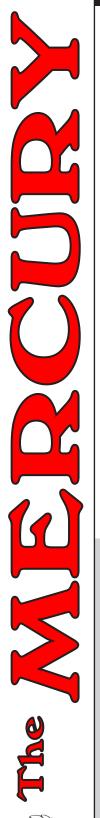
McGregor School District #4

VOLUME 35 • ISSUE 4

JUNE/JULY 2015









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CE 1 - CE2
Community
Education



Class of 2015

Auston Kevin Anderson

Caleb Ronald Barnaby

Faye Audrey Bloom

Mary Elyse Brennan

Amy Marie Gelhar

Ryan Arthur Hafslund

Cassandra Lynn Hill

Chase Tyler Hoover

Sophia Inez Jacobs

Aisling Leona Jelinski

Jennie Susanna Johnston

Morgan Sadie Mae Kowitz

Nathaniel Kenneth Lake

Ashlinn Desiree Moore

Randeena Rae Olson

Jordan Rayna Orbeck

Spencer Jonathan Passer

Thomas Robert Scollard

Markus Anthony Sobotta

Karlee Arleen Tierney

Chandra Rae Weimer

Brandon Lee Wilkie



Senior Trip: An Annual Good Time

The bus pulled out at 8:03 and the senior class was on their way to the Mall Of America. With plans for the rides at Nickelodeon Universe, touring the Sea Life Aquarium, lunch at one of many awesome restaurants, and perhaps a little shopping, they were happy to be headed to the cities.

Each year, the senior class works the concession stand during several volleyball and basketball games in order to raise enough money for their trip. Our concessions were quite successful this year due to the hard work of many of the students and the moms who baked so that we could make a little extra on baked goods.

After much deliberation over possible trip destinations, the students agreed on MOA. Denise Weimer and Renee Johnson accompanied Ms. Henry as chaperones. Their presence was much appreciated. Also, a big thanks to Harry, the bus driver. He knew the shortcuts and kept us out of much of the rush hour traffic.

As we returned to the school around 7 PM, it appeared as though their last "field trip" together as a class was a good one. The McGregor Class of 2015 is an exceptional class, and they will be missed here at the high school.

From the Principal

Another year has come to an end. I would like to congratulate the 22 graduates and wish them the best of luck in their future endeavors.

As we prepare for the upcoming school year, I have a few reminders for parents. If your contact information has



BOB STASKAPrincipal and
Activities Director

changed recently, please let the office know. I know of several instances this past year where Instant Alert messages were not received or where parents were not able to be contacted because phone numbers had changed, and the school did not receive the contact information. We would also like to have as many email contacts for parents as possible. Given many busy schedules, sometimes this is an effective way for the school to communicate with parents as well.

I encourage parents to review their students' sched-

ules and credits with them. Mr. James Fischer, our school counselor, will be sending out credit information for next year's students in grades 10-12. It is best to make up credits at the ALP sooner rather than later. Our goal is to have a 100% graduation rate for our students!!

I would also like to remind parents to make appointments early for athletic physicals if your son or daughter is participating in a fall sport. Since practice starts before school starts, sometimes this sneaks up on us. MSHSL sports physicals are good for three years. A blank form can be obtained in the high school office or on the MSHSL website at http://www.mshsl.org/mshsl/publications.asp#5. Parents and athletes will receive letters letting them know the start dates, practice times, and game schedules for fall sports.

The athletic schedules for next year are posted on www. PolarLeague.org. Just click on the McGregor link. There is also a link on the school website. Many of you are using this site, and I have received a lot of positive feedback. Many of you have also signed up for email alerts when schedules change or have linked this with the calendar in your phone. There are many user friendly options with using this website that I encourage parents of athletes to explore.

I hope that everyone has a safe and enjoyable summer!!



Isaiah and Physical Education Teacher, Becky Hagen, post 5k race after jumping off the dock at Big Sandy Lodge. Isaiah did a FABULOUS job!

Save the Date!

