,

Assoc. Pastor

www.newjourneyfosston.com

Wed, Oct. 12: 6:30 p.m. Youth Group.

Sun, Oct. 16: 9:00 a.m. Sunday School. 10:00 a.m. Worship.

Tue, Oct. 18: 9:30 a.m. Ladies Devotions.

Wed, Oct. 19: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund

Sand Valley

Dawn Hanson,

Lay Minister

Wed, Oct. 12: 2:00 p.m. Lund Ladies Aid.

Sun, Oct. 16: 9:00 a.m. Lund. 10:30 a.m. Bethany.

CDC safety guidelines for COVID-19 will be followed.

BETHEL ASSEMBLY

Fosston

Seth Johnson,

Head Pastor

Sundays: 9:00 a.m. Sunday School. 10:00 a.m. Worship Service.

Wednesday Evening: 6:30 p.m. Kids, High School & Adult programs.

Services will continue to be live-streamed on Facebook (<https://www.facebook.com/bethelfosston>) as an alternative to attending in person.

OKLEE AREA VETERANS' MEMORIAL UPDATE

The flags at the Oklee Area Veterans' Memorial were lowered to half staff on Sunday, October 9th, in observance of National Fire Fighters Day.

For 41 years this day, October 9th, has been designated to honor firefighters who died in the line of duty. Remember to thank our firefighters for the service they provide for all of us.

Questions regarding the Oklee Area Veterans' Memorial may be sent to marylbachand@gmail.com.

1x3

Sounds like multiplication?

Guess again.

It's newspaper talk for a one-column by 3-inch ad.

Too small to be effective?

You're reading this one!

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Red Lake County Commissioner's Minutes

RED LAKE COUNTY
Regular Meeting Held
September 13, 2022

Pursuant to adjournment of its last meeting, the Red Lake County Board of Commissions duly met in regular session at the Courthouse in Red Lake Falls, MN on September 13, 2022 at 10:00 a.m. Chair Weiss called the meeting to order. Commissioner Flage absent. The Pledge of Allegiance was recited.

The Board discussed services of an interim county engineer due to the resignation of Red Lake County Engineer Erik Hove effective 9/9/2022. Pennington County submitted a proposal to share the services of County Engineer Mike Flaagen on an interim basis at a rate of \$10,000/month. Flaagen would work in Red Lake County approximately 2 days per week or more if required. Motion to approve the proposal was made by Commissioner Remick, seconded by Gerardy and carried by unanimous vote.

There was discussion on additional pay for Assistant County Engineer Jeremy Johnson during the absence of a full-time Engineer. Motion made by Commissioner Gerardy and seconded by Remick to approve salary compensation of an additional \$375.00 per pay period effective as of 9/12/2022 to Assistant Engineer Jeremy Johnson during the interim and for up to 3 months after the hiring of a full-time County Engineer. The motion carried unanimously.

Randy Konickson, Highway Department Maintenance Supervisor presented a quote from ReadTech Solutions in amount of \$1,785.00

for the purchase of a new laptop for the Highway Department mechanic. Motion made by Commissioner Dudydycha, seconded by Remick and unanimously carried to purchase the laptop as per the quote presented.

Konickson noted that the 2002 John Deere 6420 tractor has served its purpose. He presented a quote off the Minnesota State contract in amount of \$182,128.76 for a JD 6145M tractor, loader, pallet forks, including a 15-foot flex wing mower. Commissioner Gerardy moved to approve the purchase, seconded by Dudydycha and carried by unanimous vote.

Tanya Hanson, SWCD updated the board on the County Ditch #62 construction project. A concrete culvert will be installed including replacing the trash rack. Commissioner Gerardy made a motion, seconded by Dudydycha to have Red Lake County take the lead on the project, and to partner with SWCD and RLWD.

Hanson also explained the Clearwater River 1W1P Resolution. The Resolution requests the county to adopt and implement the Clearwater River Headwaters Watershed Comprehensive Management Plan and to submit to the Board of Soil and Water Resources. Commissioner Remick moved, seconded by Dudydycha and carried unanimously to approve Resolution No. 09-01-22 as follows:

Whereas, the Red Lake County is a member of the Clearwater River Headwaters Watershed, One Watershed One Plan Policy Committee; and

Whereas, the Red Lake County has been an active participant in the development of the Clearwater

NOTICE

The Red Lake County Township Officers Association will hold their Fall Meeting.

