

KENYON • WANAMINGO Messenger

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MAY 8, 2024

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(pages 12-15)

Syttendai Mai Celebrated in Wanamingo Next Friday

By Cheri Roshon

Syttende Mai is a Norwegian holiday celebrating the official signing of the Norwegian Constitution. Also called Grunnlovsdagen (the Constitution Day), it is a traditional cel-

bration of the signing of the newly established constitution of Norway on May 17th, 1814 in Eidsvoll, Norway. In Norway, the celebration is huge!

People wear their traditional dress, and joy-

ful festivities are held all over in their country. Since Wanamingo was settled by predominantly Norwegian immigrants, this is a tradition that has carried over and is still celebrated here.

In Norway, you will be greeted with the traditional "Gratulerer med dagen!" which means Happy Birthday/Congratulations on the day.

(continued on page 5)

Announcements

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@three-riverscap.org

• **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit three-riverscap.org for more information.

• **Wanamingo Veterans Honor Guard invite you to become a member.** Join us and help us make the Wanamingo Veterans Honor Guard an even bigger success. WVHG meets the third Tuesday of each month at the Wanamingo Community Center. The VFW will meet from 7-7:30p.m. The Honor Guard will meet from 7:30-8:30p.m. For more information contact Eric Dierks 507-321-1967, Gary Floan at 507-732-7740, or Larry Van De Walker at 507-421-4674.

Do you have an announcement?
Email: hometownmessenger@gmail.com

Honoring Our First Responders

By Cheri Roshon

During a police standoff on February 18, 2024, 3 first responders from Burnsville were killed, and one injured. There was an alleged sexual assault call to the 911 emergency response unit to a residence. As the police department and fire department dispatched their EMS units to the residence, a stand off ensued, during which the officers convinced the armed man inside to let them in.

(continued on page 7)



Jim and Susie Beulke

Check out Beulkes Greenhouse

By Cheri Roshon

Jim and Susie Beulke have just completed construction of a big new greenhouse, just in time for the planting season. I speak from experience when I say they have quality plants for competitive prices, and a huge selection to choose from for your spring planting.

Located at 680 3rd avenue in Wanamingo, you will notice 2 big hoop houses on the south end of the property by highway 60, and two more greenhouses on the west side. In addition to the town locations, they also have several greenhouses on the farm.

(continued on page 8)

2024 Goodhue County Dairy Royalty Crowned



The 2024 Goodhue County Dairy Princesses, Natalie Clemenson & Evelyn Scheffler

(continued on page 8)

Kenyon we are here for you.

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Thursday: 8 a.m. to 4:30 p.m.
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507-272-3761 (Jim cell)

The Gift of Exhortation

By Pastor Larry Grove
Hauge Free Lutheran Church, Kenyon

There are two types of people in the world today. Energy givers and energy takers. Have you ever been at a gathering and everyone is having a great time and someone comes into the room and they suck the air right out of the atmosphere? Or, maybe you have been at a party that seemed more like a funeral crowd and the door opens and in walks a person that brings life and joy to the mix. It changes everything! In Acts chapter 11 the believers were distressed over the stoning of Stephen. Barnabas encouraged them and exhorted them to remain strong. "Now those who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord." Acts 11:19-24 RSV You can see in those words the importance of Barnabas admonishing the believers to not lose heart. This is vitally relevant for us today as well. As we see the unraveling of morality in our country, it is so easy to become riddled with anguish or even vexed and angry at times. In Matthew 5:43-45 Jesus gives us a remedy for our frustration. He says, "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you,

so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." If we pray for those that are making our life difficult, our anger and frustration dissipates. This is a difficult task but worth trying. I had a fellow that I worked side by side with who was bent on making my life miserable. I tried everything to find common ground with this man but it was to no avail. So I began to pray for him

and I also asked God to reveal to me some common ground. I found out he had a number of aquariums. Fancy, beautiful tanks that had exotic fish and sea creatures in them. I did not know much about this hobby but I thoroughly enjoyed watching fish when I came across a well kept marine museum. I went to him and said, "I hear that you have some wonderful aquariums. Can you tell me about them?" At once the walls were down and he opened up to me and shared interesting facts about his

favorite pastime. We never became the closest of friends but his vendetta against me was thwarted and life became so much better for me in the workplace. If we committed to praying for those that are troubling us, God changes our relationship towards them and calms our heart. He changes the atmosphere and opens doors for reconciliation and maybe even restoration. Ephesians 4:29 gives us another challenge from the Word.

(continued on page 3)

AREA CHURCH DIRECTORY

Work:

Serving God With Excellence

Whatever you do, work at it with all your heart, as working for the Lord. . . .

— Colossians 3:23

Work is not merely a means of earning a living; it is an opportunity to serve God with excellence. Whether it's in our job or career, our studies, or our daily chores and tasks, we can bring glory to God by working with diligence and wholeheartedness.

Our attitude toward work reflects our devotion to Christ. When we view our labor as an offering to the Lord, even mundane tasks take on significance.

Every effort made with love and dedication is an act of worship.

God calls us to work for him and not for human approval. We find our ultimate reward in him.

Knowing that God sees and values our efforts, we serve with joy and a sense of purpose.

May our work ethic be characterized by integrity and humility. Whether we are enjoying success or facing challenges, we can keep our eyes fixed on the One we serve, knowing that our labor is not in vain.

And as we go about our work each day as working for the Lord, we become a reflection of God's love and a light in this world.

Lord, I offer my work and all I do as worship to you. Help me to serve diligently and with integrity. May my labor bring you glory and reflect your love to others. In Jesus' name, Amen.

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TRINITY LUTHERAN CHURCH
301 2nd Avenue, Wanamingo
824-2155
May 12: 9:00a.m. Sacred Space;
10:00a.m. Worship at WLC
May 15: Baccalaureate Service
at Vang 7:30p.m.
May 17: Syttende Mai
May 19: 9:00a.m. LAST Sacred Space;
10:00a.m. Worship with Holy Communion
and High School Recognition at WLC;
May 26: 10:00a.m. Worship at WLC;
Coffee and fellowship to follow Worship

WANAMINGO LUTHERAN CHURCH, ELCA
130 West 3rd St., Wanamingo
824-2457
www.TrinityWanamingo.org
May 12: 9:00a.m. Sacred Space;
10:00a.m. Worship at WLC
May 15: Baccalaureate Service
at Vang 7:30p.m.
May 17: Syttende Mai
May 19: 9:00a.m. LAST Sacred Space;
10:00a.m. Worship with Holy Communion
and High School Recognition at WLC;
11:30-12:30 Community Meal
May 22: Last Day of Class - Confirmation
5-6:30p.m.
May 26: 10:00a.m. Worship at WLC;
Coffee and fellowship to follow Worship

ASPELUND EMMANUEL LUTHERAN
Rob Edwards, Pastor
429 County 1 Blvd, Kenyon
507-824-2307
www.emmanuelaflc.org
9:00a.m. Sunday School;
10:00a.m. Coffee Time
10:30a.m. Worship Service

FIRST EV. LUTHERAN
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Sunday Worship 9 a.m.;
Wed. Evening Worship 6:00 p.m.

GOL LUTHERAN
Joe Jorgensen, Pastor
507-838-2100
Sunday Worship 10:30a.m. April-June

GOSPEL OF LIFE FAMILY CHURCH
Pastor Steven G. Roberts
www.gospeloflifechurch.org
2010 Jefferson Rd, Northfield - Sunday 10:30a.m.
507-259-2644
Wanamingo - Wednesday 7:00p.m.

ST. JOHN'S UNITED CHURCH OF CHRIST
Lora Sturm, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
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GRACE LUTHERAN CHURCH, NERSTRAND
Mike Ahrens S.A.M.
Service 9am. Coffee hour follows @ 10 am
Sunday School 10:15 am

HAUGE LUTHERAN
Larry Grove, Pastor • 507-271-9761
302 Bullis Street, Kenyon
Sunday Worship 10:00a.m.
with lunch following

LANDS LUTHERAN CHURCH, ELCA
David Krinke, Pastor
16640 Hwy. 60 Blvd.
www.landslutheran.com
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Sunday 8:15 & 10:30 a.m. at Everson Park

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Pastor Kathleen Lowery
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HOLDEN/DALE
Pastor Dustin Haider • 507-789-6677
Email: holdensecretary@gmail.com
Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook

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Nancy Edwardson, Pastor • 507-789-6661
Sunday School 9 a.m.

NERSTRAND UNITED METHODIST CHURCH
Gary Liker, Pastor
12 Maple Street • 507-330-0025
Worship 9:00 a.m.

UNITED METHODIST CHURCH
Jef Olson, Pastor
429 4th Street, Kenyon • 507-951-1271
Worship 9 a.m.

ST. MICHAEL'S CATHOLIC CHURCH
Father Cory Rohlfing
Deacon Newell McGee
108 Bullis St., Kenyon
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Wednesday Mass 5:00p.m.

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Craig Garet Grudem

Craig Garet Grudem, age 76, of Zumbrota, MN, a beloved husband, father, grandpa, brother, and friend was called to his heavenly home on Tuesday, April 9, 2024.

Craig was born on August 19, 1947, at the Red Wing Hospital in Red Wing, MN, to Clifford and Helen (Tiedemann) Grudem. He was baptized on September 21, 1947, at Christ Lutheran Church in Zumbrota, where he was a lifelong member. He lived and grew up in Zumbrota and graduated from Zumbrota High School in 1965. After high school, he attended Rochester Junior College and Mankato State University in Mankato, MN. He graduated in 1969 with a Bachelor of Science Degree in Business Administration. On October 21st, 1972, Craig was united in marriage to Judy Berg at Lands Lutheran Church in Zumbrota. He worked for Nestle Foods as a Sales Representative for over 35 years until he retired in 2014. This career brought Craig and his family much enjoyment over the years and many friendships.

Craig always had a smile on his face, Laughter was a big part of Craig's life, he loved to joke around and bring a smile to anyone's face. He was an avid sports fan, he loved watching and attending Vikings, Twins, Timberwolves, North Stars, and Wild games. He especially loved watching and attending the Zumbrota-Mazeppa Cougars games where his kids and grandkids played baseball, football, basketball, and dance team. He made it a priority to attend every event and rarely missed any games.

He was a devoted husband to his wife, Judy, and father to his son, Brian and his wife, Judy, and his son, Josh, and his wife, Lindsey.

He is survived by his loving wife of 51 years, Judy Grudem; son, Brian (Judy) Grudem of Zumbrota and grandchildren, Katelyn (Tj) McBryde, Tyler Grudem, Hailey Grudem, and Kevin Grudem; son, Josh (Lindsey)

Grudem of Wanamingo and grandson, Percy Grudem; his sister, Carol Gates; his brother, John (Elaine) Grudem.

He was preceded in death by his parents, Clifford and Helen and many sisters and brothers-in-law.

Memorial service was at 11 a.m. on Thursday, April 18, 2024, at Christ Lutheran Church. Reverend Wayne Schoch officiated. Visitation was from 5 until 8 p.m. on Wednesday, April 17, 2024, at the Mahn Family Funeral Home, Larson Chapel in Zumbrota and for one hour prior to the service at the church on Thursday. Burial was at the Zumbrota Cemetery.

Lowell Elwood Broin

Lowell Elwood Broin went to be with the Lord May 1, 2024. He was the son of Arthur and Edna (Flaten) Broin, born at home on October 31, 1938. He was baptized and confirmed at Holden Lutheran Church in rural Kenyon,

and was raised in Wanamingo Township on County One Boulevard. Lowell attended country school at the District 85 schoolhouse in Cherry Grove Township. He attended and graduated from Kenyon High School in 1956. He was a lifelong member of Holden Lutheran Church.

When he was a senior in high school, he enlisted in the Army Reserves in Kenyon, company C, 411th Infantry Regiment, 103rd Infantry Division. Lowell farmed with his father on the home farm.

Lowell married Judith Ann Hanson, October 11, 1958 at the United Methodist Church in Nerstrand. He moved a small house onto the Broin homestead, where they raised their four children and ran the farm. Lowell was a very creative farmer, always figuring out ways to improve the farm without spending too much. He tore down old houses and used the lumber for projects around the farm. He

tore down silos and moved them. He used staves from one of the silos to build a swimming pool behind the house. He built a new swine farrowing barn from the ground up using only family labor. He retrofitted his corn dryer to burn biomass and railroad ties for heat.

In the late 70's Lowell learned about some farmers that were experimenting with making alcohol on their farms, using the alcohol as fuel, and feeding the byproduct to their livestock. He envisioned that alcohol could be a significant use for corn, perhaps eventually making the farmland set-aside program unnecessary.