Kinder Kamp August 24, 25, 26 8:30-11:30am



Back to School Open House and Health & Wellness Fair Thursday, September 3 • 5-7pm

First Day of School Tuesday, September 8

2015-16 School Calendar

September	1 2 3 7 8	Tuesday Wednesday Thursday Monday Tuesday	Teacher In-Service Teacher Workday Teacher Workday - 11:30 to 7:00 Open House - 5:00 to 7:00 No School – Labor Day 1 st Day of School
October	15 16	Thursday Friday	No School - Teacher Professional Mtg No School - Teacher Professional Mtg
November	6 16 26 & 27	Friday Monday Thurs & Fri	End of $1^{\rm st}$ Quarter - Early Release/Teacher In-Service No School - Conferences $11:30-7:00$ No School - Thanksgiving
December	21	Monday	No School - Winter Break starts
January	4 18 28 29	Monday Monday Thursday Friday	School Resumes No School - Martin Luther King Day Teacher In-Service End of 2 nd Quarter No School – Teacher Workday
February	15	Monday	No School - President's Day
March	24 25 28	Thursday Friday Monday	No School – Possible Snow Make-up day No School - Spring Break No School - Spring Break
April	1 11 13	Friday Monday Wednesday	End of 3 rd Quarter - Early Release/Teacher In-service Conferences 4:00-7:30 Conferences 4:00-7:30
May	27 30	Friday Monday	Seniors Last Day No School - Memorial Day
June	3 6	Friday Monday	Last Day for Students/End of 4 th Quarter Teacher Workday

	1st Quarter	42 days				
	2 nd Quarter	45 days				
	3 rd Quarter	41 days				
	4 th Quarter	44 days				
duation – Sunday, June 5 th at 2:00 pm						

Grad

Elementary 2015-2016 School Supply List

KINDERGARTEN:

Colored Pencils, 2 Pkgs. of Glue Sticks, 1 Box of Kleenex, Watercolor Paint Set (Crayola), 4 2-Pocket Folders Labeled With Name (Plastic), 2 Wide Ruled Notebooks, 1 Box of Crayons, 1



Box Washable Crayola Markers, 1 Zippered Backpack or Bag Labeled With Name, 1 Pair of Tennis Shoes Labeled (To Be Left At School), 1 Plastic Resting Mat, 1 Paint Shirt Labled With Name, Disinfectant Wipes, 2 Pack of Chapstick

1ST GRADE:

1 Box Kleenex, 1 Pair of Scissors; 1 Glue Bottle, Large Erasers, Eraser Tops, School Boxes For Supplies, 5 White Board Markers, 1 Box of Crayons, Lots of #2 Pencils, 5 Folders, Glue Sticks, 2 Pack of Chapstick, Pair of Tennis Shoes For PhyEd. Class, 1 Backpack or Bag To Carry Things Home, Daily Healthy Snack. Please Be Sure That All Items Are Labeled With Your Child's Name.

2ND GRADE:

24 #2 Pencils (No Plastic Wrapped Ones), 1 Box Crayons, Markers, Pencil Box, 6 Folders, 1 Scissors Labeled, Glue Sticks, 1 Bottle Elmer's White Glue, 1 Boxes Kleenex,, 2 Pack Of Chapstick, 1 Pair of Gym Shoes To Keep At School, Backpack.

3RD GRADE:

1 Large Box #2 Pencils (Please Put Name on Box), 1 Large Eraser, Erasers For The Pencil Top, 1 Pair of Scissors With Name on It, 2 Box of Kleenex To Share, 4 Folders, Highlighter, 3 Single Subject Notebooks-Narrow Width, Crayons or Colored Pencils, L Pack Dry Erase Markers, 1 Old Clean Sock For An Eraser, 1 Correcting Pen, 2 Pack of Chapstick, Tennis Shoes To Leave At School For PhyEd. Please No Trapper Keepers or Three Ring Binders - They Do Not Fit In The Desks.

