

Oklee Precipitation		
By Einar Kvasager		
	Rain	Snow
March 13	Trace	
March 14	0.07	
March 15	0.04	
March 18	Trace	1.50
Total in.	0.11	1.50

Vol. 104, Number 31

www.TriCoCanary.com

Wednesday, March 23, 2016

Time is Running Out to Sign-up for Conservation Stewardship Program

By Traci Bruckner, tracib@cfra.org, Center for Rural Affairs

Time is running out for farmers and ranchers to participate in the Conservation Stewardship Program (CSP) this year. This year's deadline for producers to apply at their local Natural Resources Conservation Service (NRCS) office is March 31.

The CSP is a voluntary stewardship incentives program that rewards farmers, ranchers, and foresters for maintaining existing conservation and adopting additional conservation measures that provide environmental benefits.

CSP rewards producers

for improving water quality, enhancing wildlife habitat, reducing soil erosion, increasing energy efficiency, and other natural resource benefits. Since the program began in 2009, nearly 70 million acres of farm and ranch land have been enrolled in the program.

CSP is a continuous sign-up program, and producers can apply to enroll at any time of the year. NRCS applies a cut-off date for applications to be considered during a particular fiscal year. Once the cut-off date is past, producers may continue to apply, but they will not be considered for entry until the following year. To enroll in 2016, you must file

your application by March 31.

March 31 is also the deadline by which initial applications are needed from farmers with expiring 2012-2016 contracts if they want to renew them for another five years. Some 12 million acres already in the program are eligible for renewal this year.

To sign up, farmers and ranchers should visit their local NRCS center. To find a local service center visit: <http://offices.sc.egov.usda.gov/locator/app?agency=nrsc>

To learn more about the program visit: <http://sustainableagriculture.net/wp-content/uploads/2015/02/CSP-Farmers-Guide-2015-final.pdf>

Tree Pruning Workshop

Do you want to learn more about pruning shade and fruit trees? If so, plant to meet at the Veterans Park in Oklee at 5 pm on Thursday, March 24th. Be sure and bring your hand pruners and saw as you will be able to do some actual pruning on the Basswood, Crab apple and Spruce trees in the park. The tress are growing

nicely, but could use some some corrective work on one disease issue and some pruning. This workshop is planned to help keep the park looking nice. Curtis Nyegaard, Red Lake County Extension Educator will be demonstrating how to take care of these three types of trees.

Curtis will share information

on why you should prune trees and the time of the year to prune. He will also demonstrate how to use pruning shears, lopping shears, hedge shears, and the pruning saw. He will show how to prevent one specific disease that is common on the Basswood trees in the park and how to prevent some of the diseases on the crab apple trees.

Flood Damage Reduction Conference Scheduled in Moorhead

The 18th Annual Joint Conference of the Red River Watershed Management Board and Red River Flood Damage Reduction Work Group is scheduled for **March 23 and 24** at the Courtyard by Marriott in Moorhead, MN.

The annual conference brings together representatives from local watersheds, state and federal agencies, and soil and water conservation districts to discuss flood damage reduction efforts. The conference is also open to county commissioners,

township officials and staff, and others who have an interest in flood damage reduction.

The conference will provide educational seminars and workshops about projects and initiatives, and share information about legislative efforts. Additionally, the event is a venue for local governments involved with flood mitigation to foster partnerships.

To download the conference and workshop agendas, and to register for the conference, go to: <http://www.rrwmb.org/>

About the RRRWMB

Eight watershed districts within the Red River Valley form the Red River Watershed Management Board (RRWMB) including the Joe River, Two Rivers, Roseau River, Middle-Snake-Tamarac Rivers, Red Lake, Sand Hill River, Wild Rice, and Bois de Sioux. The RRRWMB was created by an act of the Minnesota legislature in 1976 to provide an organization with a basin-wide perspective concerning flooding. Historically, the activities of the RRRWMB have centered on flood control. Previous efforts in dealing with the flooding problem within the Red River Basin consisted of single projects within a localized area, planned with primary regard to local benefits. The RRRWMB actively promotes a basin-wide perspective for water management.

About the FDRWG

The Flood Damage Reduction Work Group (FDRWG or Work Group) was originally formed in 1998 to address issues related to the development of flood damage reduction projects in that portion of the Red River of the North Basin in Minnesota.



Oklee Herald papers available at many locations and online

Oklee: D & R Grocery, Cenex C-Store, Oklee Herald office.

Brooks: Brooks Travel Center.

Plummer: Plummer Coop Creamery.

Red Lake Falls: Eagle Square.

Gully: Gully Tri-Coop.

And Online! Go to www.TriCoCanary.com.

If you already have a subscription to the Oklee Herald, you can access the online version free! Just call Richards at 218-487-5225 to get your Oklee Herald online.

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742



Try a Healthy Twist on your Easter Feast

Easter is on the horizon and this Christian Holy Day has many food traditions. Common meats are roasted lamb and baked ham, which have very different histories.

Lamb is commonly served at Easter in Europe. The tradition is traced to Jewish Passover feasts. It is also certainly fitting for Easter because Jesus is referred to as the "lamb of God." Lambs born in late winter have long offered fresh meat for the spring holiday.

In North America, ham is more common. Before refrigeration, it simply made sense to slaughter hogs in the fall because winter's cold temperatures helped keep the meat from spoiling. Curing hams for three to nine months was another way to safely preserve meat. By Easter, the supply of fresh meat was often consumed so ham became a holiday staple. Even now it remains a holiday tradition.

As a dietitian at the Essentia Health St. Mary's-Hearst & Vascular Center, I find myself being a spring Scrooge when it comes Easter meal planning. That because ham contains too much sodium for my patients.

The way ham is cured and sometimes smoked relies on large amounts of sodium. A 4-ounce serving of ham can have from 600 to 1,200 milligrams of sodium. The recommended daily allowance for Americans is less than 2,300 milligrams. For my patients with high blood pressure, heart failure or kidney disease less than 2,000 milligrams are recommended each day.