Casey Klipping, Secretary - Red Lake County Township Officers Association

Tuesday, October 18th at 7:00 PM
Community Center in Brooks.
Please note the location change.

Oklee's Zion WELCA Annual Bazaar Bake & Auction Sale

BAKED
GOODS

Has been postponed to
Wednesday, October 12, 2022
7:00 p.m.

HOLIDAY
DECOR

Zion Lutheran Church Fellowship Hall
Free Will BBQ and Pie Supper before the
Sale from 5:30 to 6:30 p.m.
Auctioneer: Eric Mickelson

FANCY
WORK

CRAFTS

029-30C

KURTIS ELLEFSON
RED LAKE COUNTY
VETERAN SERVICE OFFICER

218-689-8587
1-888-LINKVET

Email: kellefsoncvso@hotmail.com

© 016-159

River Headwaters Watershed Comprehensive Watershed Management Plan (Plan); and

Whereas, the Red Lake County recommended the Clearwater River Headwaters Watershed One Watershed One Plan Policy Committee submit the Plan for 60-day comment; and

Whereas, no major changes were requested by state agencies in the final comment period;

Whereas, the Plan will serve as a substitute for either the SWCD comprehensive plan or county local water management plan as per 103C or 103B respectively for the duration of the state approved Plan.

Now, Therefore, Be It Resolved, the Red Lake County will approve submission of the plan to the Board of Water and Soil Resources Board. Contingent on recommendation of plan approval by the BWSR Northern Committee and subsequent BWSR approval, Red Lake County hereby adopts and will begin implementation of the Plan for the area of the county identified within the Plan.

Several representatives from DNR lead by NW Regional Director Theresa Ebbenga were present to discuss accomplishments of the DNR in the area. Topics discussed were the following:

- Norman Wildlife Management Area access road.

- DNR worked in conjunction with Louisville Township and secured grant dollars to upgrade the access road to the wildlife area.

- PILT (Payment in Lieu of Tax) payments from land owned by DNR; the payments are set by legislature.

- Ring dike levee funding assistance available in July, 2022.

- Drainage management of Goose Lake in Wylie.

- Border to Border trail route.
- Deer farm inspections and wolf management plan.

Assistant Engineer Jeremy Johnson addressed the board regarding advertising for the CSAH 19 structure replacement project. Commissioner Remick moved, seconded by Gerardy and carried unanimously to advertise for bids with a bid opening date of 10/25/2022. Johnson informed the project start date will be spring of 2023.

Motion by Commissioner Gerardy and seconded by Dudydycha to approve the minutes from the regular board meeting held 9/23/2022. Motion carried unanimously.

Motion by Commissioner Remick, seconded by Dudydycha and unanimously carried to approve the following bills for the period.

Vendor	Amount
Anderson Brothers Construction	\$1,283,581.48
Counties Providing Technology	\$11,162.00
Elections Systems & Software, Inc.	\$3,068.11
EVCO Petroleum Products	\$2,232.31
Knott's Gravel & Excavating	\$5,276.50
Moore Engineering, Inc.	\$79,344.42
Pennington County Auditor/Treasurer	\$2,210.00
Red Lake County Co-op	\$15,494.19
RJ Zavoral & Sons	\$45,576.72
Thygeson Construction	\$107,454.49
Triple D Construction & Leasing Co.	\$12,905.00
Ziegler Cat	\$2,708.74
38 Vendors less than \$2,000	\$15,158.74
FINAL TOTAL	\$1,586,172.70

The motion included the following added bills: \$351.54 Dacotah Paper; \$1,281.00 Holly Crandall; \$97.36 Karl Moyer; \$926.75 MNIT; \$445.00 per diem and \$72.50 expenses to Ron Weiss.

Auditor Schmitz presented a billing from Polk County for main-

tenance costs incurred in 2021 on joint drainage systems. Commissioner Gerardy moved, seconded by Remick and carried by unanimous vote to approve payment of \$1,943.38 to reimburse Polk County for maintenance costs on joint ditch systems in 2021.

Commissioner Gerardy moved, seconded by Dudydycha and carried by unanimous vote to approve Resolution No. 09-02-22 to appoint Commissioner Ron Weiss to the NW HRA Board in Mentor, MN to commence 11/01/2022.

The SSTS (Septic Grant) Agreement was presented on behalf of Environmental Officer Kurt Casavan. The grant is for the 2023 fiscal year and is used to administer the septic system program in the county. Commissioner Gerardy moved, seconded by Dudydycha and carried unanimously to approve the SSTS Grant Agreement with the MN Board of Water and Soil Resources for FY 2023 as presented. Chair Weiss signed the document for the county.

