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January 2024

FREDENBERG TOWNSHIP NEWS

A monthly newsletter
Editor: Ellen Hanson

Minutes appearing in the newsletter are approved by the Town Board. All ordinances, policies and resolutions quoted herein and monthly correspondence is available for review in the Town Clerk's office. Anyone wishing to review them can leave a message and a time can be arranged for viewing. Copies can be obtained for the standard price as stated in the administrative policy.

Town Hall Office: 721-3991

Office Hours: 12 (noon) to 4:00 PM
on Thursday or by appointment.

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Jeff Blix, Supervisor	393-3011
Clay Cich, Supervisor	590-5005
Debra Pawlowicz, Vice Chair	428-4539
Walter Rapp, Supervisor	721-3761
Tim Wagner, Chair	428-9460
Vacant, Treasurer	721-3991
Ellen Hanson, Clerk	721-3991
Kim Wagner, Deputy Clerk	721-3991

DISTRICT COMMISSIONER

Keith Nelson (218)749-7108
300 S 5th Ave, Virginia, MN 55729
Nelsonk@stlouiscountymn.gov

DEPARTMENTS

Chief, Linda Bergstrand	349-2668
Recycling Center	721-3991
Assessor, County	726-2304
Town Hall	721-3991
Email	fredenbergtpw@gmail.com
Website	fredenberg.org

APPROVED TOWN BOARD MEETING MINUTES for DECEMBER 6, 2023

The regular Board meeting of the Town of Fredenberg, Minnesota, St. Louis County was held in the Fredenberg Town Hall on Wednesday, December 6th, 2023, at 7:00 PM.

Board members present: Chair Tim Wagner, Vice Chair Deb Pawlowicz, Supervisor Jeff Blix, Supervisor Clay Cich, Supervisor Walter Rapp, Clerk Ellen Hanson, and Deputy Clerk Kim Wagner.

Others in Attendance: There were 11 others in attendance.

Call to order the Regular meeting: The meeting was called to order by Chair Wagner at 7:00 PM.

Pledge of allegiance: All present stood and cited the pledge of allegiance.

Approval of the Agenda: There was a motion by Supervisor Blix to approve the agenda and seconded by Chair Wagner. There was a roll call vote and all signified affirmatives. This motion was carried unanimously.

Open Forum: There were no speakers.

Approval of the Minutes: Regular meeting of November 1st, 2023: There was a motion by Supervisor Blix to approve the November 1st, 2023, Board of Supervisors meeting minutes as amended and seconded by Supervisor Rapp. There was a roll call vote and all signified affirmatives. This motion was carried unanimously. Amendment: under Clerk's report add the vendor's name, Vesel Construction to clarify claim 10749.

Financial Reports: Clerk Hanson stated she is balanced with the bank and presented the cash control report and the Schedule 1 report which has the investment totals. There was a motion by Supervisor Pawlowicz to approve the treasurers report and seconded by Supervisor Cich. There was a roll call vote and all signified affirmatives. This motion was carried unanimously.

Clerks Report – Ellen Hanson: Hanson presented the Cash control statement for Board review under the Treasurers report. She is balanced with the bank.

The Board reviewed the claims list. There was a motion by Supervisor Pawlowicz to accept claims 10750-10760 and 10762-10768 for a total of \$36,054.94 and seconded by Supervisor Blix. There was a roll call vote and all signified affirmatives. This motion was carried unanimously. The Vesel Construction claim 10761 for \$8,888.85 to be voided and reissued for \$6,713.12. The Board is disputing the work in the janitor's closet, and they have asked for an itemized invoice with costs for each item.

Newsletter discussion on print or online: Hanson reported there were several responses from residents and there were a few more responses in favor of continuing the print edition and mailing to properties. The Board decided to continue printing the newsletter. There was a motion by Supervisor Blix to continue with printing the newsletter each month and seconded by Supervisor Cich. There was a roll call vote and all signified affirmatives. This motion was carried unanimously.

Correspondence: Clerk Hanson read the correspondence. There were 17 total received: 1 mail and 16 emails.

Reports: Roads report Nov. 2023:

Supervisor Blix reported there was road work on Wood Duck Lane.

Jeff Monsaas reported on the Local Road Improvement Program (LRIP) application. The application is to improve East Cooke Lake Road, Wood Duck Drive, and West Island Road. The application is almost ready to be submitted. It is due on December 8.

Fire Department report for Nov. 2023: Chief Bergstrand reported there 11 calls in November. They included 10 medical and 1 public assist for spilled fluids. The

Department is recruiting new members.

Cemetery report for Nov. 2023: Supervisor Rapp stated the cemetery is closed for the year. Since the weather has been above average, he allowed a burial.