Eating less sodium is good for all of us. We need some sodium, usually less than 500 milligrams each day, for our nerves and muscles work correctly and to balance fluids in our bodies. This is easy because sodium occurs naturally in small amounts in even fresh foods. Too much sodium can cause fluid retention, increase blood pressure and damage our blood vessels, kidneys and heart even if we don't have high blood pressure.

After a century of refrigeration, we don't have to rely on a cured meat for our holiday tables. We can birth some new menu ideas for Easter.

If you're hosting an Easter dinner, ask your guests if they have any special dietary needs or restrictions. Offering a meat choice that's lower in sodium will bring a smile to many who do not want to make special requests. We like to be

Minnesota nice.

Here are three healthy recipes that are low in sodium and packed with flavor. Try Lamb Chops with Cranberry-Pear Chutney, Pork with Pineapple Salsa or Raspberry-Glazed Rosemary Chicken. Enjoy your Easter holiday.

Lamb Chops with Cranberry-Pear Chutney

(Adapted from How Stuff Works)

Chutney
½ cup water
¼ cup dried cranberries
¼ cup dried apricots, cut into quarters
¼ cup all-fruit raspberry spread
1 tablespoon red wine vinegar
¼ teaspoon ground cinnamon
1 pear, peeled and cut into ½ inch pieces
½ teaspoon vanilla

Lamb
4 bone-in lamb loin chops (about 5 ounces each)
2 cloves garlic minced (1 teaspoon)
¼ teaspoon dried rosemary leaves crushed
1/8 teaspoon salt
1/8 teaspoon black pepper
Olive oil

For chutney:
Combine water, cranberries, apricots, raspberry spread, vinegar and cinnamon in medium saucepan. Bring to a boil. Reduce heat to medium-low and simmer, uncovered about 12-15 minutes or until mixture has thickened. Remove from heat; stir in pear and vanilla. Set aside.

For lamb:
Preheat broiler. Rub lamb chops with garlic on both sides. Sprinkle with rosemary, salt and pepper.

Coat broiler pan with a small amount of olive oil. Place lamb on pan; broil at least 5 inches from heat source for about 7 minutes. Turn; broil 7 minutes more or until desired doneness. Serve with chutney.

Nutrition Facts
Serving size: 1 lamb chop with ¼ cup chutney
Calories, 380; total fat, 18 grams; saturated fat, 8 grams; sodium, 170 milligrams; carbohydrates, 26 grams; fiber, 3 grams; and protein, 27 grams.

Pork with Pineapple Salsa
(Adapted from allrecipes.com)
2 1-pound pork tenderloins (less than 75 milligrams sodium per 4 ounces)
3 tablespoons brown sugar
2 tablespoons Dijon mustard
3/4 teaspoon minced fresh ginger root or ¼ teaspoon

ground ginger
2 cups chopped fresh pineapple or 20-ounce can pineapple tidbits or chunks, drained
1/3 cup chopped red bell pepper

1 small jalapeno pepper, seeded and chopped
2 green onions, chopped
1 tablespoon fresh cilantro, minced

Preheat oven to 425 degrees F. Line a shallow roasting pan with aluminum foil. Place pork in roasting pan. Combine 3 tablespoons brown sugar, mustard, and ginger in bowl; spread over pork. Bake in preheated oven until juices run clear and a meat thermometer reads 160 degrees F, about 35-40 minutes. Let stand 10 minutes before slicing. Combine pineapple, peppers, green onions, and cilantro in a bowl. Serve with pork.

Nutrition Facts
Serving size: 5 ounce pork tenderloin with ¼ cup salsa
Calories, 245; total fat, 5 grams; saturated fat, 2 grams; sodium, 125 milligrams; carbohydrates, 15 grams; fiber, 1 gram; and protein, 31 grams

Raspberry-glazed Rosemary Chicken
(Adapted from allrecipes.com)
1 tablespoon crushed rosemary
1 teaspoon rubbed sage
1/2 teaspoon dried oregano
8 skinless, boneless chicken breast halves (less than 75 milligrams sodium each)
1/4 cup fat-free chicken broth (less than 200 milligrams sodium per cup)
3/4 cup raspberry preserves
1/2 teaspoon honey mustard
1 teaspoon chopped fresh rosemary leaves

Preheat oven to 350 degrees F. In a small bowl, stir together crushed rosemary, sage and oregano.

Rub one side of each chicken breast with herb mixture. Place chicken herb-side up in a baking dish; pour broth into pan. Bake for 20 minutes.

Place raspberry preserves in a microwave-safe bowl and heat for 20-30 seconds to soften. Stir in honey mustard and rosemary. Spread about 1 tablespoon of preserve mixture over each breast. Bake 10 minutes more.

Nutrition Facts
Serving size: 1 chicken breast

Calories, 220; total fat, 3.5 grams; saturated fat, 1 gram; sodium, 90 milligrams; carbohydrates, 14 grams; fiber, 0 grams; and protein, 31 grams.

Bonnie Brost is a licensed and registered dietitian in the Wellness Program at the Essentia Health St. Mary's-Hearst & Vascular Center in Duluth.

Did you know? If you already subscribe to the paper you can view online for free!!!!



Tri County Canary

A supplement of the:
Leader-Record • Oklee Herald • McIntosh Times • Grygla Eagle

Call Richards Publishing at 218-487-5225 to get online!
All we need is an email address to get started.

www.TriCoCanary.com

Church news



OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Margaret Jacobus
Thu, Mar. 24: Maundy Thursday 7:30 p.m. at Zion.
Fri, Mar. 25: Good Friday 7:30 p.m. at Salem.
Sun, Mar. 27: 9:00 a.m. Zion. 10:30 a.m. Salem. No Sunday School.
Wed, Mar. 30: 6:30 p.m. Confirmation.