Commissioner Committee Report
Gerardy: Reported on Enbridge public meeting held regarding the Plummer Solar Project with date of operation to begin in 2025.

Dudydycha: Attended Tri-County Corrections meeting. The Juvenile Center is to open 12/01/2022. The revenue from bed rental space is increasing.

Remick: Met regarding interviews for County Auditor position, Local 49 union negotiations, and Pennington County regarding the County Engineer position.

Weiss: Attended the Clearwater River 1W1P meeting. Met regarding interviews for the County Auditor position and Local 49 union negotiations.

Commissioner: Dudydycha commented that some residents have questioned the availability of 4-H Extension Educator Frankie Latimer. Latimer is currently available in the office on Tuesdays and Thursdays and works from home the balance of week.

HR Director Lundeen addressed the board regarding going back to a full time Child Support Management and Collections Services position (Grade 16 – Step 10) at \$31.69/hour. Motion to approve made by Commissioner Dudydycha, seconded by Remick and carried by unanimous vote to approve the hire of Crystal Stene for the position.

Auditor Schmitz reported MCIT has informed it will provide Cyber coverage in 2023 for all counties.

Kerry Peuser of the MJB Architects firm met with the County Board to review plan proposals regarding several courthouse improvement projects. Burns reviewed plans for the exterior trim painting and side-walks, east side steps, reroofing, air conditioning, interior renovations and lighting. Peuser provided a walk-thru of the facility with the County Board to answer questions and gather feedback and to explain phases of the overall project. The board suggested that re-shingling the courthouse roof was a priority for 2023 to receive the balance on the roof damage dollars from MCIT. Re-painting all the exterior metal trim and the HVAC projects will be next to complete. The county will be using the ARPA funds to apply towards project costs.

There being no further business the meeting was adjourned until September 27, 2022 at 10:00 a.m.

Attest:

Robert Schmitz, County Auditor

Ron Weiss, Chairman,
Board of Commissioners 030C

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

Oklee Herald

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first prize for Best News Story, 1959.

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

****Winner 1st place Typographic**
Excellence, Minnesota Newspaper
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For The Love Of Pork

October is Pork Month and more Americans are buying pork because of its value, flavor and versatility.

The United States is the third largest Pork producer in the world. Today, there are more than 67,000 Pork operations in the U.S.

We thank the hard working men and women in the Pork Industry for the safe, nutritious, high-quality Pork products they produce.

Security STATE BANK
PO Box 69 Oklee, MN 56742



Phone 218-796-5157

030C

Protect yourself and your loved ones from the flu.

Flu season is here, and Essentia Health encourages everyone to get a flu shot. Vaccines are available for people six months of age or older. Flu vaccines are covered by Medicare, Medicaid, and most private insurance.

Schedule your flu shot online today.

EssentiaHealth.org/Flu



Essentia Health

027.30MNA

COVID-19 vaccines are now available for 6 months of age & older.



MUSTANG STAMPEDE

RLCC Menus

NOTICE: Food shortages are nationwide, and our school district is also experiencing unavailable items or last-minute food replacements from our food distributors. Menus are subject to change, but we will do our best to notify you via social media/bulletin if/when there are menu changes. We appreciate your patience and understanding! We look forward to serving all of our students nutritious meals.

RLCC School District.

Oklee

Monday: Breakfast: Breakfast pizza, cereal, fruit, juice, and milk. **Lunch:** Chicken spaghetti, breadsticks, vegetable, fruit, and milk.

Tuesday: Breakfast: Donuts, cereal, fruit, juice, and milk. **Lunch:** Corn dog, mac and cheese, vegetable, fruit, and milk.

Wednesday: Breakfast: Muffins, cereal, fruit, juice, and milk. **Lunch:** Cold Subs, chips, vegetable, fruit, and milk.

Thursday: NO SCHOOL. MEA BREAK.

Friday: NO SCHOOL. MEA BREAK.

Plummer

Monday: Breakfast: Scrambled eggs with ham, fruit, juice, and milk. **Lunch:** Soft shell taco with toppings, corn, cookie, fruit, and milk.

Tuesday: Breakfast: Pancakes, sausage, fruit, juice, and milk. **Lunch:** Corndog, mac and cheese, vegetable, ranch, fruit, and milk.