He visited with others that had failed with their small ethanol plants, to find out what worked and what didn't. He sourced used equipment from auctions and salvage yards, built some of the equipment with the help of a local welding shop, and the family and a few others helped with the erection, equipment installation, plumbing, electrical, and instrumentation. The farm-scale plant started operations in 1985, and it went on to demonstrate the successful production of ethanol to the Broin family and to many others. Lowell purchased a larger bankrupt ethanol plant at a bankruptcy sale in Scotland, South Dakota in 1987. Lowell's sons joined him, and Broin Companies was born. Today 35% U.S. corn production is processed through bioethanol plants to provide 10% of U.S. gasoline demand plus many co-products.

Lowell's beloved first wife Judith, passed away unexpectedly in 2008. But eventually Lowell met Nancy, and on June 26, 2010, Lowell married Nancy Shatford at Holden Lutheran Church. Lowell and Nancy have had many wonderful years together, spending summers at Lake Madison in South Dakota, and winters in Lake Havasu City, Arizona. Nancy became a beloved stepmother, grandmother, and great-grandmother to all of the Broin children, grandchildren and great-grandchildren.

Lowell is survived by his wife, Nancy Broin, residing at Goodhue Living in Goodhue; children, Robert (Miriam) Broin of Sioux Falls, Cindy (Nick) Fisher-Broin of Wanamingo, Jeff (Tammie) Broin of Sioux Falls, Todd (Linda) Broin of Sioux Falls; grandchildren, Adam (Joy), Derek (Molly), and Jacob Broin, Josiah (Rachael), Noah (Alexzandra), Jonah (Emma Christine), and Emma Fisher, Alyssa (Drew) Christensen, Miranda Broin, Austin Broin, Lucas Broin, Jared Broin, and Jessica Broin; nine great-

grandchildren; sister in law, Sarah Broin of Kenyon; brother in law, Richard Hanson of Kenyon; sister in law, Barbara Hanson of Northfield, and numerous nieces and nephews. He was preceded in death by his parents; first wife, Judith Ann (Hanson) Broin; brother, Arthur Donald; brother, Harland and sister, Beverly Felten.

Visitation will be at Holden Lutheran Church, rural Kenyon on Wednesday, May 8th from 12:30 - 2:00 PM. A funeral service will be held Wednesday, May 8, 2024 at 2:00 PM at Holden Lutheran Church, rural Kenyon with Pastor Dustin Haider officiating. Interment will be in the Holden Lutheran Cemetery.

In lieu of flowers, memorials are preferred to Holden Lutheran Church.

Linda Ann Bertram

Linda Ann Bertram, 76 of Wanamingo, passed away peacefully on Saturday, May 4, 2024.

Linda was born in St Paul, Minnesota to Edward and Margaret Axelson, and resided in Welch and Wanamingo. Linda was a woman of remarkable strength and resilience, and throughout her life, she faced challenges with grace and courage.

Linda is survived by her son Michael (Brenda) Radke from Oklahoma and brother Jim (Donna) Axelson from Texas, two grandchildren, and two great-grandchildren. She also leaves behind countless friends and family who cherished her presence and admired her generous spirit. Her legacy of love, compassion, resilience, and love of cats will continue to inspire those who knew her.

Linda had a passion for photography, horseback riding, and animal rescues. She spent her adult life enjoying the life and love of every cat she adopted.

At Linda's request, there will be no memorial or funeral service; her wish was to be remembered by lifetime memories rather than end-of-life ceremonies. A private burial will be in the Cross of Christ Lutheran Church Cemetery in Welch.

In lieu of flowers, the family is asking for donations to be made to Camp Companion (animal rescue) in Rochester Minnesota in Linda's name and honor.



Do You Have a Story Idea?
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Class of 2024

As you turn the page to the next chapter, the future is yours to write. Fill it with new experiences, good people and rewarding choices that help make the world a better place.

Best wishes to all of the dedicated seniors who are celebrating their graduation this year!

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The Gift of Exhortation
(continued from page 2)

It says, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." If our desire was to always look for the best in a person and build them up, encourage them, and exhort them to be the best that they could be, the world would be a much better place. Conflicts would end, tensions would cease, and people would strive to do even more to encourage and build up those around them. As Christians we need to be the salt and light to all we come into contact with. We may not have the gift of exhortation, but Paul gives us an exhortation in I Corinthians 14:1. He says, "earnestly desire all the spiritual gifts." We can all encourage someone. And as we practice the gift of exhortation we will become better at it and see the benefits that it brings. Be an energy giver. Our world is in dire need of that type of individual. As we build people up, folks will be drawn to us and the Gospel can fall on receptive ears. Just as with Barnabas, a large company may be added to the Lord! May God bless you as you endeavor to be an exhorter for His glory.

Kenyon Food Drive a Success

The food drive by Wangen Prairie Church for the All Seasons Community Food Shelf in Kenyon finished at the end of March with a flourish. Originally, organizers were hoping to raise food donations from the community totaling 1,000 pounds. But that goal was exceeded at the end of four weeks, on March 23, when the total topped 1,088 pounds. So the goal was upped to 1,200 pounds. But on Easter weekend, an additional 285 pounds of food was contributed, bringing the month end total to 1,373 pounds! It literally “blew the top” off of the Church’s thermometer poster, pictured in the adjoining photo.

All this activity was going on Saturday mornings at the Kenyon Market. Church volunteers, on Friday nights, prepared approximately 50 bags of the specific groceries sought by the Food Shelf, in packages costing approximately \$10, \$15 or \$20, which shoppers could just put in their carts and pay for at the checkout. Extra bags were placed on the front counter at the Market so shoppers could purchase them during the week.

Pete Wagner, the manger at the Kenyon Market, and his staff (some of whom are pictured in the adjoining picture) were a huge help in this effort. They posted signs adver-



tising the food drive, and every week made sure to order all the food necessary to prepare the prepackaged bags which were assembled on Friday nights. All the staff at Kenyon Market were enthusiastic boosters of the food drive, welcoming the Wangen Prairie Church volunteers every Saturday morning as they invited shoppers to purchase one of the prepackaged bags.

Now the Church will be purchasing an additional 1,373 pounds of food from Kenyon Market to accomplish their “pound for pound” promised match. All of the food is to be piled up on the church altar before being delivered to the Food Shelf, demonstrating one of the Church’s mottos: “We are blessed, in order to be a blessing to others”. Congratulations to Kenyon, and thanks!

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Zumbrota Area Ambulance Open House and Fundraiser

By Cheri Roshon

On Sunday, May 19th the crew at the Zumbrota Ambulance Garage will be hosting a fundraiser for the ambulance needs. Located at 1450 Jefferson Drive in Zumbrota, the men and women who volunteer their time to keep us safe will be serving up a lunch and answering questions you may have about their services. There may even be a visit from the

North Air helicopter, weather permitting, and if they are not on a call!

Zumbrota Area Ambulance provides services to Zumbrota, Pine Island, Wanamingo, Goodhue, Mazeppa and Bellechester, as well as the townships of Belle Creek, Belvidere, Chester, Cherry Grove, Goodhue, Mazeppa, Mineola, Roscoe, Pine Island, Wanamingo and Zumbrota. That is an area of over 330 miles! This year, members responded to 1286 calls in their area. They also completed over 1000 hours of training in 2023 to keep up to date on the latest medical practices, procedures and protocol to provide the best service to the residents and communities they serve.

Zumbrota Area Ambulance would be grateful for donations in any amount for purchasing and updating equipment. You can come on down and donate in person, or send your contribution to this important cause at the address above. Every bit helps to be sure any-

one in need will be taken care of in a crisis. A list of the men and women who serve you are :

- | | |
|-------------------------|--------------------------|
| Ryan Holm | Blake Hilke |
| Jen Klein | Christian Monsrud |
| Travis Goodman | Tim Mack |
| Amber Hilke | Chad Klein |
| Mark Fischer | James Stelzer |
| Luke O'Reilly | Bob Benson |
| Shane Gulding | Dennis Huffman |
| Anthony Pasquale | Brad Buck |
| Katy Johnson | Tim Frank |
| Rick Peterson | Logan Enderson |
| Kyle Dessner | Jamie Sommer |
| Julia Rinn | Matt Disbrow |
| Dustin Nevsimal | Bruce Goodman |
| Derek Weckerling | Brian Radtke |
| Megan McKenzie | |

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Syttendai Mai Celebrated in Wanamingo Next Friday

(continued from page 1)

Then you would be invited to a large breakfast with friends and family, going to or participating in many parades, and celebrate all day and into the night. Here in town there are various things to participate in.

The Lions Club will be holding their traditional May pancake breakfast at the Community Center from 7:30 to 9:30. Proceeds from the breakfast will be set aside for a future Pickle Ball court. The location has not been decided yet, but one idea is for it to be used where the hockey rink is in the winter, so it can do "double duty". For more information, contact Dan Radloff at (651) 262-8779 or Brent Leininger at (507) 581-2852.

The Citywide Garage Sale hosted by the Commercial Club, will be held as well, and you can sign up to get on the map for your

opportunity to sell your wares. Sign up sheets are available at Wanamingo Mutual and Area 57. The location map will be posted on Wanamingo Town Talk Facebook page. Contact Michael Boulton at City Hall for more information.

Land's Church will be hosting a Lutefisk Dinner on Friday night, May 17th. For more information, contact Bonnie Greseth at (507) 319-9548.

If Lutefisk isn't your "thing", The Spot will be serving a themed dinner on Saturday the 18th. Contact Dan Romo at (612) 741-6495 for details, or check out the Spot on Facebook for more details.

So get your bunads out of the closet, tie together some red, white and blue ribbons, and go celebrate Constitution Day!

Calling all Norwegians – Gathering of Descendants of Western Norway June 13-15th

We (Vestlandslag) are meeting for our annual stevne (convention) at the Urland Church, south of Cannon Falls June 13-15, and we are inviting you to join us. The Vestlandslag is an umbrella organization of 8 bygdslag (Hardangerlag, Møre og Romsdalslag, Nordhordlandslag / Sunnhordlandslag, Rogalandslag, Sognalag, Sunnfjordlag, and Vosselag). Bygdslag are organizations comprised of descendants of emigrants from Norway to North America. Every "Lag" seeks to preserve and strengthen bonds with its home district or community-of-origin in Norway. Because groups usually hold meetings (stevner) once each summer, Lag newsletters continue to be essential communication tools in most groups. Each of the lags meet during the annual stevne.

Stevne programs may feature a variety of Norwegian cultural and educational activities, including genealogy classes, noted speakers, and displays of Norwegian arts and crafts.

Vestlandslag usually meets the 2nd or 3rd week in June Thursday – Saturday.

2024 Stevne - June 13-15, Urland Church, Cannon Falls, MN

www.fellesraad.com - www.moreogromsdallag.org

www.rogalandslag.org - www.vosselag.org

Contact person: President, Ann Romo 507-990-6397 annromo04@gmail.com
Thursday, June 13, 2024, speakers: Jen Dauer "Beyond Names and Dates: Creative ways to display family keepsakes"; Sandra Bestland "SPEDALSKHED: Leprosy in 19th-Century Norway"; Lunch, Tour to Aspelund Church, Holden Church, Nystuen Home; Dinner, Pati Kachel -Story teller "Ya Sure, I'm a Norvegin Luteran"

Friday, June 14, 2024, speakers: Denny Kalvig - "Genealogy and Norwegian Digitalakivet", Karla Brown "My Great Aunt's trip to Norway in 1908"; Lunch, Hakon Torgesen - "A Norwegian Refugee from China", Grace Eddy - "Norwegian Folkehøgskole." Bunad Show & Norwegian Sweater Show, Stevne Banquet, "Down Home Bluegrass Band."

Saturday, June 10, 2024 - Individual Lag Meetings, Vestlandslag Annual meeting, lunch.

Wanamingo Community Garden

It's that time of year again, when we turn our thoughts to vine ripened tomatoes, fresh peas and beans, and all kinds of fresh produce that comes with a garden. Wanamingo has been providing a Community Garden space for several years now, and it is located at the end of Nelson Drive in the Torkelson Park area of town.

There are 9 plots measuring 25 ft by 25 ft, and 12 raised beds that measure 4 ft by 8 ft. This year, all the raised beds are rented out for mere \$25 refundable deposit, but there are 3 ground plots still available, if you have the itch to stick your hands in the dirt and raise some scrumptious food, or even flowers.