ST. FRANCIS XAVIER PARISH OKLEE
Fr. Adam Hamness
Mar. 24: Holy Thursday 7:00 p.m. Mass of the Lord's Supper
Mar. 25: Good Friday 9:00 a.m. Stations of the Cross. 3:00 p.m. Commemoration of the Lord's Passion. 8:00 p.m. Tenebrae Service.
Mar. 26: Holy Saturday 8:45 p.m. Easter Vigil.
Mar. 27: Easter Sunday 8:00 a.m. Mass (Oklee). 9:30 a.m. Mass (Goodridge). 10:45 a.m. Mass (Grygla).

BROOKS - RED LAKE FALLS CATHOLIC PARISH
Fr. Bill DeCrans
Sat, Mar. 26: 5:30 p.m. Mass at St. Joseph - RLF
Sun, Mar. 27: 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
Thu, Mar. 24: 8:00 p.m. Maundy Thursday worship at Ebenezer.
Fri, Mar. 25: 7:00 p.m. Good Friday Service at Immanuel.
Sun, Mar. 27: 7:00 a.m. Worship at Immanuel. 8:00 a.m. Easter Breakfast at Immanuel. 8:00 a.m. Easter Breakfast at Ebenezer. 9:00 a.m. Worship at Ebenezer. 10:30 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith Interim Pastor Phil Johnson
Thu, Mar. 24: 7:00 p.m. Maundy Thursday service at Ekelund.
Sun, Mar. 27: 6:00 a.m. Ekelund. 9:00 a.m. Faith. 10:30 a.m. Bethany.

Oklee Senior Site Dining

March 28- April 1
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: 1 egg, hash browns, sausage patty, toast, dessert, and milk.

Tuesday: Meat loaf, parsley buttered potatoes, vegetables, dessert and milk.

Wednesday: Hamburger on bun, broccoli cheese soup, dessert and milk.

Thursday: Pork roast, mashed potatoes, gravy, vegetables, dessert and milk.

Friday: ½ patty melt, macaroni salad, vegetable, April Fools Day dessert and milk.

Mon, Mar. 28: 9:30 a.m. Faith Quilting.
Wed, Mar. 30: Release Time.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseth
Thu, Mar. 24: Maundy Thursday: 5:30 p.m. Mt. Olive. 7:00 p.m. Oak Park.
Fri, Mar. 25: Good Friday: 8:00 a.m. St. Petri. 7:00 p.m. Nazareth.
Sat, Mar. 26: 9:00 a.m. Mt. Olive.
Sun, Mar. 27: 8:00 a.m. St. Petri. 9:45 a.m. Nazareth. 11:00 a.m. Oak Park.
Wed, Mar. 30: 5:00 p.m. Wednesday School. 7:30 p.m. Oak Park Ladies Aid.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com

Wed, Mar. 23: 6:30 p.m. AWANA and Youth Group.
Thu, Mar. 24: 12:00 p.m. Rotary meeting.
Fri, Mar. 25: 8:00 a.m. Friday School. 5:00 p.m. Good Friday Service.
Sun, Mar. 27: 9:30 a.m. Worship. 10:45 a.m. Sunday School.
Tue, Mar. 29: 9:30 a.m. Ladies Bible Study. 10:30 a.m. Quilting.
Wed, Mar. 30: 6:30 p.m. AWANA and Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Thu, Mar. 24: 7:00 p.m. Maundy Thursday at Lund.
Sun, Mar. 27: Easter Sunday - 9:00 a.m. Sand Valley.

BETHEL ASSEMBLY Fosston
Jon Marx, Lead Pastor
Seth Johnson, Assist. Pastor
Sun, Mar. 27: 9:30 a.m. Sunday School 10:30 a.m. Worship.

Plummer News

By Alice Jobe 218-465-4402

A 90th birthday celebration for Helen Fisher was held at the Brooks Community Center, Saturday, March 12th. The program was at 1:30 p.m. Helen's granddaughter sang a song and Matt Anderson (grandson) played the guitar. All the grandkids sang "Happy Birthday." Lots of pictures were taken. Helen's 91 year old sister and two brothers came from North Dakota. Also Joe Fisher's sisters came. All 14 Fisher kids were there, including Jerry and Jim from California. Dinner was served at 4:30 p.m. There was pulled pork, salads, cake, cupcakes, and ice cream. Sounds like a wonderful party with pleasant memories.

Jerry Skjervén and Lonnie Longtin both celebrated their birthdays on Saturday, March 12th.

The past few weeks the Legion guys have worked inside the Legion, replacing the flooring which looks very nice and painted the bar counter. More work is left in the kitchen. Good job guys. Don't know who all worked on it.

A dance at the Plummer

Oklee Community Egg Hunt

at the Oklee Hall

4TH GRADE & UNDER

Sponsored by
OKLEE COMMUNITY ED and
OKLEE COMMUNITY CLUB

Saturday,
March 26th,
2016
9:00 a.m.

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

4-H Share the Fun Performance

The Annual Red Lake County 4-H Share the Fun performances will be held on Friday, April 8th beginning at 7:00 p.m. at the Lafayette High School (Robert Matzke Gymnasium). The Share the Fun acts will be featured by the Red Lake County 4-H Clubs. Performing arts participants will perform in between the club skits. Judges will be asked to select the top two skits, which will be able to go on to the Minnesota State Fair. There will be bars, coffee, and

Valle Cemetery Annual Ass'n Meeting

The annual meeting will be held on Sunday April 3, 2016 at 2:00 p.m. at the Rodney Johnson home.

Election of officers and bids for mowing the two cemeteries will be opened at this time.

Carolyn Person
Secretary/Treasurer



Hall will be held April 9th, with "Billy D and the Crystals" playing from 8 to 12 p.m. Plummer Lion's are sponsoring it. Free will donation for Lion's projects.

March 22nd, Tuesday, Family Fun Night at school. All kinds of things to do with kids and mom & dad.

Nine of the Plummer ladies went for potato dumplings at the Cozy Bar and Grill in Brooks on Thursday.

Loretta Hesse and Alice Jobe went to SunView at Red Lake Falls for lasagna dinner. They had mixed vegetables, garlic toast, cookies, and peaches, milk and coffee. It was good. They visited some with Chuck Fisher who lives there now.