Wednesday: Breakfast: Cereal, yogurt, fruit, juice, and milk. **Lunch:** Hamburger on a bun, cheese, pickles, chips, baked beans, fruit, and milk.

Thursday: NO SCHOOL. MEA BREAK.

Friday: NO SCHOOL. MEA BREAK.

RLCC Sports Schedules

Schedules subject to changes - please check the school web site at <https://www.rlcc2906.org/>

Friday, Oct 14
Football: Varsity Game 7:00PM RLC Football vs. Polk County West

Monday, Oct 17
Cross Country: Girls/Boys V/JV/JH Meet 4:00PM @ Bemidji Greenwood Golf Course

Volleyball: Girls Varsity Game 7:30PM vs. Fertile-Beltrami @ Plummer

Wednesday, Oct 19
Football: Varsity Game 7:00PM vs. Ada-Borup @ Ada-Borup High School

Monday, Oct 24

Volleyball: Girls Varsity Section Pigtail T B D Away vs. Multiple Schools

Friday, Oct 28

Cross Country: Girls/Boys V/JV/JH Section 4:00PM Red Lake County Coop vs. Bagley @ Twin Pines Golf Course

Mustang Volleyball Recognizes Parents and Senior Night

On September 27, the Red Lake Falls Eagles traveled to Oklee to play the Red Lake County Central Mustangs at the RLCC HS Gym in Oklee. The Eagles would win the game 3-0 with match scores of 25-14, 25-11, and 25-18. That night Jamie Flatgaard and Paige Olson led the team's statistics, with Flatgaard earning 6 kills, 2 blocks, and 1 ace. Olson had 5 kills and 1 service ace. The RLF Eagles are by Head Coach Nicole Gullingsrud and assisted by Coach Bridget Cardinal and Coach Brooke Anderson.

The Warren-Alvarado-Oslo Ponies traveled to the RLCC Plummer Gym on Thursday Sep 29, 2022 to take on the Mustangs. The Mustangs celebrated Parent's Night to honor the support their parents have given throughout the season. Unfortunately for the Mustangs, the Ponies would win by 4-1. The match scores were 27-25, 26-16, 21-25, and 25-12. Leading the Mustangs was Jamie Flatgaard with 12 kills and 2 service aces, and Shawna Majeres with 9 kills and 15 digs. Molly Smith with 15 assists, Ella Moen with 10 assists, and Paige Olson with 15 Digs. On Monday, October 3, 2022,

The Mustangs hosted the Bagley Flyers and would celebrate "Senior Night" for seniors Payton Rystad, Shawna Ma-



The Mustangs gather to celebrate a point in their match against the Ponies of Warren-Alvarado-Oslo.

jeres, Natalie Vettleson, Paige Olson, Molly Smith, Clowie Magnell, Marissa Thomas, and Aurimy Olson. Despite hard work from the Mustangs, the Flyers would win 4-1 with scores of 25-9, 18-25, 25-22, and 25-23. Jamie Flatgaard would have 9 kills, 2 blocks, and 7 service aces. Marissa Thomas had 6 kills and 3 blocks. Paige Olson had 5 kills, 1 service ace, and 10 digs. Shawna Majeres had 4 kills, 1 service ace, and 10 digs. Molly Smith had 14 assists and Aurimy Olson had 11 digs.

A more detailed report on the Mustang report of their win

over the Clearbrook- Gonvick Bear's will be in next week's Mustang Stampede. During the week of October 10 - 14th. The Mustangs will be on the road to play Climax-Fisher Knights in Climax, Monday, October 10th. They will play the Goodridge-Grygla Chargers in Goodridge and will be aired on GVTV Channel 38. The next home game will be in Plummer on Monday, October 17th, where the Mustangs will take on the Fertile-Beltrami Falcons, airing on GVTV Channel 35. The Mustangs Head Coach is Angie Lundeen and she is assisted by Rhonda Vettleson.

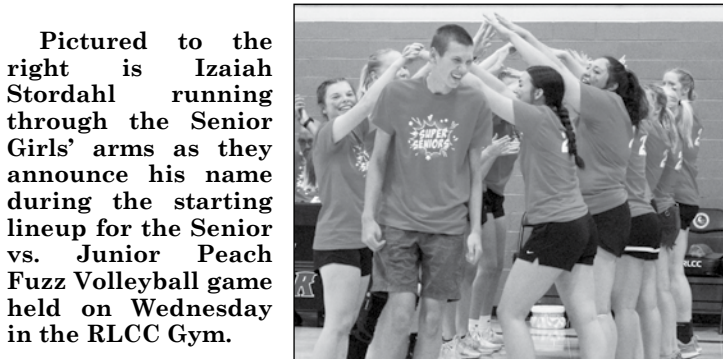
RLCC Homecoming Snaps



Pictured are members of the Junior and Senior classes at RLCC during the Peach Fuzz Volleyball game. The Seniors defeated the Juniors.