Here's how it works. If you want to rent one of the available plots, contact Michael Boulton at (507) 824-2477, and he will sign you up. You then come in and sign a contract that spells out your responsibilities, and give him \$25. This money will be refunded upon the end of the season, after you have cleaned up your plot. If you would rather, you can contact Michael at cityadministrator@cityofwanamingo.com to get signed up.

The people who lease each space will work the plots up in the spring and fall, and the city provides water access for the gardens. The city will assign plots at the beginning of the

season, and reserves the right to have full access to the plots at anytime during the growing season to make sure all the rules are being followed. Some of the rules are having your plot at least halfway planted by the 1st of June, and fully planted by July 1st. There will be no chemicals used except BT (Bacillus Thuringiensis) or Insecticidal Soaps, both which are considered organic and safe. Plots must be kept clean and free of weeds, diseased plants, and vining plants must be contained to the assigned plot. And the biggest rule... NO entering or picking from other plots without permission from the leaser of the plot. No pets, smoking or alcohol in the garden areas for obvious reasons. There are other rules, but these are the biggies! The city also has the first right of refusal to deny access to lessees who may not have followed the rules in past seasons.

Unfortunately, last year there were some pilfering problems. I like to think that the persons who were not growing gardens, but helping themselves to other people's produce were confused as to the idea of what a Community Garden is all about. Therefore I would like to make sure the meaning is clear.... These plots are rented by individuals in the community to raise their own food to eat, can, give away, or whatever they want to do with what they work so hard to grow. This is not a garden where the "community" can come out and help themselves to whatever they want to take. The definition of that would be stealing. While I can understand that "Community Garden" could be construed to mean that the gardens are for the people who live here to eat, that is not the



case. So, if you want fresh produce, rent a plot, and join our community. Otherwise, there are Farmers Markets, and CSA's (Community Supported Agriculture) to consider.

And last but certainly not least, the City assumes no liability for injury, damage, theft or loss of property belonging to garden participants before, during or after the lease of the

plots. Each participant will need to sign a garden contract, a liability waiver and pay the \$25 refundable deposit before the plot is assigned.

So, there you have it...the rules, regulations and opportunity to "grow your own"! At this writing, there are still 3 plots available, so give Michael a call and have fun gardening!



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	<p>2017 FORD EXPLORER LIMITED</p>		<p>2022 FORD SUPER DUTY F-350 SRW LARIAT</p>	 <h2>Spring Car Care</h2> 				<p><i>At Milo Peterson Ford Co., our highly qualified technicians are here to provide exceptional service in a timely manner.</i></p> <p><i>From oil changes to transmission replacements, we are dedicated to maintaining top tier customer service, for both new and pre-owned car buyers!</i></p> <p><i>Allow our staff to demonstrate our commitment to excellence.</i></p> <p>Call our service department to schedule your maintenance needs. Open Monday thru Friday 7:30am to 5pm.</p> 
<p>Magnetic metallic, 2.3L ecoboost, 76,312 miles #24005U</p>	<p><i>Spring Special!</i> \$20,775</p>	<p>4WD, crew cab, 6.75' box, rapid red metallic, 50,103 miles, power stroke 6.7L V-8 turbo diesel #24031U</p>	<p><i>Spring Special!</i> \$67,999</p>					

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Honoring Our First Responders

(continued from page 1)

The call came in at 2 am, and during the standoff, the trained men were able to talk to the alleged perpetrator and tried to convince him to drop his weapon. It seemed that the offender in question was about to surrender his gun, when at 5:26 am, he shot and killed Paul Elmstrand and Matthew Ruger, police officers, and Adam Finseth, a paramedic for the fire department, and wounded Adam

Madlicoff, another police officer. The man, Shannon Gooden, then turned the gun on himself and took his own life.

As the investigation commenced, it was discovered that the shooter's girlfriend had procured the weapon and several others for Gooden, who was a felon, and not allowed to purchase the weapons. The assault call was fabricated to get the police into the home so they could be shot in cold blood.

How does this happen? There has been a lot of talk about defunding the police departments in our country, and this is the result. Hate crimes, looting, car jacking, and many other crimes are proliferating, and it all seems so crazy. Does anyone understand the consequences of the actions that we are being called to put into play? Well, I dare say, there are still people who care about what is happening in our country, and I am proud to

say that Angie Anderson is one of the Minnesota Nice people who took a stand, and showed the families of the deceased officers that even in a small town in America, people care.

After the incident was made public, Angie decided to put out a donation jar for the families who were affected by this heinous crime. Many of her restaurant patrons asked her what was going to be done with the money, and she told them that she just felt like it was a way to show there are people who care. "We wanted to show that small communities care about what is happening in the larger cities, and that kindness can triumph over evil," said Anderson. "I don't know what will be done with the funds we collected, but I assume it will go to the families." So much publicity has gone into defunding police departments all over the United States, that she wanted to show support for our local law enforcement officers and the families of the downed officers, and hopefully make a difference just by showing others that a little town like Kenyon cares.

There is a saying by Margaret Mead that

goes like this...."Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has." Thank you, Kenyon residents, for contributing to the good in the world. I am sure it will mean a lot to the families who will know that you cared enough to contribute to Angie's donation jar.

Today, Angie presented Chief Jeff Sjoblum a cashier's check for the families affected by this crime. Tomorrow, one of our officers will present the check to the precinct that the men who were killed worked for. Chief Sjoblum attended the funeral given for the officers in support of law and justice in our world.

I say that we as a community are privileged to have kind and caring men and women protecting us day and night, and that we should show our appreciation whenever we can, not just when we need them to show up. So, if you have any positive ideas for actions to support others, just do it! Have a neighbor in need? Give them a helping hand. Know someone who needs a smile? Give them one of yours! You will find that the joy is in the giving.



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Wanamingo Memorial Day Program

May 27, 2024

Assembly (8:30 A.M. at the Community Center)

9:00 a.m. - Step off at the Community Center

Order of March

Color Bearers
Mayor Ryan Holmes, Pastor Dave Sorenson, Beth Giese (guest speaker)
Rifle Squad
All Veterans unable to march will ride in golf cart or vehicles provided
Flower Bearers
Boy Scouts
Kenyon-Wanamingo Marching Band
Parade will proceed down Main Street to the Zumbro River Bridge
Brief remarks honoring those lost at sea **Pastor Dave Sorenson**
Flower Bearers: TBD

Program at Riverside Park

Welcome:	Pastor Dave Sorenson
Words from the Mayor	Ryan Holmes
Invocation and introduction of the band	Pastor Dave Sorenson
Musical Selections: As per Claire (Claire Larson, Director)	Kenyon-Wanamingo Band
Introduce Scouts for Pledge of Allegiance	Pastor Colin Rueter
Pledge of Allegiance	Wanamingo Scouts
Introduction of Students for readings	Pastor Dave Sorenson
In Flanders Field	TBD (Claire will assign)
Gettysburg Address	TBD (Claire will assign)
Introduce speaker (read bio)	Pastor Dave Sorenson
Remarks	Beth Giese
Star Spangled Banner	Kenyon ñWanamingo Band
Honor Roll of the Fallen	read by Gary Floan
	VFW Post 186 Commander
Salute to the Fallen	WVHG Rifle Squad
Taps and Flag detail	(Taps) TBD by Claire Larson
	Jim Kittelson ñ flag detail
	(hoist flag)
	Pastor Dave Sorenson

Benediction
*All Veterans are encouraged to march in the parade. For Veterans unable to march you are welcome to ride in provided transportation, (uniform not required).
In case of rain the ceremony will be held in Trinity Lutheran Church.
At 8:00 A.M we will have a short program and prayer at the Wanamingo POW/MIA Memorial
Breakfast served to all veterans and parade participants prior to parade in the Community Center. (Courtesy of the Todd Greseth family)*

Down on the Farm/ Up at the Cabin

*Farm Living is the
Life for Me*

By Monica & Claudia Vanderborcht

Two weeks before teachers were scheduled to return to school, Monica became the proud owner of her "new" 20 acre farm in Wanamingo township.

Moving In:

Friends came to help -- parishioners from her new church, neighbors from her previous homes, colleagues from her school. Many hands make short work -- the Pack Rat shipping container was quickly emptied, and (priority number one) the bed was assembled. (No more sleeping on an air mattress!!! YAY!)

And Now I Need:

A bigger lawn mower. The push mower from the suburbs was not going to work on a five-acre yard.

A chainsaw. Monica had been told that the electricity bills could run as high as \$700 a month in the winter. But downstairs was a fireplace with an insert and a blower. Claudia (Monica's sister) had, for decades, heated her homes exclusively with wood. After researching the many makes, models, and sizes, Monica bought an Echo with 16" blade. It wasn't too long, it wasn't too heavy -- it was just right. (Her guy-friends were gladly willing to fell the big stuff with their chainsaws that didn't get much use in suburbia.)

An ATV and trailer to haul the wood that was cut.

A hydraulic wood splitter to size the pieces

for handling, stacking, and fitting into the fireplace.

A farm truck. Dean (4WD Club and motor-head friend) found a 13-year-old F250 that would surely fit her farm needs and budget ... but Monica had to buy it THAT DAY or it would be gone. Stop working on lesson plans. Stop assembling the dining room table. Drive up to Elk River to see the truck. Yup, it's a truck.

Yup, it seems to drive okay. (Monica's experience with vehicles -- at this point -- was limited to sedans, minivans, Jeep Wranglers, and Goldwing motorcycles). Yup, I'll take it ... but I will have to pick it up next week.

Plow blade. Silly to have someone else plow the long driveway when you own an F250. Another new skill to learn. (It can't be that difficult, can it?)

Farm clothes. Slacks, blouses, and pretty sandals are great for teaching, but are obviously impractical for farm chores. Muck boots, overalls, heavy winter jackets, and gloves that can get dirty while still keeping you warm. Monica was never shy of shopping at thrift stores; there was plenty to be found there and at a reasonable price.

Winterizing the Home

The pretty stuff was going to have to wait (replacing the rust-stained robin's egg blue tub and commode was just not important, repainting the dingy living room walls could be done later, the bare concrete floors in the basement could wait another year - or two, the harvest gold range would cook food just like any other color of stove).

But the attic insulation was thin. (When Monica accompanied the building inspector, he mentioned adding insulation would decrease that dreaded electricity bill. He also assured Monica there were no monsters lurking up there.) YouTube can teach you any-

thing! So Monica and her grandson braved the attic heat in October and blew in cellulose.

Insulating the 1970s single-pane windows with plastic was a multi-day task: thirteen 48" windows downstairs, seven 48" windows upstairs, plus one enormous 108" picture window (a challenge!)

Adding a deck and sliding glass door off the kitchen. Most people would not consider this a winterizing project, but Monica grilled most evenings (yes, even in January and February).

Cutting, Hauling, Splitting, Stacking the Firewood

They say that heating with wood heats you more than once. Maybe five times. Six?

Cutting: Dead-fall was plentiful, so felling live trees and waiting for them to dry was not an issue.

Cutting and Hauling: The woods were overgrown and nearly impassable -- ATV-sized trails needed to be made so wood could be hauled out.

More Hauling: Claudia suggested a LOT of kindling. You just needed to bend down, pick up a dry stick, and toss it into the trailer.

Stacking: An old, dilapidated shed near the house needed only a few racks to turn it into an airy, usable woodshed.

More Stacking: Throughout the winter, the firewood supply in the house needs to be replenished.

Definitely six times. Maybe seven.

Enjoying the Farm

Watching the corn and soybeans that surrounded the farm turn from lush green to crisp brown. Seeing and hearing the huge combines harvest the crops and smelling the rich, black dirt left behind.

Listening to the geese fly overhead, heading south for the winter.



Noticing the sun rise and set just a little farther south every day.

Deciding where to put the chicken coop in the spring. Considering what livestock to put in the pastures and pole barn.

Sitting on the new deck on a sunny October afternoon, adult beverage at hand, and celebrating the amazing differences between a suburban home and a rural farm.



Reservations Accepted at Holden Community Park



The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

The park building is equipped with AC, refrigerator, stove, microwave and indoor bathrooms. Folding tables and chairs which are available for use within the facility. Picnic tables, playground equipment and a fire pit are also located just outside the back entrance. A prayer path also winds through the woods.

Please contact Peggy Kroenbach if you would like to reserve the building. (p_kronbach@yahoo.com, # 507/227-4992).