Earlier in the week I heard sandhill cranes calling. Couldn't see them though.

Wednesday night we got one inch of snow. I heard Williams got 10 inches. I have a niece that lives there. That's a lot of snow to get in a short time. Also Roseau, Baudette and Duluth. Holy Week is here already! How fast that time went.

Here's wishing everyone a joyful Easter Sunday this year!

Red Lake County SWCD will sponsor two students to attend Long Lake Conservation Camp

Long Lake Conservation Center has provided summer camp experience since 1965. Long Lake Conservation Center is located in the beautiful northland of Minnesota forests and bogs, and its campus buildings are situated overlooking Long Lake. The Center is near Palisade, MN.

The 2016 season offers one Outdoor Explorer session for students who have recently finished 4th, 5th, 6th, or 7th grade. Open to all youth ages 11-15. The Outdoor Explorer Camp will be held June 26 - July 1, 2016.

Students will make life-long friends and life-long memories at Long Lake. Outdoor Explorers is the classic summer camp experience full of fun at the lake and exploration in the woods. Campers spend time in the outdoors learning recreation skills, such as: canoeing, archery, orienteering, GPS, and camping! In addition, campers participate in team building activities at Long Lake's low ropes Challenge Cooperation Course, the Long Lake Amazing Race, and team games. Furthermore, on top of all this fun, campers spend time honing their survival skills by building small cooking fires and shelters, and spend a night under the stars. You won't want to miss this!!

Red Lake County SWCD will sponsor two youth to attend camp. If you are interested, please write a short paragraph (300 words or less) describing why you would like to attend camp. Also, please provide your full name, parent's names, and telephone number. The deadline is April 8th, 2016.

Please send to Tanya Hanson at the Red Lake County SWCD, 2602 Wheat Drive, Red Lake Falls, MN 56750 by April 8th, 2016. If you have any questions please contact Tanya at (218) 253-2593 ext. 4.

052C

ANNUAL MEETING NOTICE

The Annual Meeting of the Oklee Community Homes, Inc. will be held on Wednesday, March 30, 2016, at 6:30 PM at the Senior Center in Oklee.

The purpose of the meeting is to present financial reports and elect two Directors. Prize drawings will be held.

052-1C

ANNUAL MEETING NOTICE

The Annual Meeting of the Brooks Community Homes will be held on Wednesday, March 23, 2016, at 7:00 PM at the Community Hall in Brooks. The purpose of the meeting is to present financial reports, amend the By-Laws, and elect one Director. Prize drawings will be held and a light lunch will be served.

051-52C

Senior Site News and Other Things

By Volunteer Iona Berry

Since there have been many write-ups of the extremely bad storm on March 15 of 1941. I remember it well. It was a Saturday night and I was home on the farm with my parents and my sister, Dolly. We had listened to "Can You Top This" and "The Hit Parade" on the radio and it was time to go to bed. We had no electricity, so we took our lamp upstairs to our room. We weren't aware the weather had turned worse.

In the morning after it was light, there was a knock on our door. There standing on the porch were four extremely cold people. They had been to Gully to a dance never noticing the weather had worsened. They were from Fosston, two girls and two boys all seniors at the school. They had driven to Gully in nice weather and when someone went outside and saw the storm, everyone had hurried to leave and go home. These kids did not have permission to go to the dance, but they were kids! They had driven about 2 miles south of Gully when they were stuck in a snow drift. There was no electricity there at that time so they could not see anything and knew they would have to spend the night in their car. The girls had dresses on with nylon or silk stockings, small jackets and of course nothing on their heads. The boys had a little better clothes but they weren't at all prepared for the weather or the temperature. In the morning they spotted our house a half mile away and started across the field

sinking in the snow. The girls' stockings were in shreds when they arrive and they were freezing. The first thing my mother did was put them in the living room next to the wood stove and gave each of them a blanket to cover themselves.

For Dolly and I it was a big adventure and after they finally had warmed up and had breakfast, we got out our games and played many different. I realize it made a lot of work for my parents, but to us it was fun. We didn't know these kids because I was a lowly freshman and Dolly was a seventh grader. We would see them in school later, but Seniors don't pay much attention to the lower grades. I never forgot that.

There is a program at Good Shepard Lutheran Church in Clearbrook on April 13 at 9:30 a.m. Renee Wendinger, author of "Orphan Train" will be speaking that day. She has also written additional books. There is no charge for this program.

Corlan and Deloris will be in charge of Bingo starting March 24th.

Dates To Remember

April 5 - Evening Meal
April 15 - Birthday Meal
April 19 - Pot Luck Meal
April 21 - Site Council Meets

Words of Wisdom

Home is where you are loved the most.

Don't confuse activity with accomplishment.



RED LAKE FALLS PUBLIC LIBRARY

New Hours
Effective April 1



• **Tuesday** 12:00 pm to 7:00 pm
• **Wednesday** 12:00 pm to 7:00 pm
• **Thursday** 12:00 pm to 5:00 pm
• **Friday** 12:00 pm to 5:00 pm
• **Saturday** 10:00 am to 2:00 pm
• **Sunday & Monday** — closed

The Message Of Easter

Closing at NOON on Good Friday.

PO Box 69
Oklee, MN 56742

Phone
218-796-5157

As we celebrate Easter, we're reminded of the miraculous events nearly 2,000 years ago. Christ's death on the cross at Calvary, His burial, and His miraculous resurrection on the third day.

Jesus said ... "I am the resurrection and the life. He who believes in Me, though he may die, he shall live."
-John 11:25



MUSTANG STAMPED

RLCC Menus

**March 28- April 1
Oklee**

Mon: No School.
Tue: Breakfast: Cereal, toast, fruit, juice & milk.
Lunch: Country fried steak, potato log, vegetables, fruit, and milk.

Wed: Breakfast: Biscuits & gravy, cereal, fruit, juice & milk. **Lunch:** Pulled pork or chicken, potato salad, chips, fruit, and milk.

Thu: Breakfast: Cereal, toast, fruit, juice & milk. **Lunch:** Chicken penne hotdish, bread sticks, vegetables, fruit, and milk.