Pictured above: Winning Thursday's Dynamic Duo for Senior High are seniors Natalie Lindemoen as Barnacle Boy and Marin Peterson as Mermaid Girl. Winners for Junior High were 7th Grader Caiden Heller and Nick Heller dressed up as Present and The Grinch.



Pictured to the right is Izaiah Stordahl running through the Senior Girls' arms as they announce his name during the starting lineup for the Senior vs. Junior Peach Fuzz Volleyball game held on Wednesday in the RLCC Gym.

Red Lake Falls Library

New adult fiction from well-known authors include "A Quilt for Christmas" by Melody Carlson, "The Mitford Vanishing" by Jessica Fellowes, "Lightning Shell," a People of Cahokia novel by W. Michael and Kathleen Gear, "Aura of Night" by Heather Graham, "Endless Summer" by Elin Hilderbrand, "A Song of Comfortable Chairs" by Alexander McCall Smith, "Falling Stars" by Fern Michaels, and "Mad Honey" by Jodi Picoult and Jennifer Finney Boylan.

New adult nonfiction includes "The Assertiveness

Workbook: How to Express Your Ideas & Stand Up for Yourself at Work & in Relationships," second edition, by Randy J. Paterson PhD, "Boards & Spreads: Shareable, Simple Arrangements for Every Meal" by Yasmin Fahr, "The Old Farmer's 2023 Almanac," the original farmer's almanac - "useful, with a pleasant degree of humor," and weather forecasts for 18 regions of the United States, and "Overcoming Stress-Induced Brain Fog: 10 Simple Ways to Find Focus, Improve Memory & Feel Grounded" by Jill Weber, PhD.



RLCC HS Day of Caring: October 19

Volunteers for Fall Clean-up

RLCC High School students and staff are willing to lend a helping hand with your fall clean-up projects in Brooks, Oklee, and Plummer. Jobs could include:

*Raking * Window Washing * Garden Work *

Much More!

Requests are being taken until October 17th

To apply do ONE of the following:

- Pick up an application form at RLCC High School
- Go online at www.rlcc2906.org
- Call the school at 218-796-5136
- Email sgunderson@rlcc.k12.mn.us



Rebels tame Tigers

The 4-1 Pine River-Backus would come into Oklee on October 7th ready to take on the RLC Rebels for Homecoming. The 4-1 Rebels were coming off a 22-20 loss from last week.

RLC wasted no time getting going. On the 3rd play from scrimmage, King Damon Ferguson would break to the outside and scoot 49 yards to the endzone. An Owen Chervestad to Gerald Melin PAT pass made it 8-0.

After forcing the Tigers to go 3 and out, Red Lake County would put together a 64 yard drive that covered 7 plays. It was set up by a 33 yard pass play from Chervestad to Melin and ended with a Ferguson 5 yard run. Brock Seeger added the PAT and the Rebels had the lead 16-0.

Following another stop, RLC looked to get things going again before PR-B would recover a Rebel fumble. The Tigers would score 2 plays later to cut the lead to 16-8.

It only took RLC 4 plays to

answer, as the drive ended on a Chervestad 2 yard run and the Rebels went up by two scores, 22-8.

Leading 22-14, RLC used the last 4 minutes of the half to perfection. A long Chervestad to Seeger pass play set up another score. Ferguson scored with 30 seconds left to make the game 30-14.

On the ensuing drive, Seeger would intercept a Tiger pass and bring the ball back to the Tiger 7 yard line. As the clock went out, Chervestad would score on a QB scramble and RLC had a 36-14 lead at the break.

RLC would control the 3rd quarter, no scores allowed by the defense and the offense ate up the clock. Chervestad would add his 3rd touchdown of the night and RLC lead 44-14 going into the fourth.

Most of the 4th saw the subs get some time. PR-B would score late and the Rebels of Red Lake County would move to 5-1 on the season with a 44-20 Homecoming win.