4TH GRADE:

24 #2 Pencils (And As Needed Throughout The Year), Colored Pencils, Markers, Pencil Bag, Colored Pens, 2 Highlighters, Pencil Top Erasers or 1 Large Eraser, Pencil Sharpener, Ruler With Centimeters & Inches, Nice Scissors, 6 2-Pocket Folders With Prongs (Plastic): 2 Blue, 2 Yellow, 2 Red; 6 Wide-Lined Notebooks: 2 Blue, 2 Yellow, 2 Red, PhyEd Shoes,1 White 1" 3-Ring Binder For Music, 2 Kleenex Box, Headphones For Computer Lab, 2 Pack of Chapstick, Backpack

5TH GRADE:

8 Notebooks, 3 Folders, 2 Boxes Pencils, Scissors, Jump Drive, Colored Pencils or Crayons, Markers, Highlighters, Correcting Pens, 3 Ring Binder, 2 Boxes of Tissues, 1 Bottle of Hand Sanitizer, 1 Pkg. Erasers, 2 Pack of Chapstick, Headphones, Tennis Shoes Will Be Needed on A Daily Basis For PhyEd.

6TH GRADE:

8 Notebooks, 10 Folders, 2 Boxes Pencils, Scissors, Colored Pencils, Markers, Highlighter, Correcting Pens, 1 1-1/2" Hard-Sided Binder, 1 Pkg. 5-Tab Insert Able Color Tab Dividers, 1-2 Boxes Kleenex, 2 Pack of Chapstick, Jump Drive - May Use The One From 5th Grade (Minimum 2 Gb), Headphones, Backpack, Band Instrument (Optional), Tennis Shoes Will Be Needed Each Day For PhyEd.

MRS. DEMENGE'S ROOM:

1 or 2 Boxes Kleenex, 1 Box Cookies or Crackers For Snack To Share, 1 Pencil Bag or Box, 1 Pkg. Notebook Paper

MUSIC:

3Rd & 4Th Grade Need A 3-Ring Binder For Music Class, With A Hard Cover And A Plastic Protective Outside That You Can Slide A Paper In To.

MR. WATT'S ROOM: 1 Or 2 Boxes Kleenex, 1 Notebook

Elementary Honor Roll

A HONOR ROLL GRADE 4 Erin Ford Parker Jackson Josee Kellermann Madison Koerber Cooper Sellers Isaiah Serfling

GRADE 5 Savanah Bidwell Seanna Donnelly Gianna Farinella Willie Glunz Ava Horbacz Morgan Koerber Jaylynn Maijala Clara Oliver Jordan Paquette

GRADE 6 Brooklyn Alt James Dawson Drew Dean Grant Grams
Kiana Hawkinson
Haylee Kellermann
Hailey Luhmann
Harrison Nistler
Makenzie Taylor
Seth Watts

B HONOR ROLL GRADE 4 Ella Anderson Jayden Biros Ethan Bohn Demetrius Powell Landon Sorensen Kaelyn Tierney Kamryn Zrust

GRADE 5
Jayden Atkinson
Bryce Brekke
Catrina Carter
Savannah Creighton
Madeline DeMenge

Harlee Flannigan Shane Oleson Montana Sarazin

GRADE 6
Gillian Farinella
Trevor Gauthier
Ashton Harmon
Kylie Peter
Jazmine Serrano
Brittany Traplay







High School Honor Roll

"A" Honor Roll 7th Grade Emma Arnold Micah Barnaby Karley Eld Carson Ford Logan Jackson Emily Johnson Marshall Passer

8th Grade Ethan Sampson Abbie Thorkelson

9th Grade
Dustin DeMenge
Joey Glunz
Chloe Larson
Anabel Marotz
Isaac Nistler
Carson Passer

10th Grade
Payton Barnaby
Mayah Bonnette
Dakota Boyd
Kacie Boyd
Katie Boyd
Ann Brennan
Cole Gelhar
Johnny Huspek
Michaela Jackson
Sasho Javor
Zach Kruse
Alex Nistler
Johannah Orbeck
Abby Schoeben

11th Grade
Danelle DeMenge
Heidi Kelley
Hailey Niemeyer
Andrew Widseth

Brody Simonson

12th Grade Aisling Jelinski Jennie Johnston Spencer Passer "B" Honor Roll
7th Grade
Griffin Bloom
Catherine Hill
Laine Horton
Tyler Horton
Kathryn Jacobs
Gavin Jones
Domanick Matheny
Madison Niemeyer
Jackson Paquette
Audrianna Schultz
Nathan Scollard