Fri: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Pizza, lettuce salad, fresh vegetables, fruit, and milk.

Plummer

Mon: No School.
Tue: Breakfast: Eggs, cereal, fruit, juice & milk. **Lunch:** Maple pancake sausage on stick, hash browns, Go-Gurt, juice, strawberry applesauce, and milk.

Wed: Breakfast: Cook's Variety, cereal, fruit, juice & milk. **Lunch:** Cheeseburger on bun, chips, coleslaw, banana or orange, and milk.

Thu: Breakfast: Breakfast with Dad: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Pizza, salad/salad bar, apples in a bag, peanut butter dip, and milk.

Fri: Breakfast: Warm cinnamon & brown sugar Pop-Tart, cereal, Go-Gurt, fruit, juice & milk. **Lunch:** Hamburger gravy, whipped potatoes, green beans, dinner roll, fruit, and milk.

Rebels Speech Team

By: Ethan Vettleson

Only a small number of Red Lake County speakers attended the meet at Detroit Lakes on Saturday, March 12. As a team the Rebels finished 15 of 24 teams. Receiving individual's awards were Lily Guillemette- third in Poetry, Jayden Iverson- Red Ribbon in Poetry, Jade Person- fifth in Humor, and David Clifton- Red Ribbon in Informative.

The next meet will be Saturday, March 19. The Rebels are hosting this meet at RLCC High School in Oklee. It will be 11th annual Plummer Lions RLC Invitational.

End of Quarter is March 24 at RLCC

By: Katie Pendelton

Red Lake County Central High School and Elementary School's third quarter will be ending Thursday, March 24. RLCC High School report cards will be available at Parent Teacher Conferences which are scheduled for 4-8 pm Thursday, March 31.

Mustang Softball practice begins

By Seth Paradis

Red Lake County Central softball practice began Monday, March 14, 2016. The team has two returning seniors, Michelle Sundquist and Brandi Jensen. The head coach is Kate Moll assisted by Kari Rath.

Weather dependent the first scheduled game is Tuesday, April 5 against Red Lake Falls at 5:00 p.m. at the RLF softball Complex.

Parent-Teacher Conferences at RLCC

By Ana Almeida

Red Lake County Central Parent-Teacher Conferences will be held Tuesday, March 29 from 4 to 8 pm for the Elementary School and Thursday, March 31 from 4 to 8 pm for the High School.

Ms. Beth Hagen will be at the school conferences but only from 4 to 6 pm on both days.

ECFE News

Thursday, March 31 - Family Fun Night: Plummer site 6:00 p.m.-7:00 p.m. for 0-5 year olds. Explore science with planting seeds, mixing cornstarch and water to make "glurch," creating a tornado in a bottle, and blending ingredients to make "dirt dessert."

Wednesday, March 23, 2016



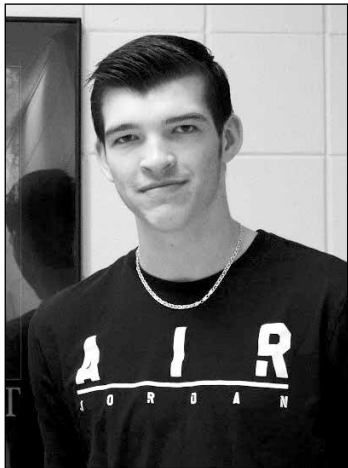
Red Lake County Rebels Assistant Basketball Coach Randy Huie has been selected as the 2016 Class A Minnesota State Assistant Coach of the Year.



Austin Waliser was selected for the Minnesota Academic All State Basketball team. Waliser was the only person in Section 8 boys' basketball to get this award.



RLC Rebels basketball senior Will Duden was recognized as Honorable Mention for Minnesota Academic All-State Basketball team.



Red Lake County Rebels basketball player Drake Engelstad was an Honorable Mention selection for the Minnesota Boys' Basketball All-Star team.

Rebels Basketball Awards Potluck on March 28

By Ana Almeida

The Red Lake County Rebels Boys' Basketball Awards Potluck will be held in the Plummer gym on Monday, March 28 at 6:00 pm for all the players, family, friends and coaches. This includes all players in grades 7 through 12. Awards will be presented after the meal, and plans for open gym and summer basketball will be discussed. People are asked to make an effort to attend and recognize the athletes for all of their accomplishments.

A notice for the parents, Mr. Gary Brantl gave an invitation to every boy in those grades which states what to bring for the Potluck. If there are any questions, please call Mr. Brantl or Coach Steve Pillion.

Easter Break at RLCC

By: Taylor Klasen

RLCC High School and Elementary School will not be having school Friday, March 25 and Monday, March 28 due to Easter break. School resumes Tuesday, March 29.

Young Authors Conference



RLCC 5th-8th graders who attended Young Authors Conference on March 10th at Thief River Falls: (Front) Zachary Cater, MiReya Gibbs, Leah Peterson, Taya Morinville, Erin Sundquist, Jed Duden, Caleb Nymann, Molly Smith, Shawna Majeres, Marin Peterson, (Back) Jayden Iverson, Garrett Qualley, Brandie DeHate, Jeremy Kruchowski, Morgan Plante, Faith Hanson, Heather Longtin, Natalia Snegireff, Sidney Olson.

By: Nicole Rienneau

Northland Community and Technical College in Thief River Falls was the site for a Young Authors Conference for grades 5-8 on March 10, 2016. It was sponsored by the Northwest Service Cooperative. Ten RLCC Elementary students attended including fifth graders MiReya Gibbs, Shawna Majeres, Caleb Nymann, Marin Peterson, Molly Smith, and sixth graders Leah Peterson, Taya Morinville, Erin Sundquist, Zachary Cater, and Jed Duden.

Junior high students who participated were seventh graders Heather Longtin, Jeremy Kruchowski, Morgan Plante, Faith Hanson, and eighth graders Sidney Olson, Natalia Snegireff, Jayden Iverson, Garrett Qualley, and Brandie DeHate. They were

accompanied by Mrs. Bobbi Aakhus and Mrs. Andrea Eskeli.