Ferguson led the team in rushing with 189 yards, Chervestad added 54 and Seeger had 52. Chervestad

was 3-4 passing for 76 yards with Melin catching two passes for 44 yards and added 2 PAT receptions. Matt Renner led the defense with 8 solo tackles.

JV Football - RLC defeats ABW

The Cougars of Ada-Borup West came to Red Lake Falls on October 3rd to take on the Rebels in JV football.

The game was a defensive type of game. Both teams would struggle to do much of anything on offense.

Ethan Majeres would set up a long run to put RLC in scoring position in the 2nd quarter. On a 4th down play, Connor Duden would find Jacob Harmoning in the end zone for a 6-0 Rebel lead at halftime.

Much of the 3rd quarter was not much for the offense of either team. RLC would get something going in the 4th and when Colin Taggart would find Harmoning again, RLC would take a 12-0 lead.

After an ABW score, the Rebels would strike again. This time a Majeres to Harmoning connection would seal the 20-6 win. The JV for RLC is now 2-3 on the season.

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SCHOOL EVENTS

Oct 12	School Board in Oklee
Oct 14	MHS Induction
Oct 19	Day of Caring
Oct 20-21	MEA Break

Oklee Herald Early Files

Eighty Years Ago

October 16, 1942

Grade school children presented an Operetta at the Oklee auditorium. "Old Crosspatch" was the name. The cast was composed of pupils from the six lower grades.

Miss Aribelle Berry, who is employed at Thief River Falls, spent Friday and Saturday at her home here.

Marvin Tinneland of Camp Claiborne, LA is spending the week with relatives and friends in Oklee and vicinity.

Seventy Years Ago

October 20, 1952

Ole, Tommy, Glenn and Oliver Hofstad, Walter Hanson, Martin Skreland and Ole Legvold called briefly at the Arnold Tveiten home Tuesday.

Lloyd Green attended the GTA convention in St. Paul last week as a delegate from the Farmers Cooperative Elevator of Oklee.

Sixty Years Ago

October 17, 1962

Jerry Brown, who is serving with the Marines at Camp Pendleton, San Diego, CA arrived Sunday to spend time with his parents and other relatives and friends.

Fifty Years Ago

1972

Visitors Sunday at the Larry Skallet home were Mr. Al Brand and Mr. and Mrs. Maynard Mandt.

Mr. and Mrs. Gust Westlund visited Saturday afternoon with Mrs. Annie Greenwald at Hillcrest Nursing home in Red Lake Falls.

Forty Years Ago

October 24, 1982

MM3 Kelly Howard of the Norfolk Naval Base in Norfolk, Virginia came Saturday by plane to visit at the home of his parents, Mr. and Mrs. Dwight Howard.

Thirty Years Ago

October 13, 1992

Through a program sponsored by the IBM Corporation, the Oklee High School Physics class is able to do many sophisticated educational experi-

ments using a computer which has been updated.

Meet the Oklee Kindergarten featured many students with fun interview questions.

Twenty Years Ago

October 19, 2002

Burnel and Effie Byer arrived at their Texas home and are now "Winter Texans".

Ten Years Ago

October 18, 2012

The sun is shining, and the temperatures are in the 40's.

Fosston area residents were invited to celebrate the completion of a 6.1 million building project at the local hospital and clinic.

Last year there was such a huge crowd that gathered at the Orrie and Sue Flermoen farm to see the Canadian Pacific Holiday Train that this year, the train will stop to put on a show.

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

Oklee Centennial Cookbook~ Recipe Corner - Page 70

Chicken Or Beef Stew Jane (Gibeau) Dufault

Weight Watchers - 1 cup serving is 1 point



2 lbs chicken or beef cut into chunks
3 cans chicken or beef broth
2 pkgs frozen gumbo soup
1 pkg frozen mixed vegetables
1 can tomato puree

Brown meat and add next four ingredients. Boil on medium. Heat until vegetables are cooked.

COUNTY PROJECT – BIDS CLOSE

Tuesday, October 25th, 2022

RED LAKE COUNTY

RED LAKE FALLS, MN 56750

NOTICE TO CONTRACTORS – Bids will be received until 10:00 AM, Tuesday, October 25th, 2022, by Robert Schmitz, County Auditor, at the Auditor's Office in the Red Lake County Court House, 124 Langevin Ave, Red Lake Falls, MN 56750, for the construction of the project listed below. Bids will be opened publicly by Erik Hove, County Engineer, or a designated representative, on behalf of the Red Lake County Board of Commissioners.