8th Grade Grace Anderson Andrea Bohn Robert Kral Fayth Nelson Constance Pagan

9th Grade Savanna Oliver

10th Grade
Katy DeMenge
Hannah Kelley
Dan Dinneen
Zach Hawkinson
Joey Jacobs
Alex Kowitz
Harissa Phillips
Billy Staska

11th Grade
Trevor Heagle
Anthony Hutchinson
Jordan Mickelson
Mikayla Sarazin

12th Grade
Caleb Barnaby
Mary Brennan
Amy Gelhar
Chase Hoover
Sophia Jacobs
Randeena Olson
Jordan Orbeck
Thomas Scollard

"Bringing Top Coaches to You!" PACESETTER KETBALL CAN Monday-Thursday, June 29-July 2 **McGregor** WHY **High School Gym PACESETTER? Pacesetter Sports is the** McGregor, MN Midwest leader in providing high quality, low-cost programs. Grades refer to 2015-2016 school year The Pacesetter staff is comprised of former state champions, Boys & Girls Entering Grades 3-4 college coaches, or highly 8:00-9:30 am \$60/player successful high school coaches **Boys & Girls Entering Grades 5-6** who love teaching basketball to young people. Pacesetter focuses 9:30-11:00 am \$60/player on teaching the most important **Boys & Girls Entering Grades 1-2** skills to make the greatest 11:00 am-12:00 pm \$40/player possible improvement in a few days...for a cost most families **Bovs & Girls Entering Grades 7-8** can afford. This summer marks 1:00-4:00 pm \$90/player Pacesetter's 36th season. (Send in registration and payment by May 30, take \$5 off listed price) REGISTER SOON! EACH SESSION IS LIMITED TO 24 PLAYERS. (\$5 discount through May 30 if paid in full) Minimum of 20 players needed by May 30 to hold this camp. Detach and send in form below. Keep cancelled check as receipt. Keep top for camp date and times. Ouestions? Call Pacesetter at 320-243-7460 or email info@pacesetternet.com McGregor, MN BASKETBALL CAMP REGISTRATION FORM June 29-July 2 \$40 - \$60 - \$90 Registration options: Questions? Call Pacesetter at 320-243-7460 or email info@pacesetternet.com Register now with full payment. (postmark by May 30 - take \$5 off) п _ Grade in 2015-16 _____ Circle Gender: M F 1 2. Register on the first day of camp if space is available. Mailing address T-shirt (optional) \$10.00 \$ (Pre-pay & receive at camp.) Circle Size: Youth: M LG и Adult: S M LG XL U My child has health insurance. Neither the camp coaches nor Cost at camp: \$13.00

MOVING MATTERS

20 Ways to stay active and moving during the summer! 60+ minutes of activity and play, every day!

Parent signature

the school district will be held liable for injuries incurred at the camp.

Make checks out to Pacesetter and send with form to Pacesetter, P.O. Box 222, Paynesville, MN 56362

- 1. Big Sandy Water Institute: a great way to move! Register today!
- 2. Fitness Classes; Cross Training, Silver Sneakers for fit and fun!
- 3. Weight-Lifting in the Fitness Center with Coach Buck.
- 4. Skateboarding: Wear your protective gear!
- 5. Kayaking: register for family kayaking classes through CE!
- 6. Bowling: McGregor Lanes for open bowl!
- 7. Swimming: Don't forget to register for swimming lessons!
- 8. Running: anybody can run!
- 9. Bicycling: Wear your helmet protect your melon!
- 10. Basketball: Camp for 1 8th graders June 29-July 2. Call CE!
- 11. Tennis: Courts are open to the public at Shamrock Township!
- 12. Hopscotch: all you need is a driveway and some chalk!

- 13. Volleyball: School, Bann's, Big Sandy Lodge, Zorbaz
- 14. Baseball: Little League or catch with a friend!
- 15. Frisbee with a partner or your furry friend!
- 16. Camps: Big Sandy Camp, Long Lake and Covenant Pines for camp fun!

T-shirts ordered at camp will be mailed.

TOTAL ENCLOSED: \$

- 17. Hiking: Savanna Portage State Park, Rice Lake National Wildlife Refuge or your own back yard!
- 18. Trampoline at Big Sandy Lodge or swim at their pool.
- 19. Sunday night Open Rec at McGregor school. Basketball and friends.
- 20. Jump, skip, hop and move at the school playground!