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Kenyon-Wanamingo Noble Knights of the Week



**KW Noble Knights of the Week
for April 12, 2024**

Front Row: Jeaslynn Fontes Arvayo, KG, Ms. Madi Andrist; Vera Burt, KG, Mrs. Tanya Short; Vayda Amundson, KG, Mrs. Katie Valek; Paisley Ryan, Gr. 1, Mrs. Katie Benbrooks; Daxx Anderson, Gr. 1, Mr. Tony Donkers. Back Row: Parker Sletten, Gr. 2, Mrs. Deb Hinrichs; Lily Cordes, Gr. 3, Ms. Val Ashland; Oakley Benbrooks, Gr. 3, Ms. Sandy Sahl; Macey Fitcher, Gr. 4, Mrs. Chloe Gohman; Haddie Breyer, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week
for April 19, 2024**

Front Row: Milo Feist, KG, Mrs. Katie Valek; Tyler Greseth, Gr. 1, Mrs. Katie Benbrooks; Neil Ellingsberg, Gr. 1, Mr. Tony Donkers; Mark Dressel, Gr. 2, Mrs. Deb Hinrichs; Bexley Otto, Gr. 2, Mrs. Megan Jordan. Back Row: Sabin Varanelli, Gr. 3, Ms. Val Ashland; Natalie Bauer, Gr. 3, Ms. Sandy Sahl; Taylor Groth, Gr. 4, Mrs. Chloe Gohman; Genevieve Hendrickson, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week
for April 26, 2024**

Front Row: Axton Porras, KG, Ms. Madi Andrist; Kaylynn Westlund, KG, Mrs. Katie Valek; Aiden Dressel, Gr. 1, Mrs. Katie Benbrooks; Oliver Miner, Gr. 1, Mr. Tony Donkers; Isaac Sivahop, Gr. 2, Mrs. Deb Hinrichs. Back Row: Mira McNeal, Gr. 2, Mrs. Megan Jordan; Hudson Kruger, Gr. 3, Ms. Val Ashland; Sawyer Hanson, Gr. 4, Mrs. Chloe Gohman; Lilian Piper, Gr. 4, Ms. Rhonda Thesing; Aspen Amiot, Gr. 3, Ms. Sandy Sahl



**KW Noble Knights of the Week
for May 3, 2024**

Front Row: Amos Westlund, KG, Mrs. Tanya Short; Eden Luedtke, KG, Mrs. Katie Valek; Julia Potvin, Gr. 1, Mrs. Katie Benbrooks; Finnley Butterfield, Gr. 1, Mr. Tony Donkers. Back Row: HunterMae Wetzstein, Gr. 3, Ms. Val Ashland; Makenzie Lee, Gr. 3; Ms. Sandy Sahl; Emmett Peterson, Gr. 4, Mrs. Chloe Gohman; Parker Moe, Gr. 4, Ms. Rhonda Thesing

Letter from the Superintendent

Kenyon Wanamingo National Honor Society



By Beth Giese MA, Ed.S
Kenyon-Wanamingo Public Schools
District Superintendent

This past week Kenyon-Wanamingo Schools inducted twenty new students into an already large group of thirty-three students to the National Honor Society. NHS was founded in 1921 and has since been known for its four pillars of leadership, scholarship, service, and character.

I was so proud to be the keynote speaker for this amazing group of young adults. I stressed the value of learning from our failures in life. Sometimes our kids don't know how to rebound from failure, a rejection or even a "no". Everything in life is worth working hard for.

As a school administrator I focus on what a program can do for our students. In this case, I value that this organization recognizes a student's dedication to academic excellence

and community involvement. I can also appreciate the leadership skills that NHS offers because many of our students do not have the opportunity to get hands-on leadership development. NHS encourages and fosters leadership skills among its members. K-W members have numerous activities and projects where they learn how to effectively lead and collaborate with others. As we all know this is an essential skill that is valuable beyond high school.

One of the core pillars of the NHS is service to the community. Our members engage in various volunteer activities; I am in awe at how much they contribute to our community, seniors, and even our youth organizations. NHS emphasizes the importance of good character, something this world needs so

much more of!

If you or your child is looking at another reason to apply for the NHS, keep in mind that it can open doors to additional scholarship opportunities for college, trade school and apprenticeships. Many organizations value the qualities demonstrated by NHS members and offer scholarships specifically targeted toward them.

A special thanks to Rich Kincaid, the NHS advisor for Kenyon Wanamingo, for fostering academic excellence, leadership skills, community service, and personal integrity in our students. As I told the students in my address, "I am proud of you"!

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Jon and Mary Held

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Sydney Taylor Belcher



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Jonathan Cortes



Ezrehn Barrett Degen-Septer



Addison Nicole Flom



Josephine Amanda Flom



Trent Andrew Foss



Louis Nicolas Gillot



Koby Adam Glende Keppers



Reid James Hodgman



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Gavin John Johnson

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 ★ Congratulations to the ★
Class of 2024

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We wish you all the best as you begin the next chapter and work toward your future goals.

CONGRATULATIONS!
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KENYON-WANAMINGO CLASS OF 2024



Connor Vincent Keeran



Soren Scott Kylo



Matea Lynne Lee



Bailey Dianne Leininger



Hayley Jean Lentsch



Aidan Joseph Lindell



Siri Janae Loken



Zachary Paul Mason



Connor Steven McGowan



Ivette Marie Mendoza



Mason Brio Mensing



Blake Tyler Miller



MacKenzie Jean Moore



Jessie Itzel Munoz



Lilly Mae Nesseth

Congratulations K-W graduates, and best of luck to you!



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KENYON-WANAMINGO CLASS OF 2024



Mckayla Marie Nokes



Kiefer Thomas Olson



Brody James Parks



Norah Ann Rechtzigel



Rachel Therese Ryan



Jocelyn Elaine Sandberg



Kya May Schmitt



Joseph Craig Sevareid



Benjamin Gabriel Short



Jay Irvin-Phillip Smith



Thomson Marlang Sprute



Colton David Steberg



Madison Rose Stenbakken



Anna Joyce Syverson



Dakota Jade Temple

2024 Class OF congratulations

Kenyon Ace Hardware

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Class of 2024
Congratulations Graduates!
YOU DID IT!
WE ARE PROUD OF YOU!

Class of 2024

I wish you much happiness, and great success in all of your future endeavors.

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Todd Greseth
Goodhue County District 3 Commissioner

KENYON-WANAMINGO CLASS OF 2024



Mason Aaron Torgeson



Bethany Marie Trelstad



Landon David Trump



William James Van Epps



Emmitt Cal Veal




Madrox James Wagner



Samuel Max Walker



Not Pictured:
Gennielyn Yehoshua
Morales-Delgado

**Kenyon-Wanamingo
Class of 2024
Commencement**

Sunday, June 2, 2024

1:00 P.M.
**Kenyon-Wanamingo
Middle/High School Gymnasium**

CLASS MOTTO:
*"Nothing lasts forever but at least
we have these memories."*
- J. Cole


CLASS FLOWER:
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CLASS COLORS:
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CLASS SONG:
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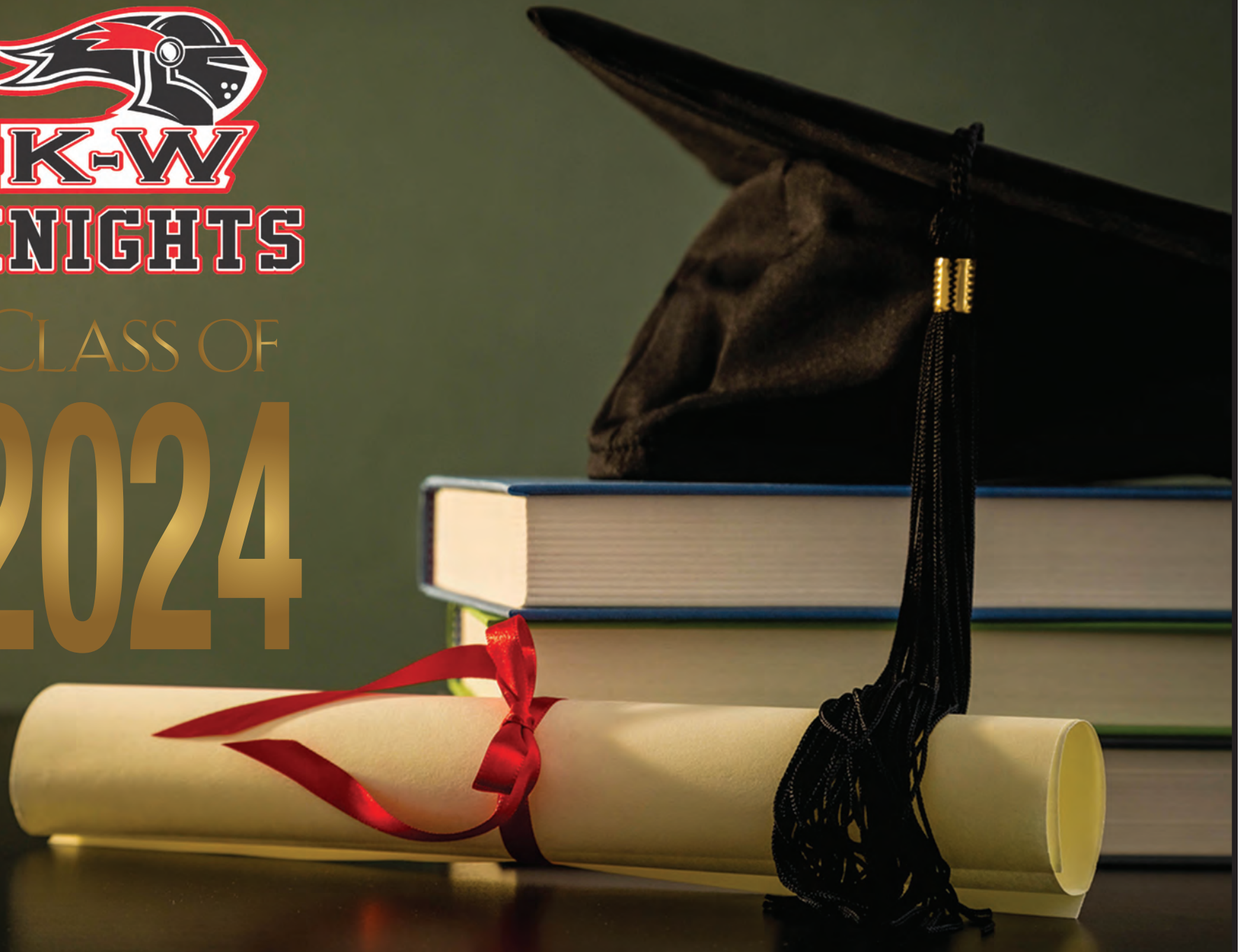


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Saturday, June 22nd



Watch www.dennisondays.org for updates to the schedule

New Breakfast Cereals – Loaded with Chemicals



By Shauna Burslem, D.C.

General Mills has launched a new cereal line called “LOADED.” GM is filling their cereal squares with vanilla cream. But tests are revealing alarming levels of heavy metals in the filling. Loaded contains more than double the amount of the EPA’s allowable

levels for lead, 400% higher levels of cadmium and up to 1650% higher aluminum levels compared to the EPA’s standards for drinking water. The weed killer Glyphosate and eight other pesticides were also detected.

Daily walking is one of the most effective ways to stay fit and active. Regular walking has been shown to reduce the risk of chronic age-related diseases like heart disease, high blood pressure, type 2 diabetes and cancer. The largest health gains came from walking up to 7000 or 8000 steps per day, continuing to about 12,000 steps per day as being ideal.

Excited about 5G wireless? Don’t be. Studies reveal that 5G wireless has the potential to induce neurological damage, psychiatric problems and due to its effect on brain development, increasing the risk of conditions like dementia. Also, a December 2023 study showed that 5G wireless had an effect on sperm count and motility.

Pregnancy and vaccines do not go hand and hand despite what medical doctors will tell you. Studies show that pregnant women given the swine flu vaccine had a statistical number of increased miscarriages. In addition, when combined with the flu vaccine it was reported that women were more likely to miscarriage within 28 days following the vaccination. Sadly, the American Academy

of Physicians (AAP) recommends that all newborns should receive a hepatitis B vaccine within 24 hrs of birth despite hepatitis B being a disease that is primarily contracted from IV drug use or promiscuous sexual activity. Speaking of vaccinations, young people who received the COVID-19 vaccine were significantly more likely to die than those who did not receive the shot. According to data from the United Kingdom’s Office of National Statistics those who received four covid vaccine had a 318% higher mortality rate than the unvaccinated group. As far as childhood vaccinations in general, another study found that vaccinated children had higher rates of asthma, allergies, eczema, respiratory infections, behavioral issues and other health conditions. Back to the covid vaccine, a separate study found that

for every life saved there were nearly 14 times more deaths caused by the covid vaccine.