S.A.P. 063-619-006

CSAH 19 Over Unnamed Drainage Drainage Structure Replacement.

The Major quantities of work include REMOVE DRAINAGE STRUCTURE – EACH 1; SELECT GRANULAR EMBANKMENT (CV) (P) – CUBIC YARD 1,150; AGGREGATE BASE (CV) CLASS 5 – TON 267; TYPE SP 9.5 WEARING COURSE MIXTURE (2,B) - TON 150; STRUCTURE EXCAVATION CLASS U (P) – CUBIC YARD 3,028; STEEL SHEET PILING (PERMANENT) – SQUARE FEET 484; 24" RC PIPE CULVERT DESIGN 3006 – LINEAL FEET 218; 54" RC PIPE CULVERT DESIGN 3006 – LINEAL FEET 426; CONSTRUCT DRAINAGE STRUCTURE DESIGN SPECIAL – EACH 2

Information and Bidding Documents for the Project can be accessed free of charge at the Red Lake County website <https://www.co.red-lake.mn.us/>. To proceed, you must navigate to the highway department page and look for "Projects in Bidding". Hard copy purchase is not required to bid as prime. Plans and Proposals may also be procured by purchase from the Red Lake County Highway Department, 204 7th Street Southeast, Red Lake Falls, MN 56750.

Complete Plans, Bid Proposals and Specifications:

Counter Price: \$50.00 (includes tax)

Mailed: \$58.00 (includes tax)

Bids must be accompanied by a cashier's check or bidder's bond made payable to the Red Lake County Treasurer in the amount of at least 5% of the total bid.

The Red Lake County Board of Commissioners reserves the right to accept any bid or reject any or all bids, waive irregularities, and award the contract in the best interest of Red Lake County.

Robert Schmitz – Red Lake County Auditor

028-30C

Senior Site News & Other Things

By Volunteers Jo Lambert & Bonny Cote
Site number: 218-796-5149

Senior Pot Luck

October 18th will be the last Senior Potluck of the year. It will be held at the Oklee Café at 5 p.m. on October 18th. Seniors, bring a dish to share while enjoying an evening of visiting.

Special Craft project for Halloween Party

Sue and a few volunteers are getting together for a crafting day to make Halloween treats for our Halloween party we will be holding later in the month. The Crafting day will be October 20th at 1:30 p.m. at the Senior Site dining room.

Halloween Party

On October 25th, at 1:30 p.m. the Senior Site will be hosting a Halloween Party. The ladies will be serving apple crisp, ice cream and coffee. Plan on attending and enjoying an afternoon of visiting with friends and neighbors.

Craft Shop Hours

The new hours are 9 a.m. to 2 p.m. If you need a great gift for someone or just want something for yourself, we have some great items for sale. Stop in and check it out. And if you can't come during regular business hours, feel free to call Jo

Lambert to make an appointment. Some of the items for sale in the Craft Shop are very unique. We have hand crafted cards for all occasions, baby blankets, quilts, table runners, mittens, quilts, wood crafts, pillow cases, beautiful flower arrangements, and much more. The Oklee Centennial Cookbook, History book and other Centennial items are also for sale in the Senior Craft Shop. A new shipment of towel for those who embroider has been received.

Senior Meals:

If you want to order a Senior Meal see the menu instructions on page 2 in the Senior Menu. You will notice that the cafe is going to be closed on Mondays, but is offering a meal on Sunday, so you can still get 5 meals a week if you choose.

Congregate Meals:

If we can get enough volunteers to set up for congregare meals, we could start having them at the site. If you are interested in being a dining volunteer, please let Jo Lambert know. Thank you!

Puzzler's Corner

There are several seniors that enjoy doing puzzles. If you

have a 300 large piece puzzle or other puzzles that are not too difficult, and you don't know what to do with it, consider donating to the Senior Site for a Puzzler's Corner. This will be a sharing project. All puzzles can be taken out and returned for others to enjoy.

Activity Dates To Remember

Wednesday: Cards at 1:30 p.m.

Thursday: Bingo at 2 p.m. Jo, will call regular players if it gets canceled.

****Remember if you don't feel good, stay home.**

Children say the Darndest Things

Grandma took her granddaughter, then two and a half years old, to a "Disney on Ice" program. When the princess skated into the arena, the granddaughter shouted, "I know her! She's on my Pull-Ups."

Little Creanna was trying to keep up with her uncle David at the shopping center. Getting frustrated, she finally called out to him, "Damid, slow down."