M.A.C. Bird Busters 2015 Spring Trap Season

This year's shooting team consisted of 52 high school students from McGregor, Aitkin and Cromwell School Districts. This season has gone very well for this group of kids. The coaches saw improvement in each shooter this year. One highlight of the season is that we had 6 young men shoot 25, which is a perfect score, Ryan Besch from Cromwell and Joey Glunz from McGregor each shot 2 perfect rounds this year. Jackson Hargrove, Chris Jackson, Spencer Jacobs all from Aitkin and Rusty Lund from Cromwell each shot 1 perfect round this year. That is the most 25 scores we have had in one season. It put a lot of smiles on a lot of faces.

At the end of competition week 1, the M.A.C. Bird Busters were in 1st place. This group of kids were determined to stay there and they did. They remained in 1st place all 5 weeks of competition shooting and took 1st place in their conference. In addition to that great accomplishment, the team also had 6 teammates finish in the male top 25 in our conference, Ryan Besch, Devon Moe, Rusty Lund all from Cromwell, Chris Jackson, Spencer Jacobs both from Aitkin and Joey Glunz from McGregor. The team also had 3 finish in the female top 25 in our conference Morgan Kowitz from McGregor, Allison Rinta and Jordon Rinta both from Aitkin. We also had a teammate make the top 100 overall list this year which was Ryan Besch from Cromwell.

On June 14th, 40 shooters from the team will travel to Alexandria for the 2015 Championship Shooting Tournament. The top teams will be invited to participate in the MSHSL State Shooting Tournament on June 20th in Prior Lake. This group of kids has a real good shot at doing just that. The top 100 shooters are also invited which means the teams own Ryan Besch from Cromwell will be representing the M.A.C. Bird Busters on June 20th. The coaches and team members are aiming to have our team join him there. The coaches could not be more proud of this group of kids and the accomplishments made this year.

There are also many volunteer man hours that go into this league. There are several adults that come each week to help set up and score. There are people doing the scheduling, score reporting and paperwork. There are several organizations that donated money to this team to help keep it affordable for families. The M.A.C. Bird Busters coaches and team members want to thank everyone that helps make this the team that it is. It would not be possible without many hands helping.



FRONT ROW: Tate Kuppich, Luke Pelarski, Mitch Lamke, Aiden Garard, Jordon Rinta, Jackson Paquette, Griffin Bloom, Jacob Aldrich 2ND ROW: Trevon Pietz, Silas Berg, Austin Espeseth, Jack Gravelle, Drake Warner, Kaylan Risacher, David Aho, Allison Rinta, Joseph Oliver, Tyler Kangas 3RD ROW: Austin Teas, Harry Kruse Jr, Jackson Hargrove, Dan Nordean, Rusty Lund, Derrik Holm, Cedrek Sworski, Joey Glunz, Carson Ford, Jack Braton 4TH ROW: Matt Antonie, Sam Roring, Alex Kropp, Matthew Holm, Cy Sworski, Jonah Perrine, Chris Jackson, Justin Oliver, Tyler Horton, Devin Rono BACK ROW: Coaches – Gary Vorlicky, Tyson Warner, Mike Kruse, Bob Dreger, Dick Kush, Kevin White, Jim Ryan, Ron Clausen NOT PICTURED: Ryan Besch, Ethan Croatt, Shawn Doely, Jake Gunn, Ryan Gunn, Spencer Jacobs, Taylor Jatkola, Morgan Kowitz, Devon Moe, Ben Muller, Alexander Nistler, Kyle Root, Markus Sobotta, Andrew Wisdeth, Cody Zebro, Coach Randy Kuschke and Team Manger Angela DeWitt



Valedictorian - Aisling Jelinski

When I was 10-years-old, my parents moved me from Ramsey to McGregor. I went from a class of hundreds of kids to one of just under 30, all of whom had known each other since they were five. Needless to say I was nervous, but my classmates welcomed me with open arms and I officially became a part of the Class of 2015.