The YAC began with an opening session and each student attended three breakout sessions. Ryan Jacobson was the keynote speaker with his theme Writing Stories in a Three Ring Circus. The circus has it all, lion tamers, trapeze artists, elephants and clowns. He used a circus theme to introduce the main ingredients of a good story.

Jacobson just about became a teacher, and those who have attended his presentations think he should have been. He gets students excited about books. Even though he enjoyed reading and writing, he never thought he would become an author. He has presented

at almost 1,000 schools and organizations and special events throughout Minnesota. He lives in Mora, Minnesota, with his wife Lora, sons Jonah and Lucas, and a dog named Boo.

A few of the breakout sessions included Scriptfrenzy which is for the playwright, actor, and anyone who likes to specialize in characters. Snap Chat Author Style is "a picture's worth a thousand words." Slip, Slide, and Skate where students listened to stories and then created their own tales with funny twists and details. Imagine Your Wildest Tale focused on using imagination to draw a picture of a unique character to help them discover a interesting secret world only they can write about.

In Writing a Movie Scene, they talked about what a screenplay looks like and what makes it a unique, modern and exciting form of writing. Creating Characters students had to write monologues and scenes inspired by interesting people. Design-A-Sarus showed participants how to draw a dinosaur to warm up the student's artistic muscle. Spinning Gold from Straw helped them invite gratitude into their lives, "to explore how it shifts our neuroplastic brains, opens their creative channels, and transforms their writing."

Students who attended learned a lot during the Young Author's Conference. Many enjoyed the variety of breakout sessions they attended.



Pictured are RLCC's River Watch members along with their poster for the River Watch Forum at the University Minnesota Crookston. (Back) Nick Plante, Erin Jones, Marcus Styles, Brandi Jensen, Shawnee Styles, and Katheryne DeHate. (Front) Lyndsey Morris, Shelby Gunderson, Billie Jo Gryskiewicz, and their advisor Ms. Shelley Steva.

Annual River Watch Forum Update

By: Nicholas Plante

The River Watch group at Red Lake County Central High School has been studying two local rivers in Brooks, Oklee, and Plummer. The rivers include Lost River and Clearwater River. The group measures and checks how clear the water is, how low the water is and makes sure that the rivers are all cleaned up.

Their group also has gone on a kayak trip down the Clearwater River to see the nature and river life. The

River Watchers checked the muscle bed and measured the muscles. The group hopes to plan another trip during the summer.

Each year the River Watch Forum is held. RLCC's River Watch team went to the Forum at University of Minnesota Crookston college on Tuesday, March 15. The group made a poster to show what they learned throughout the past year of River Watch. The goal is to show the community what River Watch is and how they

can help with the rivers.

Brandi Jensen, Nicholas Plante and Erin Jones showed their poster to the judges and talked about how their River Watch group wants people to look out at the river in different ways, to think of it and take care of it and make it nicer, and to get people more involved. They listened to guest speaker that talked about how to get the community involved in the watershed group. These students took classes like life of a bug, drones, and

what's under the water. The classes showed many new and interesting things that the students haven't learned before.

The RLCC River Watch advisor is Ms. Shelley Steva and the students are Brandi Jensen, Shawnee Styles, Katheryne DeHate, Marcus Styles, Nicholas Plante, Lynsey Morris, Shelby Gunderson, Billie Jo Gryskiewicz, and Erin Jones.

RLC Junior High Speech places third at Novice Speech Meet

By Seth Paradis

Red Lake County Rebels Junior High Speech Team had a Novice Meet on Thursday, March 17th in Fisher. There were seven teams present and the Rebels took home the third place trophy. According to their coach Mrs. Judy Schue, "It was a great competition for our younger speakers." Eighth grader Jayden Iverson received a prize for the best St. Patrick's Day 'wearing of the green'.

Carly Williams placed first in Humor, and Lily Guillemette also placed first in Poetry. Jayden Iverson in Poetry, Kara Longtin and Jayden Iverson in Duo and Allison Aakhus in Humor all placed third. Abby Walton got a blue ribbon in Prose and Lilly Hanson got a red ribbon in Humor.



RLC's Junior High Speech Team received the third place trophy at the Fisher Novice Meet. They are pictured along with senior high members who worked at the tournament. Front Row: Natalie Aakhus, Jayden Fore, Jade Person, Lilly Hanson, Serenity May and Lana Bravo. Middle row: Kara Longtin, Lily Guillemette, Allison Aakhus, Sydney Melby and Carly Williams. Back row: Phillip Sorenson, Tom Nelson, Abby Walton, Dede Walton, and Jayden Iverson.

Red Lake County Notice of Delinquent Taxes

STATE OF MINNESOTA
COUNTY OF RED LAKE

TO: ALL PERSONS WITH A LEGAL INTEREST IN THE PARCELS OF REAL PROPERTY DESCRIBED IN THE FOLLOWING DELINQUENT TAX LIST

A list of real property in Red Lake County on which delinquent property taxes and penalties are due has been filed with the District Court Administrator of Red Lake County. This list is published to inform all persons that the listed property is subject to forfeiture because of delinquent taxes.

The property owner, taxpayer or other interested person must either pay the tax and penalty, plus costs or file a written objection with the District Court Administrator. The objection must be filed by April 12, 2016 stating the reason why the property tax or penalty is not due on the property. If no objection is filed, a court judgment will be entered against the property for the unpaid tax, penalty, interest, and costs.

For property under court judgment, the period of redemption begins on May 9, 2016. The period of redemption means the time within which taxes must be paid to avoid losing the property through forfeiture. The period of redemption is three years, with a handful of exemptions. The redemption period is one year for most properties located in a targeted neighborhood, as defined in the Minnesota laws, and for municipal solid waste disposal facilities. The redemption period is five-weeks for certain abandoned or vacant properties.

You may also enter into a confession of judgment as an alternative method to paying off the delinquent tax amount and avoiding forfeiture. This allows you to pay the delinquent balance in equal annual installments with a down payment due at the time you confess judgment. The length of the installment plan varies: 5 years for commercial-industrial/public utility property; 10 years for all other properties.