The pharmaceutical and medical devices industries paid physicians more than \$12 billion over 10 years, according to a study published last month in JAMA. The analysis found the industries made 85,087,744 payments totaling \$12.13 billion to 826,313 physicians — 57.1% of practicing physicians across 39 specialties. Orthopedic surgeons, neurologists and psychiatrists, and cardiologists received the most money. Trauma surgeons and pediatric surgeons received the least. “Money given to doctors has a purpose: it is for marketing,” cardiologist Dr. John Mandrola and co-author of the study wrote on his Substack. “If these direct payments to doctors did not work, industry would not spend billions.”

DO YOU HAVE A STORY IDEA?

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OLMSTED MEDICAL CENTER

Healthy Fats



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As I mentioned last month, we live in a world where what is considered normal is not healthy. It is normal to see a variety of “low fat” and “fat free” products at the grocery store. We have been told these products will support our health, but since the introduction of this concept in the 1970s there has been a significant increase in chronic illnesses, increased weight, and mental illness. While these “low fat” products may be normal today, they are not the food our grandparents grew up on and they are not promoting better health for us today.

Fat from healthy sources will promote health in the human body. Grass fed beef, pastured free-range chickens, and dairy cows that can graze on fresh pasture provide quality fat in the meat, eggs, and dairy. These sources of fat were essential to the pioneers that established the states that make up this country. The human body uses this fat for fuel and for developing the hormones necessary to keep the body healthy and the brain active. All the nerve cells of the human body are made of fat, which helps to insulate the signal pathways so clear communication can pass from cell to cell. The heart prefers fat for fuel, and reproduction is dependent on quality fat to sustain the significant activity of supporting new life in the womb. Quality fat sustains life.

Another significant factor associated with quality fat is the fat-soluble vitamins. Vitamin D, Vitamin A, Vitamin K, and Vitamin E are absorbed with fat into the body to activate cellular activity, strengthen bones, and defend cells from harmful chemicals. Most

Americans are deficient in these four vitamins because they do not choose the food sources that contain these important vitamins. Here are some of the top food sources for these fat-soluble vitamins:

Vitamin A – Top sources include liver, salmon, goat cheese, butter, eggs, cream cheese, whole milk, and cod liver oil. Vegetables like sweet potato, kale, and carrots contain beta-carotene which the body can transform into active vitamin A, but requires a longer process compared to the active vitamin A from the animal sources.

Vitamin D – Top sources include salmon, halibut, sardines, canned tuna, egg yolks, and cod liver oil. Your own body can make Vitamin D but this requires regular exposure to the sun, which is impossible to do in the northern states for half of the year.

Vitamin E – Top sources include sunflower seeds, almonds, peanuts, peanuts, goose, and rainbow trout. Wheat germ was the source where vitamin E was first discovered and is an important reason to consider eating whole grain products.

Vitamin K – Top sources include collard greens, spinach, kale, chicken breast, sauerkraut, kefir, gouda, blue cheese, and egg yolks.

These quality fat sources will provide essential nutrients your body can thrive on. Circle the food items you already use regularly and underline those food items you are willing to try. Combining these food items together into a savory dish will provide you with a satisfying, nutritious meal.

More than 100 years ago, Dr. Weston Price researched the effects of the modern food preparations that were beginning to advance through the western culture of Europe and the United States. He documented his research in the book, “Nutrition and Physical Degeneration.” In cultures all around the world, he discovered the importance of quality fat to sustain a society. When the culture moved toward more processed foods, more “low fat” foods, and more convenient foods, the result was increased cavities, increased need for braces on teeth, and decreased fertility. These are all the symptoms we see in today’s modern living. You can find out more about Dr. Price’s work and the thriving community that is applying the principles he discovered at <https://www.westonaprice.org/>

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. Adding quality fat sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

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May is Bike Safety Month

By Sarah Dawson, Goodhue County Health and Human Services

The month of May is National Bicycle Safety Month. According to National Highway Traffic Safety Administration (NHTSA), bikers are at a much higher risk of injury in crashes on the roadway. Without separate bike lanes, trails, or paths, bicyclists may be required to bike on the roadway with vehicles. Bicyclists are also affected more by the weather and road surface conditions. This May, NHTSA wants our community to protect bicyclists by being responsible drivers. NHTSA also wants our bicyclists to practice smart riding habits by riding safely and always wearing a helmet. A few safety tips to remember:

1. Be Alert

2. Wear the right clothing and gear
3. Obey all rules of the road
4. Ride with the traffic, not against it
5. Stick to designated bike lanes and avoid sidewalks where possible
6. Signal with your arm

When we think of the benefits of bicycle riding, we typically think of it as a form of exercise, or a way of getting around. Along with that, bicycling (especially children) comes with many other benefits. According to Sanford Health, some benefits of children bicycling are:

- Improves Coordination and Balance
- Gets Kids Outside
- Promotes Kids' Self-Confidence and Independence
- Keeps Kids Physically Healthy
- Provides opportunities to Socialize

According to MnDOT, 45 years ago walking and biking to school was the norm – in 1969, roughly half of all 5- to 18-year-olds either walked or biked to school. Times changed, and by 2001 nearly 90% of our youth were driven to school either by bus or car. We are beginning to see some small reversal of this trend. But until we can get more of our children engaged in active school



transportation, we will continue to have increased traffic congestion, poor air quality and the continued decline of our children's physical health. While distance to school and safety are the main reasons students are not walking and bicycling to school, private vehicles still account for half of school trips for children living within 1/2 mile from school—a distance easily covered on foot or bike. In 2009, American families drove 30 billion miles and made 6.5 billion vehicle trips to take their children to and from schools, representing 10-14 percent of traffic on the road during the morning commute. In response to these emerging issues, in 2005 the Safe Routes to School (SRTS) program was established through Federal legislation to:

- enable and encourage children, including those with disabilities, to walk and bicycle to

school.

- make walking and bicycling to school safe and more appealing.

- facilitate the planning, development and implementation of projects that will improve safety, and reduce traffic, fuel consumption, and air pollution in the vicinity of schools.

If you are unable to bike TO school, try choosing a destination and bike there solo or with members of your household. Right now would be a great time to find a route to a place you visit frequently (like a park) and practice riding there. Sometimes you must try different routes to find the most comfortable and safe ride, so pick a new destination each week and be ready to ride when school's out! Be sure to practice basic traffic safety precautions like stopping at stop signs, signaling turns, and wearing a helmet. Happy biking.

GOODHUE VOLKSFEST

JUNE 7-9, 2024

WEDNESDAY, JUNE 5

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7pm | Miss Goodhue | GHS Gym 1 | \$5/Person
7pm | Street Dance | N 2nd St.

HAIRBALL

7:00pm GATE | 8:00pm MUSIC
\$25 PRE-SALE & AT GATE
THE DADS

SATURDAY, JUNE 8

8am-1pm Car Show St. Peters Church	11am Bean Bag Tourn. Rosie Park \$40/team
8:30-11:30am Burrito Breakfast & Quilt Show St. Peters Church	1pm Bingo Fire Hall
8:45-10am reg. Road Rally Goodhue C-Store \$5/person	1-4pm Gopher State Garden Tractor Pull 3rd Ave
9am Udder Run Front of GHS \$16/ea adv or \$20/ea day of	2pm Tyler Stehr Live Corner Bar
9am-2pm Craft and Vendor Show Lion's Community Center	2pm Pedal Tractor Pull Broadway/2nd Ave
9am Volleyball Tourn., Co-ed Rosie Park \$60/team	6pm Street Dance N 2nd St.
10am-1pm Kids Bounce Party GHS Gym 3	10pm Fireworks Rosie Park
10am 3-on-3 Basketball GHS Gym 1 & 2 \$100/Team	

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6:00pm GATE | 6:30pm MUSIC
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SUNDAY, JUNE 9

9am-12pm Dads Belgian Waffle Feed Lion's Community Center 5yr & Free 6-12yr \$8 13yr & 12	1pm Parade
9am Community Worship Lutheran Service GHS Gym 1	2pm Fire Dept. Water Fight Fire Dept.
	2pm Bryan Anderson Live Corner Bar

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I purchased an old trailer to haul my riding lawn mower around, are brakes required on it?

Answer: Brakes are required on all trailers with a gross weight of 3,000 pounds or more. Trailers manufactured after June 30, 1988, with a gross weight of 3,000 pounds or more require brakes installed on all wheels.

Every trailer with a gross weight of more than 3,000 pounds shall also be equipped

with a breakaway brake device which will automatically apply and hold the brakes should the trailer accidentally become detached from the towing unit.

Trailers manufactured prior to July 1, 1988 that are equipped with three or more axles are not required to have brakes on the front axle, as long as the brakes on all other wheels meet the performance standards prescribed by law.

The manufacturers of many new vehicles equipped with anti-lock brake systems require any towed unit be equipped with electric brakes and the towing vehicle be equipped with an electronic brake controller.

It's also important to check the brakes on your personal vehicle every three months. Too often, vehicle owners put off simple maintenance until it's too late. Deteriorating brakes can create longer stopping distances, ultimately leading to a crash. Do your part to maintain your vehicle to avoid a crash.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)
Twitter: MSPPIO_SOUTH

Share the Road with Farm Equipment



Spring weather means slow-moving farm equipment is on the road. It might be frustrating to follow them at what feels like a crawl, but safety should always be a priority. Farm equipment is large and heavy, making it difficult for operators to accelerate, slow down and stop. They make wide turns and can cross over the center line. Farm vehicles can also create large blind spots, making it difficult for operators to see approaching vehicles behind them.

Motorists should:

Slow down and use caution when approaching farm equipment.

Watch for falling debris.

Wait for a safe place to pass.

Drive with headlights on at all times.

Farm equipment operators should:

Use lights and flashers to make equipment more visible.

Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

Consider using a follow vehicle when moving equipment, especially at night.

Please remember to watch for slow-moving farm equipment as the weather warms up. Be patient, be kind and share the road.



RICE COUNTY STEAM & GAS ENGINES ANNUAL SWAP MEET & FLEA MARKET

Saturday, May 25th & Sunday, May 26th
8am to 5pm • FREE!

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Opinions expressed in Letters to the Editor are not necessarily those of The Messenger.

To the Editor:

The Heavens Declare The Glory Of God (Psalm 19:1-6)

In a short video that has now found its way across the country, an evangelical Christian pastor made reference to a number of events that took place during the course of a 2017 and 2024 total eclipse of the sun. With the names of American towns and with references to Biblical cities of distinction, I thought I would present it in a way that would make perfect sense to those of us who see our Lord's hand at the forefront of what was an extraordinary event in both the Heavens and on the Earth.

Question: Could this event have been a wake-up call to our once great Republic? God knows we surely need one!

In 2017, a total eclipse of the sun took place over the North American Continent. As the path of the eclipse traveled across the United States, it passed over seven towns with the Biblical name of **Salem**. The Biblical definition for Salem is Peace

In 2024 (7 years later), a total eclipse of the sun took place over the North American Continent. As the path of the eclipse traveled across the United States, it passed over seven towns with the Biblical name of **Nineveh**. We should all remember what happened at Nineveh (Repentance). Just remember, Repentance always comes before Forgiveness and what the Bible calls the Peace of God

At the point of intersection for the two eclipses, two things happened. First, the in-

tersection of the eclipses made a "perfect" Cross on the landscape of the North American Continent. And second, at the point of intersection, is a town called **Rapture**.

So here we have seven years (the number 7 means completion in the Bible), two sets of seven Biblical names, the intersection of two total eclipses of the sun that would create the sign of the **Cross**, and if that is not enough to get your attention, the name of a town called Rapture (meaning caught up) would become the eclipses' point of intersection.

Question: What are the odds that this happened by chance?

I refer you to John 14:1-6, I Thessalonians 4:13-18, and I Corinthians 15:51-58. And when you are through reading these pieces of Scripture, please refer to Amos, Elijah, and our Lord and Savior Jesus Christ. I think you will find that they were Raptured (caught up) into **Heaven**.

Finally, as we listen to scholars who interpret the Holy Bible, there are two things that come to mind. First, there will be a great falling away of the Christian Church in the end times. And second, all the signs indicate that we have reached that point in time...and the Rapture of the Christian Church is **Imminent**.

Final Questions: Are you a Bible believ-

Do You Have an Announcement?

Email:
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ing Christian? Do you believe in the sanctity of life? Are you ready to meet God?