Everyone has seen Mean Girls or The Breakfast Club, and even at young ages there are cliques. The athletes hang out with the athletes; the artsy kids hang out with the artsy kids. But there aren't really cliques at McGregor – for the most part, everyone hung out together. As we got older, we grew up together, and now that we're seniors we're closer than ever. Everything we went through we went through together, becoming a family of sorts, and I'm going to miss this family we've built.

We couldn't have made it this far if it hadn't been for this great little town. The community has always gone above and beyond to help our school and its students,

and for that we thank you. I'd also like to thank the school faculty that do all they can to make McGregor ISD#4 a safe and happy place to learn and grow. If it hadn't been for the school and the members of our community, I don't think we'd miss McGregor as much as we will come fall.

I will be starting at St. Norbert College in De Pere, WI this August as an Honors student. I plan to double major with a minor, but I'm not sure what in yet. I'm very interested in biology, German, art, and classical studies, so I plan to spend my first year exploring my interests and deciding what to study. I hope to study abroad one semester, and plan to pursue a career that allows me to travel and meet and work with others.

McGregor is a great place to learn and grow, and I'm so thankful I had the privilege of moving into the community and the class that I did. Thank you for everything you've done, McGregor.

Salutatorian - Jennie Johnston

My time at McGregor would definitely be time well spent. Along with book learning, I learned things about myself. Between the silly arguments and petty drama, there were so many unforgettable memories. These past four years have been full of ends: the ends of quarters, the ends of semesters, the end of sports seasons, and the end of school years. I would like to thank my family, friends, school staff, and the entire community for everything that they have done not only for me. but the entire class of 2015.

I will be going to the University of Minnesota-Duluth in the fall to major in either Statistics or Finance with a minor in Accounting. After college I hope to either create my own business or find a job in my field.



HOW TO REGISTER	REGISTRATION FORM			
1. CALLING: 218-768-2111 x233	NAME			
2. FAX: registration form to 218-768-3901	ADDRESS			
3. MAIL: registration form to	HOME PHONE			
ISD #4/Community Education	WORK PHONE			
PO Box 160, McGregor, MN 55760	FEE	CASH	CHECK	
4. DROP BOX: outside CE office	CLASS			
5. E-MAIL: Ilkruse@mcgregor.k12.mn.us	YOUTH	ADULT	55+	

Community Education



McGregor Community Education

LISA KRUSE, Director

Phone: 218-768-2111 x233 • Fax: 218-768-3901

E-Mail: Ilkruse@mcgregor.k12.mn.us

BEGINNING/INTERMEDIATE WHEEL POTTERY CLASS FOR ALL AGES

Learn to throw your first pieces on the wheel, or get back into throwing if you have had experience but have been away from it for a while. Each person will have a wheel to make their bowls, cups, vases etc. and will glaze their own pieces. All firings, materials and tools are provided, along with 25# of clay.

Class Schedule:

Monday Morning Sessions: July 13, July 20, July 27 and August 3 from 9am to Noon

Monday Afternoon Sessions: July 13, July 20, July 27 and August 3 from 1:00 - 4:00pm

Evening Sessions: July 13, July 20, July 27 and August 3 from 5:30 - 8:30pm

Where: Sandy Lake Forge on Raspberry Island. Meet at the dock landing 50569 218th Place for a short pontoon ride to the island on Big Sandy Lake. Please be on time as a courtesy to others.

Pontoon schedule will be:

Morning Class: Pickup at landing at 9am and return at noon. Afternoon Class: Pickup at the landing at 1pm and return at 4pm Evening Class: Pickup at the landing at 5:30 and return at 8:30pm Cost: \$40/four sessions (must register for all four sessions)

Limit: 4 people Instructor: Gary Hill

BEGINNING/INTERMEDIATE BLACKSMITHING

A beginning course in the principles of blacksmithing, using a coal-fired forge to create a project. Includes starting and maintaining a coal fire in the forge, tapering, upsetting, hot cutting, fullering, swaging and forge welding techniques. Those with prior experience should come with a project or sketch in mind.



Class Schedule:

Saturday, July 18 from 9:00am to 4:00pm; rain or shine

Where: Sandy Lake Forge on Raspberry Island. Meet at the dock landing, 50569 218th Place at 9:00am for a short pontoon ride to the island on Big Sandy Lake. Please be on time as a courtesy to others.