If you have homesteaded property, you may be eligible for a Senior Citizen's Property Tax Deferral, which enables seniors to pay just 3% of their household income and allow remaining amounts to become a lien on the property that may be deferred for later payment (perhaps upon eventual sale of the property).

It should also be noted by property homesteaders that you are ineligible to receive the Property Tax Refund while you owe delinquent tax.

To determine how much interest and costs must be added to pay the tax in full, contact the Red Lake County Auditor's Office, Red Lake County Courthouse, Red Lake Falls, MN 56750. You may also contact the County Auditor's Office at (218) 253-2598 or at raschmiltz@co.red-lake.mn.us

DISTRICT COURT SEAL

Kathy Narlock, Court Administrator, 9th Judicial District

DELINQUENT TAX LIST				CITY OF OKLEE			
The following table contains a list of real property located in Red Lake County on which taxes and penalties became delinquent on January 2, 2016. Interest calculated from January 2, 2016 and county costs must be paid along with the total tax and penalties in order for a parcel of real property to be removed from the delinquent list.							
EMARDVILLE TOWNSHIP							
William L. Hess 33348 310 th Ave SE McIntosh, MN 56556	N1/2 11-151-42	2015	4336.04	Toni Magnell 205 Bourden St P.O. Box 143 Oklee, MN 56742	OKL Lt 4 Blk 1	2015	429.68
James A Berg & Constance I Berg 26357 State Hwy 25 Belle Plain, MN 55011				Brooks Community Federal Credit Union P.O. Box 38 Brooks, MN 56715			
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	S1/2 less Bldg Site 11-151-42	2015	4226.20	Christopher Molstad 403 Lambert St Oklee, MN 56742	OKL S1/2 of Lt 2; Lt 3 Blk 10	2015	419.23
Bank Forward 1301 Ralph Engelstad Arena Dr Grand Forks, ND 58203				Border State Bank P.O. Box 599 Thief River Falls, MN 56701			
LAKE PLEASANT				Daniel & Amber Wold 316 Arnold Ave N Thief River Falls, MN 56701	OKL Lt 13 Blk 10	2015	449.98
Kim & Sonja Knaack 23373 120 th Ave SE Red Lake Falls, MN 56750	S 1050' of N 2350' of E 830' of NE1/4 12-150-44	2015	738.62	Border State Bank P.O. Box 599 Thief River Falls, MN 56701			
LAMBERT TOWNSHIP				John Bradshaw 411 Governor St P.O. Box 271 Oklee, MN 56742	OKL 1965 ADD Lt 2 & N 3' of Lt 3 Blk 18	2015	449.61
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	SW1/4 LESS 10.10 ACRES IN SE1/4SW1/4 27-150-41	2015	1884.52	Patricia Glick 408 Bourden St P.O. Box 8 Oklee, MN 56742	OKL 1965 ADD Lt 4& 5 Blk 29	2015	375.56
Ultima Bank 9 West Minnesota Ave P.O. Box 9 Winger, MN 56592				CITY OF PLUMMER			
CHS Capital LLC 5500 Cenex Dr. MS140 Inver Grove Heights, MN 55077				Janelle Rude 440 Central Ave W Plummer, MN 56748	PL Aud Lt D less tract in SW corner 9-151-42	2015	247.03
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	E1/2SE1/4 28-150-41	2015	996.46	Border State Bank P.O. Box 599 Thief River Falls, MN 56701			
Ultima Bank 9 West Minnesota Ave P.O. Box 9 Winger, MN 56592				Kelly Perce 285 Pleth Ave Plummer, MN 56748	PL Lts 7-9 Blk 13	2015	228.99
CHS Capital LLC 5500 Cenex Dr. MS140 Inver Grove Heights, MN 55077				City of Plummer P.O. Box 128 Plummer, MN 56748			
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	SE1/4 30-150-41	2015	2136.92	Federal Home Loan Bank of Des Moines ATTN: Community Investment Division 801 Walnut St. Suite200 Des Moines, IA 50309			
Ultima Bank 9 West Minnesota Ave P.O. Box 9 Winger, MN 56592				CITY OF RED LAKE FALLS			
CHS Capital LLC 5500 Cenex Dr. MS140 Inver Grove Heights, MN 55077				James Trickle 1250 N Center St Lt C11 Casper, WY 82601-1151	RLF C&D ADD E 74' Lt 24 Blk 3	2015	201.88
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	N1/2 less tract in NW corner 31-150-41	2015	3740.10	Beverly Spencer 410 Main Ave N P.O. Box 224 Red Lake Falls, MN 56750	RLFs C&D ADD Lts 17 & 18 Blk 15	2015	398.11
Ultima Bank 9 West Minnesota Ave P.O. Box 9 Winger, MN 56592				Sarah Peterson 511 State Ave SW Red Lake Falls, MN 56750	RLFs C&D ADD LTS 5-7 BLK 21	2015	1297.86
CHS Capital LLC 5500 Cenex Dr. MS140 Inver Grove Heights, MN 55077				Inter County Community Council P.O. Box 189 Oklee, MN 56742			
William & Carol J. Hess 33348 310 th Ave SE McIntosh, MN 56556	SW1/4 32-150-41	2015	1868.17	Rodney Ulrich 17591 140 th Ave SE Red Lake Falls, MN 56750	RLF Kretz ADD Lts 8-12 Blk 51	2015	2661.58
Ultima Bank 9 West Minnesota Ave P.O. Box 9 Winger, MN 56592				Red Lake County State Bank AKA Unity Bank North P.O. Box 280 Red Lake Falls, MN 56750			
CHS Capital LLC 5500 Cenex Dr. MS140 Inver Grove Heights, MN 55077				Daniel Maurstad 305 Main St Red Lake Falls, MN 56750	RLF OTS ADD Lt 9-11 Blk 2	2015	734.11
				Benedict Murphy & Kathy A Murphy 11884 180 th St SE Red Lake Falls, MN 56750			
				James & Carolyn Roff 615 Chicago Ave SW Red Lake Falls, MN 56750	RLF RR ADD Lts 10-13 Blk 3	2015	1062.21
							051-52C

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

Seed Quality Issues

Growers and seed suppliers are in the midst of preparations for 2016 planting season, including the conditioning, sale and delivery of seed. Because of the given economic environment in agriculture, the natural tendency is to save money on each acre planted. U M and N D S U Extension agronomists have always maintained that seed is the one input in which you can't afford mistakes, including the purchase of cheap or low quality products. Working with a reliable seed retailer and understanding variety protection laws are two ways farmers can ensure they are planting high quality seed this year.