In the coming days, Governor Tim Walz and the Democrat Party will put an exclamation point to the most destructive two year legislative session in the history of our state. Beginning with abortion up to the moment of delivery, to transgender altering surgery for our children (the Mayo Clinic calls it part of their "brand"), to assisted suicide for the sick and the elderly, these people actually claim to be "giddy" with what they have accomplished. These are the kind of representatives who have said no to the **Word of God** and, yet, they would make you believe otherwise. It is called false doctrine...it is called sin...and we have to put an end to it at the upcoming November elections.

Ladies and gentlemen, when you take an honest assessment of what has happened in our state and country under the leadership of people like Joe Biden, Tim Walz, and those

who are of the same persuasion; and when you take an honest assessment of the kind of impact these people have had on our churches, our families, our public schools, our universities, and whatever else has caused disruption in our daily lives, you have to ask yourself: do I answer yes or do I answer no to the final questions? If it is the former, come join us in November when we try to turn darkness into light. If, however, it is the latter, you are like the person who actually told me, "I don't see the hand of God in the eclipse." Lost souls!

And finally, have you ever wondered where these kind of people will be on the morning after the Rapture of the Christian Church? The Bible says it will be the beginning of the **Tribulation** and **Jesus** tells us what to expect (Matthew 24:21-22). It is not too late!

Dr. James Russell Lehman
Kenyon, Minnesota

Garden Tractor Pull Returns to Dennison Days



The annual Dennison Days Festival takes place Friday and Saturday, June 21 & 22.

The Gopher State Garden Tractor Pullers will return to main street Friday Evening on Mainstreet in Dennison hosted by 625 Bar & Grill. More information is available at www.gsgtp.com.

Following the pull, Russ Franek and The Biscuits will take the stage to entertain event goers Friday Night. The Kids Pedal Pull returns Saturday morning this year, and will take place on main street at 11 AM Saturday Morning as part of a full day of events during the festival. Live Music Saturday evening from Shane Martin will round out a full day of events on June 22nd. A full schedule of events will be available soon at www.dennisondays.org and will appear in The Messenger and websites soon.

CONGRATS
to the Class of
2024

We wish you all the best!



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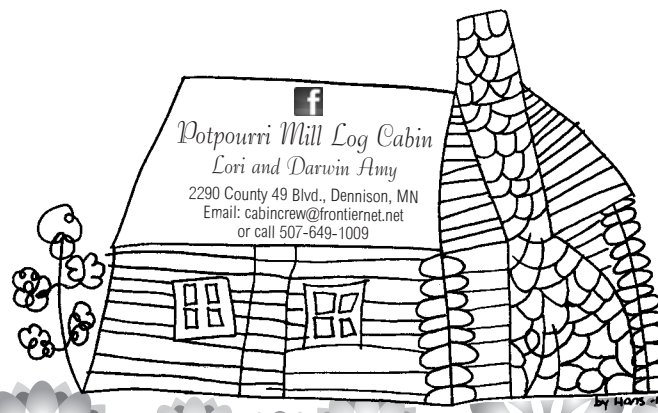
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Garden Thyme Craft Show

Saturdays: May 11, 18 • Sundays: May 12, 19

Hours: 10:00a.m. to 5:00p.m.

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CITY OF WANAMINGO

City Council Regular Meeting

Monday, April 8, 2024 7:00 P.M.

Wanamingo City Council Chambers – 401

Main Street

Wanamingo, MN

CALL TO ORDER: Mayor Holmes.

PRESENT: Council: Ryan Holmes, Stuart Ohr, Eric Dierks, and Rebecca Haugen

City Administrator: Michael Boulton

Deputy Clerk: Karen Masters

ABSENT: Council: Jeremiah Flotterud

ALSO PRESENT: Brandon Theobald –

WHKS, Bill Angerman – WHKS, Brad

Kennedy, Richard Turri, Jason Boynton –

Smith Schafer, Stephen Kingsbury, Beth Haas

– Zumbrota News-Record, Andrew Deziel –

Kenyon Leader, David Kujawa – Three

Rivers Community Action, Edward Matul –

Goodhue County Deputy Sheriff.

ADOPT AGENDA: Ohr motioned to

adopt the agenda, seconded by Haugen.

Passed 4-0-0.

CONSENT AGENDA: Dierks motioned,

seconded by Ohr. Passed 4-0-0.

PRESENTERS:

A) Brad Kennedy reported on:

1) Jetted all clay sanitary sewer lines

2) Plowed snows and salted streets

3) Replaced leaking break line in 950 Cater-

pillar Pay Loaders

4) Had Schumacher Excavating dig up and

replace section of sanitary sewer line between

2nd Street E, 3rd Street E, West Avenue, and

High Avenue that partially collapsed

5) Placed out park benches and garbage con-

tainers on Main Street sidewalks

6) Worked with Core & Main staff to rebuild

hydrant on West Avenue

7) Started work on alleys utilizing the skid

loader and plainer attachment

8) Worked with Reliable Heating & Cool-

ing on a furnace that was not working at the

Medical Center. A bird's nest was removed

far into the exhaust line. The exhaust line

will have a new mesh cover installed.

9) Received AED from Goodhue County

Sheriff's Office grant. Ordered and received

a wall mount box from Ultimate Safety

Concepts Inc that will be installed in the

community center.

B) Jason Boynton of Smith Schafer & As-

sociates reported on:

1) Conducted a presentation of the 2023

Wanamingo City Audit

2) No large (State or Federal) single audit

required for 2023

3) There is limited segregation of duties in

the small office – yearly recommendation for

small staff communities. This is not possi-

ble with a small office staff.

4) The audit completion letter showed no

disagreements with management

5) Paid down \$636,000 of debt in 2023

6) The general fund showed a \$22,646

shortfall in 2023 and will have roughly a

\$580,000 balance. This will decrease the

reserve balance from 79% to 61%. There

was planned reserve spending on Prairie

Ridge Estate Park Shelter of \$15,000 and

additional street maintenance work \$17,900.

There was also unplanned capital spending

with Community Center/City Hall doors of

\$11,500 and skid loader snow blade of \$7,800.

There were also one-time expenses toward

fire relief association retirements of \$30,000.

There was additional revenue from invest-
ments totaling \$44,000, donations of
\$30,000, and building permits. Water fund
showed a decrease in cash from \$1,082,274
to \$701,322 at the end of 2023 at part of
2022 Utility Improvements project. Sewer
fund showed an increase of cash of \$75,541
while having \$644,359 in cash at the end of
2023.

7) Recommend keeping an eye on water
and sewer billing rates so that they are keep-
ing up with operational costs and future cap-
ital needs.

Dierks stated that he was happy that debt
was being paid down and that a number of
bonds were being retired in the near future.
Holmes stated that the City financial are in
good shape and appreciates the continued
vigilance by the staff.

D) Richard Turri Licensed WWTP Oper-
ator, reported on:

1) Has been licensed WWTP operator for
the City of Wanamingo since 2011.

2) Wanamingo WWTP is a class B facility.
Need operator with at least a class B oper-
ator license, Richard Turri has a class A oper-
ator license. Ongoing training of 32 hours/three
years and 6 hours training for biosolids ap-
plicator license.

3) Wastewater treatment facility has had is-
sues the past year with high pH levels and

QAC's from Reckitt. The pH issues seem to
be getting under control. QAC issues are
happening everywhere around the State.
QAC usage is not regulated by the State and
will continue to cause wastewater treatment
facilities issues in high concentrations. The
south digester, handling the domestic waste
running extremely well. The north digester,
handling the industrial waste from Reckitt
still is not running optimally.


4) Has been attending the NZSSD technical
committee meetings. Has provided and will
continue to provide input to ensure that a new
plant is designed with future operators in
mind.

E) David Kujawa of Three Rivers Commu-
nity Action reported on:

1) Three Rivers Community Action is start-
ing a Chore and Homemaker Services for
Older Adults in the Wanamingo Community.

2) Three Rivers are currently seeking vol-
unteers to assist older adults who need help
with yard work, laundry, cooking meals, and
other tasks. Three River Community Action's
goal is to better connect older adults with vol-
unteers and help them remain independent in
their homes.

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Email:
agent@svigguminsurance.com

Castle Rock Agency

27925 Danville Avenue
Castle Rock
Phone: 651-463-7590
Email:
michelle.kreisler@castlerockbank.net

Keller Agency

305 Main Street
Nerstrand
Phone:
507-334-6550

Kalass Agency

242 Main Street
Zumbrota
Phone: 507-732-7614
Email:
kalassagency@kalassagency.com

Wanamingo City Council

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Volunteers can reach out to Volunteer Coordinator David, at 507-321-0404 or by email at [HYPERLINK "mailto:dkujawa@three-riverscap.org"](mailto:dkujawa@three-riverscap.org) for more information and sign up. Volunteers can sign up at three-riverscap.galaxydigital.com for opportunities in Wanamingo.

3) Older adults looking for services can reach out to Three Rivers Community Action at 507-316-0610 or by email at [HYPERLINK "mailto:oas@three-riverscap.org"](mailto:oas@three-riverscap.org). An Older Adult Advocate will connect and set up a time for home a visit to assess needs. Three Rivers Community Action also provides energy assistance, SNAP application assistance, housing assistance, Meals on Wheels, and many other vital community programs.

NEW BUSINESS:

RESOLUTION:

Public Hearing – Mayor Holmes opened the North Zumbro Sanitary Sewer District (NZSSD) Wanamingo Portion of the Facilities Plan at 7:24PM. Brandon Theobald and Bill Angerman from WHKS presented a PowerPoint on the NZSSD Wanamingo Portion of the Facilities Plan. The proposed regional wastewater treatment facility and collection system will service the communities of Goodhue, Pine Island, Wanamingo and Zumbrota along with the Prairie Island Indian Community. This Facilities Plan public hearing is for the Wanamingo portion only. Goodhue, Pine Island, and Zumbrota have already completed their Facilities Plan public hearings. Wanamingo wastewater treatment facility was constructed in 1973 with an upgrade in 1981. The wastewater facility is at the end of its useful life. The plant is constructed in the floodplain and has been flooded out three times in the last fifteen years. The digester walls are leaking, the concrete/steel is deteriorating. The MPCA is reducing the effluent limits that the current plant can't treat. The MPCA is in the process of placing phosphorus limits on to combat the Gulf of Mexico dead zone caused by discharge from the Mississippi River. The treatment alternatives are a new sewer plant onsite or a regional treatment facility and collections system. The North Zumbro Sanitary Sewer District (NZSSD) was formed through a joint power's agreement. The proposed new facility would be constructed in Zumbrota with lift stations and force main. The four current sanitary sewer plants, including Wanamingo, would be decommissioned. A formal sanitary sewer district would be formed by the State as its own government entity. The Wanamingo collection system would start near the current Wanamingo wastewater treatment facility with a lift station and pumps, run up Hillcrest Avenue/Hill Avenue to the south, head east on MN TH 60, and then run through Zumbrota to the recently purchased land where a new wastewater treatment facility will be constructed. The total project costs are estimated at \$111,300,000. The City of Wanamingo's share is 10.1% of the costs, or \$11,291,000. The treatment facility and collection system costs are based upon 50% flow, 25% Total Suspended Solids (TSS), and 25% Biological Oxygen Demand (BOD). The detention costs are based upon 100% of the peak flow (I &

I). The four communities received \$10 million in capital funding from the State in 2023 for land acquisition and pre-design. The four cities have a \$44.8 million State capital request in 2024. The Wanamingo actual cost to construct a new Wanamingo wastewater treatment facility at the current location would be \$15,135,000. The Wanamingo actual cost for the regional treatment facility and collection system is \$5,762,000 with the \$44.8 State capital request. The four communities banding together create economies of scale. The Wanamingo actual cost for the regional treatment facility and collection system without additional State capital funds would be \$11,291,000. There are additional funding options that the four communities will pursue, but are not definite, included Point Source Implementation Grants (PSIG). PSIG is capped at \$7 million. It has not been defined if the PSIG eligibility would be capped at \$7 million for the project or each community. Another funding option would be to pursue Federal Congressional Directed Spending (earmark). The Federal Congressional Directed Spending is capped at \$5 million in 2025. The current Wanamingo average monthly home sewer portion of the utility bill is \$63/month. After receiving the full State capital request the rates would need to increase to \$118/month. Without receiving any of the State capital requested, the rates would need to increase to \$290/month. If the City constructed its own sewer plant the rates would need to increase to \$315/month. Kingsbury asked if his current utility bill was around \$100 how much his utility bill would increase. Theobald stated roughly \$40. Holmes asked what other Minnesota cities do to construct new wastewater treatment facilities. Theobald stated that projects are piecemealed, State funding is requested, and user rates increase significantly. Kingsbury asked if the project could wait. Theobald stated that the sewer plant is falling apart and that additional State standards for sulfates, nitrates, PFAS, and phosphorus will not be able to be met with the current facilities. Angerman stated that the positives would be there are strength in numbers to make operation & maintenance costs cheaper, have redundancies in treatment. The treatment per gallon will become cheaper over time. It will be simpler to meet new standards at one location in the future, rather than four. Kingsbury asked if reducing I & I will lower the costs. Theobald stated yes and no. Wanamingo factored in low growth, assuming that I & I will be reduced. Additional growth would be offset by I & I reduction. Theobald stated that reducing flows and loadings can reduce costs to Wanamingo in the future. Kingsbury asked what the proposed new facilities' life expectancy would be. Angerman stated that the mechanics are designed for twenty years, and the plant is designed for fifty. The amount of land purchased has a footprint to double the size of the facility in the future. Theobald stated that the pipes are designed for one hundred years, the lift station for fifty years, and the pumps for twenty years. Turri asked if the lift station would have a spare pump. Theobald stated that the lift station would have two to three pumps depending upon the final design, with the expectation of having an extra pump built in. No Additional Public Comments Offered. Mayor Holmes

closed the public hearing at 7:46PM.