Have a great week!

Plummer News

By Alice Jobe 218-465-4402

On Sunday, October 2nd, Immanuel Church had their Fall dinner at the Plummer Hall. They served from 11-1 p.m. It was a Turkey dinner with all the trimmings. A nice selection of pies you could choose from. Upstairs, they had a silent auction, rummage sale and a bake sale. They had a very good turnout. Everyone enjoyed eating and visiting.

Tri River Pioneers met at 8p.m. on Monday evening. The oats was in shocks?? And they discussed having a threshing day and maybe having a class from the school come to watch it get done. The meetings during the winter will be at 7p.m. on the first Monday of the month.

Adam and Crystal Gallant, Ethan, Owen, Calle and Mia of Grand Forks were weekend guests of Roger and Lynn Gallant. They all enjoyed the turkey dinner at the hall.

On September 28th through October 1st, Anne Traxler, her brother Harald and Elaine Skreland, of Inver Grove Heights went to the Norsk Host Fest in Minot. They saw the Nelson Brothers, Danny O'Donnell, Texas Tenors (they were great), Big and Rich and Clint Black.

Alice Jobe and Anna DeHate attended the Church turkey dinner on Sunday.

Work continues on the streets and Minnesota both North and South. They were digging the ditches. Most go to the highway from main street. It's quite limited access.

It got cold Wednesday night but didn't freeze in town. It may have in the country.

The leaves have fallen really fast this week, but the trees are so pretty right now. It all goes by too fast.

So, now there will be raking,

or as lots of them do, mulching. The trees here are in stages, the Ash and Box Elder fall first, the Elm and Poplar trees are the last. Frost warnings are out. I don't like having to turn my heat on so early, but why freeze? It's going to be even more expensive to heat our homes this winter, according to what they say on TV.

People are busy selling their pumpkins and squash, while others are buying them.

Enjoy the fall weather while you can, have a good week and be good to each other.

P.S. Loretta Lynn died Tuesday, the fourth at the age of 90. She was the daughter of a coal miner. She was one of eight children raised in Butcher Holler, Kentucky. I saw her in the cities in the 60's with Conway Twitty. That was a special show!

Brooks - Terrebonne News

By Barb Novak 218-698-4296 novakbl@gvtel.com

We are at almost the middle of October already! Time is marching by so fast. The leaves have turned and are now falling, and it is raking time. Clean up for the winter is about to be done once enough leaves fall and there are only a few left on the trees. We have to beat the snow you know. Someone posted the picture of a snowstorm on Halloween that tied up traffic in 1991 and I tried to forget that one. Bad memory.

There are a lot of things that we can attend this week. There are talks with the author of a book about Glensheen Mansion and the murders there in Duluth, at the local libraries, Fosston, McIntosh, Fertile, and other places. Give a call to the various libraries in your town to find out when these talks are scheduled. The speaker is a news guy who covered story when he was first out of college. It is interesting about why he wrote the book.

Another thing going on in the area is the Oklee Bazaar and auction. It is Wednesday October 12th and there is a BBQ supper and pie before the sale. Free will is the cost of the supper. The sale will start after the supper.

I hope you watch or listen to the Walz for Governor debate on Tuesday It should be interesting.

For the past couple of weeks, we have not seen Dianne and Clare Gagner, and now we know why. They went to Arizona to visit their relatives in that area. They went to see Vern Lacoursierre while visiting in Arizona. They just needed a change. It surely was good to see them when they came back home.

Sudoku Solution

7	6	8	9	1	2	5	4	3
2	3	9	6	4	5	7	8	1
5	1	4	3	7	8	6	9	2
6	8	1	4	2	3	9	5	7
3	7	2	8	5	9	4	1	6
4	9	5	1	6	7	2	3	8
9	4	6	7	3	1	8	2	5
1	2	7	5	8	4	3	6	9
8	5	3	2	9	6	1	7	4

Who's Dat?



Who's Dat?

This week's photo is of ??.

Last week's photo was of members of the Hruby family.

I am always in need of more photos - School days, church events, sports, etc. If you email a photo, please scan at 300 dpi (high quality) if you can. You can email to okleeherald@gmail.com.

If you mail a photo to the Oklee Herald office, please enclose a self-addressed stamped envelope so the photos can be returned. Mail them to: Oklee Herald, PO Box 9, Oklee MN 56742 Or stop by the office and I will scan your photo while you wait.



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