Cost: \$40/includes all materials

What to bring: Bag lunch, safety glasses, boots, ear protection, leather gloves and cotton clothing.

Limit: 4 people Instructor: Gary Hill

PAPER MARBLING

Marbling is the art of printing multi-colored swirled patterns on paper or fabric. You've likely seen these graceful, colorful patterns in the end-papers of old books. The patterns are formed by floating the colors on the surface of a natural gel, combing them to make designs, and then laying the paper onto the colors to absorb them. In this workshop, you'll create your own designs on paper, and get some ideas for how to use marbleized papers and fabrics. All supplies and materials are provided. Wear clothes that are okay to get dirty.

When: Saturday, July 18; 1:00- 4:00pm

Where: Sandy Lake Forge on Raspberry Island. Meet at the landing, 50569 218th Place, McGregor, MN (Big Sandy Lake) at 1:00pm for a short pontoon ride to the island with a return ride at 4:00pm unless entire group is done earlier. Please be on time as a courtesy to others.

Cost: \$25/person Limit: 6 people Instructor: Janet Hill

ADULT KAYAKING CLASS

Spend the evening on the water enjoying the tranquil setting as you experience an upper body workout! A great way to relax after a full day of work.

When: Monday, June 15 & Wednesday, July 8 from 5:30 - 7:00pm

Where: Army Corps of Engineers Libby Dam

Cost: \$10/person per session Lifequard: Jake Krezowski

BIG SANDY TRIATHLON

Join us for the 2nd Annual Big Sandy Triathlon as you compete by Kayaking 1/2 mile, Bike 4 miles and Run 2 miles. 3 person team or compete individually! This is a terrific event that you will not want to miss! Put your team together and get registered today.



Register at: https://runsignup.com/MN/Mcgregor/BigSandyTri15

When: Saturday, August 1; 8:30am race begins

Where: Big Sandy Lodge & Resort (sponsored by McGregor

Community Education)
Cost: \$25/person or \$75/3 person team



McGregor Community Education is now on Facebook. Join us!

THE MERCURY

A publication in cooperation with McGregor ISD#4 and McGregor Printing & Graphics, Inc.

BOARD OF EDUCATION

Larry Doten - Chair Mike Kruse - Clerk/Treasurer Julie Orbeck - Director Angela DeWitt - Director Cheryl Meld - Director Eric Kulju - Director Heather Sorensen - Director Dated Material Please Deliver Promptly



Post Office or Rural Route Box Holder 3

0

3

WRAP - WELLNESS RECOVERY ACTION PLAN SEMINAR

WRAP, or Wellness Recovery Action Plan is a FREE seminar open to the public, and will focus on an Introduction to Mental Health Recovery and Wellness Recovery Action Plan. WRAP is designed to help individuals set recovery and wellness goals and create a plan outlining tools and resources for achieving those goals. WRAP can be use by anyone who wants to increase understanding of their own health, and create a process to achieve wellness.

When: Thursday-Saturday, June 25-27, 2015; 9AM-4:30PM

Where: McGregor Public Library

NO FEE TO ATTEND. Snacks and bottled water provided.

Pre-register at www.mentalhealthmn.org

Questions contact Jennifer at 651-402-2296 or jenniferp@mental-healthmn.org

COMMUNITY BOOK CLUB

The Community Book Club meets on the 4th Wednesday of the month. Tell us about a book you really liked and come join this interesting group of women with many ideas and thoughts about books we read.

When: Every 4th Wednesday of the month

Where: McGregor Public Library

ANDREA'S CROSS TRAINING WORKOUTS

Cross training is a great way to condition different muscle groups, develop a new set of skills and reduce the boredom that can creep in after months of the same routine. Cross training consists of cardio and strength using different forms of exercise for a terrific full body workout. Workouts will be circuit in tabata form and others will be weights only, some will be speed and agility, all of these workouts are good for you body and keep it guessing. In order to burn calories you need cardio, yep that's correct. This is a fun and rewarding class geared for all ability levels.

Looking for more? Andrea will also be offering basic body comp analysis and food log monitoring for those that choose to do this. Starting June 1, 2015!!