24-028 = Approving the NZSSD Wanamingo Portion of the Facilities Plan: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

24-029 = Accepting the 2023 Wanamingo Audit: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

24-030 = Approving a Revised City of Wanamingo Fund Balance Policy: Dierks moved to approve, Seconded by Haugen. Boulton stated that the general fund spending will be \$1,040,000 in 2024. The current \$500,000 reserve balance will now be in the middle of the 35%-65%. Boulton suggested moving the goal post of the general fund reserve balance to \$650,000 to reflect the increase from \$650,000 in the general fund spending since the policy was last modified in 2018. Haugen asked what the plan and timing is to increase the general fund balance. Boulton stated that the plan would be to increase over five years with a review of the policy to occur again in 2029. Boulton also stated that the recommendation is to budget a 3% reserve. Holmes stated that the yearly budget should be setting aside reserves to keep with reserve fund balance as yearly general fund spending increases. Passed 4-0-0.

24-031 = Approving PSA with WHKS for a Sump Pump Inspection Program: Ohr moved to approve, Seconded by Dierks.

Theobald stated that Inflow & Infiltration (I & I) is groundwater that does not need to be treated with wastewater. When wastewater treatment plants, like Wanamingo, were constructed the solution to pollution was dilution. However, with the cost of new treatment facilities and operation it adds unnecessary costs to construct larger facilities and treat unnecessary I & I. The City sees spikes in waste water flow up to eight times regular flows during wet weather events. I & I costs are difficult to quantify in added costs to a facility. However, with the facilities plan presented the I & I in the proposed new NZSSD treatment facility will cost the average home roughly \$30 extra per month. A sump pump program is the most cost-effective option to reduce I & I. Other options include drain tile inspections, replacement/lining of services lines, replacement/lining of sewer mains, and testing for cross connections with stormwater lines. Sump pump inspection programs are not attractive politically. The program would go into all homes for inventory later to ensure sump pumps do not hook into sanitary sewer, that all lines are plumbed outside, and all sump pump baskets have pumps and discharge lines (or are sealed off). There would be a requirement for homeowners to make corrections if they are out of compliance.

(continued on page 27)

Vintage Road Trip!

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10am-5pm

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Wanamingo City Council

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The sewer utility rate payers will save money in the long run by implementing a sump pump inspection program. The end goal would be to give homeowners a timeline for inspection, timeline to fix if there are violations, or pay a surcharge. The program will educate the public through a website, mailings, and public hearings. The program will coincide with the MN Department of Health lead/copper grant to identify lead service line for future replacement. The two programs will also facilitate GPS in water service shutoff curb stops. The proposed program cost is \$72,440. Ohr stated that he does not wish to pay for others I & I when the new regional NZSSD is in operation. Haugen agreed that the I & I will cost residents significantly in the future if not addressed. Holmes asked what the timeline would be to complete the program. Theobald than a half hour for each inspection. Theobald stated that the work would start later this summer and run into fall. Holmes asked where the water will be deposited if sump pumps are changed from dumping into the sanitary system to outside. Theobald stated that the ideal place would be to pump the water to tile line behind the back of the curb. If there is no tile line behind the back of the curb the water will

be deposited into the street or into the homeowner's yard. Kennedy asked when should sewer service lines be televised and drain tiles be removed from going into the sanitary sewer system. Theobald stated that drain tile inspections program could be completed down the road, but the effort and cost is higher than sump pump inspection program. Theobald stated that smoke tests would be completed next spring in which roof drains and cross connection could be identified for future repairs saving additional I & I. Passed 4-0-0.

Administrator Boulton provided a memo and cost estimates for emailed billing and online utility billing portal options. The topic of emailed utility billing has come up with Council and staff over the past two years. Other communities such as Zumbrota, Pine Island, and Goodhue have recently offered online billing. Currently, all Wanamingo utility bills are mailed, including those on auto pay. The United States Post Office charges \$0.53 for post cards and \$0.64 for regular envelopes processed through the Quadient postage machine. There were 544 total utility bills generated in March 2024. There were 226 auto pays and 318 regular billings (paying with check, cash, or credit card). There are roughly 25

envelopes sent out each month with multiple post cards while there are roughly 475 individual post cards. This equals out to roughly \$280 in postage each month. The postcards, ink, and envelopes probably cost an additional \$0.50 each. This would equal an additional \$270 in other direct costs to mailing each month. The monthly direct cost total for mailing would be \$550 per month or \$6,600 per year. There are also indirect costs of staff time generating the utility bills and placing the postage on each envelope and post card.

There is significant staff time in preparation of monthly utility bills. The City saved significant staff time in changing over from hand held meter reader to the cellular data package reading. The City staff continues to have an additional workload and a need to look for ways to simplify tasks in order to get work completed in a timely manner. Emailed utility billing along with a citizen portal to access historic usage, billing, and handle payments would save staff time in the long run. There would be initial increased staff time to manage the email collection and maintenance for citizens. The alternative is for the City Council to hire additional City staff to manage the ever-increasing workload. Hiring additional City staff is a burden

to both the property taxes and utility bills. The US Post Office has become unreliable in the long duration for normal deliveries of bills, damage to letters, and some cards not showing up for months. The US Post Office has gotten so bad that the staff is considering other forms of payments to vendors to avoid late fees. There are getting to be more citizens that inform the City that they did not receive their bills. For these reasons the City Council and staff should look toward other more reliable alternatives to the US Post Office such as emailed utility bills.

The computer system and utility billing software has undergone some updates over the past two years. The City has upgraded utility billing software through Civic Systems (Casselle) in spring 2021, completed a two-and-a-half-year city-wide water meter replacement program and changes from hand held meter reader to cellular data packet online reading in August 2023, and completed backup server replacements in May 2023. All of these updates have come with drawbacks, hiccups, and additional challenges before the systems run smoothly. City staff have wanted to ensure that the system is running smoothly before taking on the next update.

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Wanamingo City Council

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Staff contacted Civic Systems regarding emailed billing options this past winter. Civic Systems has two options for emailed billing. The first option is for emailed utility billing with an initial one-time fee of \$1,800 and a \$300 annual support fee. The second option is for both emailed utility billing and citizen portal with an initial one-time fee of \$1,900 and a \$400 annual support fee. The second option would be a better buy, getting both emailed billing and a citizen portal to be able to see current bills, usage history, billing history, and be able to pay with credit card.

The pros would include long-term direct cost savings in postage, postcards, ink, and envelopes. Emailed utility bills would be more reliable than the US Post Office. This would save the city staff time in preparation of monthly utility bills and answering historic usage and billing questions with citizen use of an online portal. The cons would include difficulty in getting 544 utility billing recipients to sign up for emailed billing. There would probably still need to be a printed billing option moving forward for those that do not utilize the internet or email. This would mean that the utility billing system would not be uniform. There is question regarding the redundancy of receipts for both the customer and the city. Some residents like a receipt of the top stub of the current postcard bill. Going forward they may wish for a receipt from the City if they come in make a payment. The city utilizes the bottom portion stub of the postcard for a receipt or generate a receipt from the carbon copy book. This helps with any questions in case a payment is entered incorrectly when processing payments. The carbon copy receipt books are over \$50 each (150 receipts per book). The city utilizes roughly five of these books per year. The city would either require twenty more receipt books or some other redundant payment tracking to cover the payments for the year without paper stub. Other alternatives would be tracking payments through Casselle (utility billing software) cash receipt module or track check images through the bank.

Boulton asked if the Council wished to move forward with an emailed utility billing option? The Council members agreed to bring forward a resolution for consideration of approval at the May City Council meeting. Boulton asked the City Council's intention to offer an incentive to citizens to sign up for emailed billing. The Cities of Zumbrota, Pine Island, and Goodhue are looking at offering a one-time (\$5) credit to customers utility bill to sign up for emailed billing. The Council did not offer specific feedback on credits for signing up. Boulton asked if the City Council wished to eventually charge those who do not sign up for emailed billing. The City of Zumbrota, Pine Island, and Goodhue have all discussed charging \$1-\$5 per month for those who still receive a hard copy bill in the US Mail. The City Council did not offer specific feedback on requiring emailed signup or monthly charges for mailed bills. Kingsbury stated that the City utility bill is the only regular monthly bill that he gets in the US Mail. Holmes stated that he wished to see the emailed utility bills with the customer portal option. Ohr agreed with including the portal

option.

OLD BUSINESS:

Enforcement Process – Mead Johnson - Reckitt – 120 day written letter toward meeting goal of waste pH – Boulton stated that the City had received a letter from Mead Johnson – Reckitt. Mead Johnson – Reckitt pH of wastewater discharge was consistently within range during the month of March. The frac tank was installed and incorporated into their process on March 6th. Mead Johnson – Reckitt goal is to install a new lift station with pH treatment. The project has been funded and is proceeding through the final engineering design phase. Boulton stated that the Wanamingo staff are still monitoring the wastewater discharge from Reckitt-Mead Johnson. Kennedy stated that there were no high pH levels in March. Kennedy stated that with the installation of the new frac tank the flows went from 24 hours per day to less than 6 hours per day. The pH levels of the wastewater discharge are being adjusted before being sent to the wastewater treatment plant. Prior to December results have regularly shown extremely low and at times high pH levels along with the presence of high levels of QAC (Quaternary Ammonium Compounds) have been sent to Reckitt-Mead Johnson. The pH levels should be within 5.0 and 9.5. City Staff have been working with Reckitt-Mead Johnson toward the achieved solution of pH levels within the limits. The City appreciates the open dialogue and work, to date, from Reckitt- Mead Johnson. The City continues to keep the Minnesota Pollution Control Agency informed during this process. Boulton stated the Enforcement Process would be left on the monthly agenda until November 2024, or when the action items are completed. Boulton stated the Mead Johnson -Reckitt would be required to provide written monthly updates to the City Council.

Holmes noted that the Goodhue County Sheriff had provided a 2023 annual report to Council members. The report was presented to the Wanamingo Police Work Group committee. The committee has been meeting with the Sheriff's office on Wanamingo policing on the first even month Friday at 9:00AM. The next Wanamingo Police Work Group committee meeting will be on June 7th.

*Next City Council meeting on 5/13/2024 at 7:00pm.

Adjourn: At 8:26PM a motion to adjourn was made by Dierks and seconded by Ohr. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

Kenyon City Council Meeting April 9, 2024

Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 9th day of April 2024. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Kim Helgeson and Mary Bailey

Via Zoom: Molly Ryan (non-voting)

Absent: Lee Sjolander

Also, present: Administrative Assistant

Holli Gudknecht, Finance Director Whitney Kylo, Police Chief Jeff Sjoblom, Engineer Derek Olinger, Public Works Director Wayne Ehrich, City Attorney Scott Riggs, Todd Gresteth, Robert Peterson, John Cambronne, Zach Bubany

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Goodhue County Commissioner, Todd Gresteth, gave an update on what is happening in the County. The County is going through some personnel changes. The Goodhue County Commission meeting will be held at Kenyon City Hall on May 1 at 9:00 am.

ADOPT AGENDA

Addition: / XI / New Business / N / Schedule Council Work Session with Fire Department

Motion by Helgeson second by Bailey to approve the amended agenda. Motion carried 3-0-0.