Field crop performance primarily is related to the genetic characteristics of the variety and adaptability of the variety to a geographic area's environment. Quality issues affect the emergence, vigor and health of developing stands of all crops. To help keep from making seeding mistakes; farmers need to pay close attention to the seed label. Germination, purity and seed count all contribute to the final stand count, which is important in today's precision planting environment. Know each variety's optimum plant population and how the label claim, especially in regard to germination and seed count, will equate to viable plant populations.

If you are using on farm or bin run seed, have the seed tested at an accredited laboratory for germination,

purity and seed health issues. For example, test barley seeds for loose smut. Trained seed analysts can determine seed viability; what may look like a germinating seed in a home germ test may not produce a viable seedling under field conditions. Analysts also can identify the presence of weed seed, including perennial noxious types that are present in a sample. All farmers should work with a reliable seed retailer. A seed label or bulk certificate (with required seed testing information) must be provided at point of sale, and the variety protection status also should be clearly labeled. State and federal laws require that all seed offered for sale must be labeled, and Minnesota and North Dakota seed law requires sellers to be licensed by the state Seed Department to label and market seed.

The North Dakota Seed Department has identified some roving seed dealers and if they are working there; they are probably in Minnesota as well. These individuals or companies should be treated with caution and reported to the state seed department. Growers need to understand and respect variety protection laws. Nearly every seed source is protected by the variety owner under the Plant Variety Protection Act or plant patent. The use of on farm seed is legal in some cases, most often related to cereal crops. That use only applies if the seed has been acquired legally, meaning the farmer replants only the seed he purchased in a previous planting season. There is

virtually no scenario where a farmer to farmer transfer of non certified, commonly called brown bagging, is legal under variety protection laws, and other technology agreements protecting a variety or trait may be in place.

Seed produced under strict inspection and testing regimes found in seed certification programs are the industry standard for quality control. Certified seed represents a grower's best opportunity for good field performance, especially under difficult conditions. In Minnesota, for questions regarding the seed law; you can call 651.201.6123 or go to the web site www.mda.mn.us/licensing/grainseed/fsmrp.htm. In North Dakota you can call 701.231.5400 or go to the web site at www.legis.nd.gov/cencode/t04-1c53.pdf.

Source: Ken Bertsch, North Dakota State Seed Commissioner.

Who's Dat?

Who's Dat?

This week's photo is of a fellow who lives in Oklee and now has a family of his own.

Last week's photo was of Danny Klasen and his dog.



Oklee Herald Early Files

Fifty Years Ago March 24, 1966

Mr. and Mrs. Jerome Berry entertained at a dinner Saturday evening in honor of Mrs. Berry's parents, Mr. and Mrs. Henry Bergh on their golden anniversary.

Mrs. Nels Vigstol entertained at her home Sunday afternoon in honor of her daughter Maribeth's seventh birthday.

Congressman Odin Langen this week called for the immediate dispatch of boxcars into the flood-threatened areas of Minnesota and North Dakota that now lie under heavy snow from the recent crippling blizzard.

Forty Years Ago March 18, 1976

Bennet Larson, one of the Oklee's "Brothers of the Brush,"

has informed the Herald that April 1st will be the cut-off day to enter the "Brothers of the Brush" contest.

Mr. and Mrs. Dan Jolly of Plummer are the parents of a baby girl, Karlene Joyce, born March 7th.

Stacy Lynn Lambert, daughter of Mr. and Mrs. Reinold Lambert was baptized on February 22nd at St Francis Xavier in Oklee.

Thirty Years Ago

March 19, 1986

At the regular board meeting, the Oklee School board will be interviewing applications for a full time superintendent to replace Marv Bronken when he retires at the end of the school year.

Mr. and Mrs. Brad Nelson entertained at a birthday party for son, Kyle's 10th birthday on Friday night.

John Olson, Oklee and Robert and Arlyce Perreault, Grand Rapids, announce the engagement and forthcoming marriage of their children Brenda Jean and Craig Richard.

Twenty Years Ago

March 20, 1996

Brandon Olson, was born to proud parents, Ross and Vickie Hesse. Grandparents are Floyd and Fern Hesse of Plummer.

Angela Flatgard was the first place winner of the elementary spelling bee at the Elementary spelling bee. She is the granddaughter of Irvin and Loretta Flatgard.

A crow is becoming a problem for the residents of Oklee. The crow has become to familiar with people and will land on persons and vehicles and sometimes causes some minor damage.

Ten Years Ago

March 23, 2006

Red Lake County Central High School hosts a Riverwatch program which is overseen by the Soil Conservation Service. The local program began in 1996 by Steve Strutz, RLCC science teacher.

Three Oklee Senior Site members celebrated their March birthdays on Friday, March 17th. Ray Lessard, Ernest Dessellier and Irene Dessellier.

Clarence and Dianne Gagner were happy to move into their new home northeast of Brooks about 2 weeks ago,

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a five (5) year loan for an amount up to \$20,000 at 2% APR. The business must be located in Red Lake County.

For more information, contact the Red Lake County Economic Development home office at 1-218-253-2897.

Or call David Ste. Marie, Red Lake Falls, 218-698-4279; Mike Spurgin, Red Lake Falls, 218-465-4648 or Leo Olson, Oklee, 218-796-5656.

O43-43C (2x/mo.)

Wednesday, March 23, 2016