When: Monday, Wednesday and Friday 4:30pm

When: Tuesday - Saturday 9:00am When: Tuesday and Thursday 3:30pm

Where: Big Sandy Lodge & Resort (call for directions)

Fee: \$5/session; must check in by texting Andrea at 763-360-2058

by 12:00pm the day before the workout

Minimum: 5 people

Instructor: Andrea Oden, Certified Personal Trainer & Fitness Instructor For more information contact Lisa Kruse at 651-270-9203 or Andrea at 763-360-2058

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

When: Every Tuesday and Thursday from 9:30 - 10:15am Where: On the H.S. auditorium stage (check in - fitness center) Fee: \$3/class or no charge to SilverSneakers eligible members

EXERCISE AND MOVEMENT CLASS FOR OLDER ADULTS

Do you have a fear of falling? Have aches and pains? Use a cane or walker? Walk slower than normal? Walk bent over? Have a chronic disease?

Why Join? Come work with Judy Hawley, PT who has been a Physical Therapist for over 20 years. She practices in McGregor area, focusing on movement issues of the older adult. You will focus on walking better, learn how to walk with confidence, have less fear

of falling, have less joint pain, stand up straighter. You will gain control of movements, balance and control; and excerice sitting down or standing with support.

When: Every Tuesday from 9:00 - 10:00am Where: Northland Village (new location)

Fee: \$10/month; payable to Community Education

Need a Ride? Call Angels at 218.768.2762 To register call Judy at 651.247.1331 or at class

A TRIP TO THE STATE FAIR

Spend the day at the Minnesota State Fair! Join Community Education for a fun filled day at the Fair! Did you know that the MN State Fair is one of the largest and most well attended agricultural and educational entertainment events in the Nation? Spend the day on your own as this is a non-guided field trip for families taking advantage of the discounted ticket at the door for Read and Ride Day!

When: Wednesday, September 2 • Registration deadline: August 29th Who: Adults/Families

Transportation: The bus will leave the north entrance at 7:30am and return at 8:30pm.

Bus Fee: \$10/person; you will be responsible for all other costs incurred such as food, admission, etc.

Minimum: 25 people

READ & RIDE DAY** (Wednesday, Sept. 2)
Adults (13-64): \$11** • Seniors (65+): \$8**
Kids (5-12): \$8** • Children (Under 5): Free**

** Discount applies to public library cardholders who purchase a ticket at the gate and present a valid library card. (One discount per card).

SWIMMING LESSONS (Round Lake at Public Beach on CR 6)

When: Monday-Thursday; July 20 – 23 and July 27 – 30
Safety Instructor: Shari Tetrick • Lifequard: Jake Krezowski

9:45AM • LEVEL 3: Stroke development; builds on the skills in Level 2 through additional guided practice in deeper waters.

10:30AM • LEVEL 4: Stroke Improvement: develops confidence in the skills learned and improves other aquatic skills.

11:15AM • LEVEL 5: Stroke Refinement: provides further coordination and refinement of strokes.

12:15PM • LEVEL 6: Swimming and skill proficiency; refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

1:00PM • LEVEL 1 (tadpoles) and 1:30pm (leapfrogs): Students must be 6 years old by 8/31/15. Introduction to Water Skills; helps students feel comfortable in the water and to enjoy the water safely. (Level 1 students will be tested the first day to determine if a tadpole or leapfrog) 2:15PM • LEVEL 2: Fundamental Aquatic Skills; builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.

Fee: \$60/person no more than \$150/family Transportation is not provided for this activity

TOT SWIMMING LESSONS

When: Wednesday, July 22 – Wednesday, July 29 from $4:00-4:30 \, \text{pm}$ Introduce your little one to water as certified water safety instructor Shari Tetrick and lifeguard Jake Krezowski spend time with you and your child in the warm pool. Your child will learn how to splash, blow bubbles, paddle while gaining confidence in the water.

Where: Big Sandy Lodge & Resort Swimming Pool Fee: \$20/person • Please bring your own towel.

Ages: 3 years to 6 years old

WILD RICE DAYS FAMILY FUN 5K RUN OR 1 MILE WALK

Registration 8:00am • Race Time: 8:30am

McGregor DQ

Saturday, September 5, 2015