CONSENT AGENDA

Motion by Helgeson second by Henke to approve the Consent Agenda, which includes payment of check numbers 75877 through 75971; 4895E through 4967E.

Motion carried 3-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROMOTIONS ENGINEERING 2025 Street & Utility Project 6th Street LRIP Grant

Engineer Olinger stated that the City of Kenyon was not awarded the LRIP Grant for the 6th Street reconstruction project. This project will be moved back to the 2028 project. We may apply again during the next solicitation.

Overall Project Scope

Engineer Olinger reviewed the street and utility improvement project that has been programmed for 2025. Public Works, KMU, and Engineering staff have met to review the infrastructure. A formal recommendation list of street/utility segments will be compiled for Council consideration.

CSAH 12 Partnership Agreement

City Engineer Olinger stated that a partnership agreement with the county engineer for the construction of County Road 12 should be ready for the May council meeting. The agreement was drafted, sent to the city attorney, and is now in the county for approval.

LEGAL

Draft Tobacco Ordinance – Chief Jeff Sjoblom

City Attorney Riggs reviewed the draft ordinance amending section 1105 of the city code regarding tobacco. This updated ordinance will now bring the city current with state law.

Approve Ordinance 103: Amending Section 1105 of the

Kenyon City Code Regarding Tobacco
Motion by Bailey, Second by Helgeson to approve Ordinance 103. Motion Carried 3-0-0.

Resolution 2024-10: Approving Publication of Ordinance No. 103 by Title and Summary

Motion by Bailey, second by Helgeson to approve Resolution 2024-10. Motion Carried 3-0-0.

Review Draft Zoning Ordinance to Allow Apartments on the Rear ½ of the First

Floor of Buildings in the C-1 District as a Conditional Use –Zoning Ordinance Section 515.15 Subd. 3 a)

Attorney Riggs stated that the planning commission recommended to not adopt this ordinance. Robert Peterson, a Kenyon property owner, outlined the cons of allowing apartments on the rear half of the first floor of C-1 district buildings. Council member Bailey agreed with Peterson's comments.

Motion by Bailey seconded by Helgeson to accept the recommendation of the planning commission to not adopt this ordinance. Motion carried 3-0-0.

OLD BUSINESS

Update on Payroll Services

Finance Director, Whitney Kylo updated the council on the background on switching over from Paycom to ADP for payroll. The city would go live with ADP on June 10 and the payroll costs would be cut in half.

Motion by Henke seconded by Helgeson to change payroll services to ADP. Motion carried 3-0-0.

NEW BUSINESS

City Administrator Position Update

Attorney Riggs stated he had contacted some parties about serving as an interim city administrator. He had not found an interim yet.

Resolution 2024-09: Approving the Decertification of Tax Increment Financing District No. 4-5 of the City of Kenyon.

Gudknecht stated that Tax Increment Financing District No. 4-5, which was originally created for Countryside Way, is now completed. The city is required to decertify the district.

Motion by Helgeson second by Bailey to adopt Resolution 2024-09 approving the decertification of Tax Increment Financing District No. 4-5 of the City of Kenyon. Motion carried 3-0-0.

(continued on page 29)

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Kenyon City Council

(continued from page 28)

LMCIT Liability Coverage Waiver

Gudknecht stated that the City Council is required to choose either to waive or not to waive the monetary insurance liability limits. State statutes limit a city's tort liability to a maximum of \$500,000 per claimant and \$1,500,000 per occurrence. These limits apply whether the claim is against the city, against the individual officer or employee, or against both. Cities can choose to waive the state liability limits. Cities can purchase additional insurance coverage up to \$2,000,000 annually.

Motion by Henke, seconded by Helgeson to follow past City precedence to not waive LMCIT State Liability limits. Motion carried 3-0-0.

Kenyon Muni - 2024 Rose Fest Street Dance Band Contract

Motion by Bailey seconded by Helgeson to approve the 2024 Rose Fest Street dance band MTV's for Saturday, August 17, 2024. Motion carried 3-0-0.

Declare 1936 Ford Open-Air Fire Truck as Excess Inventory

Fire Chief Wayne Ehrich stated that the Fire Department voted to get rid of the 1936 Ford Open-Air Fire Truck. They are requesting council approval to sell the old fire truck. Proceeds would go into the truck fund.

Motion by Bailey seconded by Helgeson to declare the 1936 fire truck as excess inventory to be properly disposed of. Motion carried 3-0-0.

Kenyon Fire Relief Association Requests for June 22, 2024

Fire Chief Ehrich noted that the annual Fireman's Dance is scheduled to be held on Saturday, June 22, 2024.

Motion by Helgeson seconded by Bailey to approve the Kenyon Fire Relief Association's request for a dance permit and temporary liquor license. Motion carried 3-0-0.

Approve Purchase of iPad for New GIS System

Wayne Ehrich, Public Works Director, requested the approval to purchase an iPad for use with the GIS mapping system. This purchase was included in the budget.

Motion by Helgeson seconded by Bailey to approve the purchase of an iPad and protective cover for the public works department for use with the new GIS system. Motion carried 3-0-0.

IT Security Update

Finance Clerk, Whitney Kylo explained her research concerning IT issues in the city. Our current provider is not BCA certified for police department security.

Motion by Bailey seconded by Helgeson to authorize hiring On-Site to come in and give a quote for security update for the city. Motion carried 3-0-0.

Delete Signatory at Security State Bank of Kenyon

Gudknecht requested that Mark Vahlsing be deleted as a signer for the city bank account at the Security State Bank of Kenyon.

Motion by Helgeson second by Henke to delete Mark Vahlsing as a signatory on the City of Kenyon account at the Security State Bank of Kenyon. Motion carried 3-0-0.

Update Administrative Policy #17-

City Credit Card Use

Finance Director, Whitney Kylo, stated that the City credit card policy had recently been updated.

Motion by Henke seconded by Bailey to adopt Administrative Policy #17 - City Credit Card use.

Motion carried 3-0-0.

2024 Pool Wages

Gudknecht stated that the pool wages were updated with the pool manager, Brandi Kylo, in February.

Motion by Helgeson seconded by Bailey to approve the 2024 pool wages. Motion carried 3-0-0.

2024 Pay Equity Report

Finance Director Kylo stated that the State requires a pay equity report be completed and adopted every three years. The last one was approved in January 2021.

Motion by Henke seconded by Bailey to adopt the pay equity report as presented. Motion carried 3-0-0.

Depot Building Window Replacement

Ehrich stated that the Park and Rec Committee met on April 2. They are recommending the replacement of the ten large windows in the Depot building.

Motion by Bailey seconded by Henke to approve the estimate from L&M Construction to replace ten windows in the Depot Building at a cost of \$21,368.00. Motion carried 3-0-0.

FTO Pay - Police Chief Sjoblom

Police Chief Sjoblom discussed paying for FTO (Field Training Officers). He requested one hour of overtime or comp time per shift be paid when current officers train new hires.

Motion by Bailey seconded by Helgeson to approve the one hour of overtime pay or comp time per shift for police department field training officers. Motion carried 3-0-0.

Schedule Council Work Session with Fire Department

Fire Chief Wayne Ehrich requested a work session with the City Council to discuss issues with the fire district townships.

Motion by Helgeson seconded by Bailey to schedule a special city council meeting on Tuesday, April 23 at 5:00 pm. motion carried 3-0-0.

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, April 16th @ 4:00 p.m.

EDA Meeting: Tuesday, April 23rd @ 8:00 am

Board of Appeals & Equalization, Thursday, April 25 @ 3:00 pm (Run by County-Open Book)

City Council Meeting: Tuesday, May 14th @ 7 pm

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Helgeson reminded everyone of the Spring Clean-up scheduled for April 27 from 9 am to noon.

Council Member Bailey thanked Engineer Olinger, Zach Bubany, and Tedd Pederson for their work on the trails committee.

Mayor Henke stated that Police Chief Sjoblom had a good FYI report, and he was proud of our city police department.

Zach Bubany gave an update on the projects he is working on in the city.

Finance Director Kylo thanked Matt Bartel and Wayne Ehrich for working on the Liquor Store IT issues two Fridays ago until 11:30 pm.

Motion by Henke second by Bailey to adjourn the meeting at 8:43 pm. Motion carried 3-0-0.

Holli Gudknecht, Administrative Assistant
Douglas Henke, Mayor

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- Wendell Berry, Bringing it to the Table: On Farming and Food

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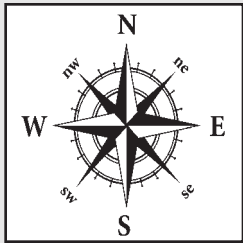
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Changes in Latitudes, Changes in Attitudes The Eclipse



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

I have always been intrigued by the solar system. Growing up in the country the night sky seems so vast and captivating. The Big Dipper was one of the first constellations I was able to identify. If you follow the two stars that make up the front of the dipper you can find the North Star and the Little Dipper. Over sixty years on that tidbit of information. Years ago, I recall watching the northern lights in the winter sky. They seemed more common back years ago.

When I was a young kid, I read about Haley's Comet. My grandmother told about seeing it in the western sky about sunset back in 1910. Sometime in the late 1960's a comet visited earth and I got up a couple nights around 2am to look at it in the south-eastern sky. My fascination with traveling heavenly objects was anticipating the return of Haley's Comet. I was so excited that I would be able to see in 1986 but unfortunately it was barely visible at all to the naked eye.

Solar eclipses were interesting as well. My dad let us look at one through the welding helmet when we were growing up. I was amazed that the event could be tracked and predicted with such accuracy as to alert us to just when it would happen again. So, enters 2024 with the April 8th total solar eclipse and the fact that I would be living right on the edge of the band of totality. A 116 mile-wide

zone where the moon would fully cover the sun at mid-day. What luck, it just clips the north-western edge of Tennessee and our Kentucky Lake home is on the north-western edge of Tennessee.

The hysteria was building for the event. Some thought it was a cosmic sign ushering in a cataclysmic event. Down here they were giving away solar sunglasses everywhere. City hall had them, the Ranger station at Ft. Donelson Park had them, the gas stations sold them and they were at the checkout in the grocery stores. I picked a pair up and was warned not to drive with them on. I didn't know I looked that stupid. Some people asked about getting them for their pets. I have had dogs all my life and never knew them to look at the sun. One lady said she was going to keep her curtains drawn all day Monday so as not to burn her eyeballs. I am not sure how these people live their life every other day of the year without staring into the sun. I think that one of the first things my mom told me was, "don't look at the sun."

So, I was pumped. I knew it wasn't a total eclipse down here but they said it was 97.9% coverage. That seems pretty close to 100 for me. At 1:15 I went outside and put on my shades. First thing I learned is you shouldn't walk down the porch steps with eclipse glasses on. At least I felt like the cardboard sunglasses I had nothing invested in would likely protect my eyesight. Sure enough about a third of the sun was covered by a black moon. I checked a few more times leading up to the 2:01pm maximum coverage point. But I noticed it was still about a bright as any other afternoon would be. I thought it would be getting darker, maybe no shadows. So, at 2:01 I dutifully donned my eye wear and looked upward. Quite spectacular, just a sliver of sun peaking around that big black moon blot. But it was still bright as day outside. There were shadows from trees and the house and my pickup.

Just 2% of the sun can still brighten up the world. Quite impressive how powerful a little sunlight is.

A Minnesotan: Different in a Small Town



By RosaLin Alcoser

Recently my father was doing this very thing while my mother was picking out new glasses. At some point during this my parents had mentioned that my father used to be a chaplain for the Federal Prison System for 26 years when they got out Federal employee health insurance that they have as part of my father's retirement. Which is always important to be mentioned when he meets new people because his favorite joke is that he did 26 years in the federal big house. Which we'll add on to that he got let out every night for good behavior

This is a joke that only goes off well if the people that he's talking to pay attention to the fact that he was the chaplain at the prison. Which the people at the glasses store apparently did not pay attention to. So they proceed to tease up and say things about how everyone deserves a second chance protecting my mother to have to re-explain that he was retired from being the chaplain, not from being an inmate.

As I was not there to witness this event in person I am assuming that this explanation of the joke resolved the whole thing. Nevertheless the interaction was amusing and was a much higher level of interaction than those of us in the cities get with most people we meet while out on errands.

One of the main differences between living in the cities, town, or a small town is the amount of time you can take to chat with people when you're out and about. When you're in the city you might have enough time to exchange pleasantries with someone checking you out at a store.

While in town you might be able to build up some sort of rapport with people at places that you regularly frequent. But in a small town you will often be able to hold full conversions with these same people which is my father's favorite thing to do.

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