Parks and Recreation and Pavilion for Nov. 2023: Supervisor Blix stated there was nothing new to report.

Community Center report for Nov. 2023: Clerk Hanson stated there were 3 rentals in November. The Breakfast with Santa event was very successful. Supervisor Cich suggested the town purchase storage bins for protecting the kitchen utensils. Clerk Hanson will measure and order them.

Recycling report for Nov. 2023: Supervisor Pawlowicz reported the Recycling Center is operating well. The center is cleaned out in preparation for the skating rink boards.

Other Meetings for Nov. 2023: There were no other meetings in November.

Old Business: Update on ice skating rink boards: Supervisor Cich reported the boards are ready to be shipped and asked the final payment to be sent to the vendor, Becker Arena Products. There was a motion by Supervisor Blix to send the final payment to the vendor and seconded by Supervisor Cich. There was a roll call vote and all signified affirmatives. This motion was carried unanimously. Andy Olson stated they have created a 501C and have raised \$5,000 to date and would like to purchase a sign that would identify the skating shed. Clerk Hanson will check with MAT on the town managing the funds.

Update on the town's newsletter: See under Clerk's report.

Treasurer vacancy: There were two responses/applications for the position. It is suggested the Board establish an interview committee to review and interview the candidates. After which their recommendation will be presented at the next board meeting. Supervisors Cich and Blix with Clerk Hanson will be on the committee to interview the candidates.

New Business: The second monthly Board meeting is December 20th, 2023. There was a motion by Supervisor Blix to not have a second meeting and seconded by Supervisor Cich. There was a roll call vote and all signified affirmatives. This motion was carried unanimously.

Adjourn: There was a motion by Chair Wagner to adjourn the meeting at 8 PM and seconded by Supervisor Blix. There was a roll call vote and all signified affirmatives. This motion was carried unanimously.

Happy New Year Fredenberg Community

The Fredenberg Town Board wishes everyone a Happy New Year.

*Tim Wagner, Chair
Deb Pawlowicz, Vice Chair
Jeff Blix
Clay Cich
Walter Rapp*



Fredenberg Fire Department, December 2023, Chief Linda Bergstrand

Fredenberg Fire Department responded to 84 calls in 2023. These include but are not limited to : Structure/wildland fires, vehicle accidents/fires, automatic alarms, service calls, medical calls and landing zones. Approximately 70% of our calls were medical related this year.

Please continue to be safe and improve the safety of our community in 2024. As winter approaches and the snow begins to fall, let's all practice being Fredenberg Friendly, please check on your neighbors, be sure they are safe and able to get out of their homes if necessary. Be sure sidewalks and driveways are cleared for emergency services access.

The Fire Department would like to extend a huge thank you to Do North Pizza in Hermantown for the donation of pizzas for our department. After we have put in an extended period of time at a call, training or other activity it is so nice to be able to 'refuel' and take care of ourselves.

Tips for safe snow shoveling

Shoveling snow can be good exercise when done correctly. But taking on more than your body can handle or ignoring signs that you need to take a break may prove harmful.

To ensure you stay injury-free as you clear driveways and sidewalks, here are some tips for safe snow shoveling:

Be heart conscious. If you have a history of heart problems and are physically inactive, it's best to consult with your health care team before starting heavy exercise like shoveling. In addition, don't shovel while smoking, eating or right after consuming caffeine since this may place extra stress on your heart.

Dress for the weather. Wear several layers of clothing. You can remove a layer if needed. Avoid wearing cotton next to your body. If you perspire, it can become damp, and you will get chilled. Protect your hands, feet and face since these are common areas for frostbite. Wear a hat that covers your ears and a scarf to protect your lower face. Mittens are generally warmer than gloves.

Drink plenty of water. Remaining hydrated during cold-weather months is just as important as during warm-weather months. Drink water or sports drinks before, during and after your shoveling session, even if you are not thirsty.

Warm up. Before beginning to shovel, stretch your arms, legs, shoulders and back. You are less likely to injure muscles and joints when they are warmed up.

Shovel snow while it is fresh. Freshly fallen snow is lighter than snow that has started melting or has been moved by a plow.

Watch out for ice. There may be ice under the snow. Be careful, so you don't slip, fall and injure yourself. Learn how to walk like a penguin on icy surfaces.

Take it slow. Pace yourself and take breaks if you need to. Safety is more important than speed.

Protect your back. Bend at the knees, not the back when lifting the shovel. Lift with your legs bent, stand with your feet hip-width apart for balance and keep the shovel close to your body.

Also, don't pick up too much snow at once. Consider using a smaller shovel or filling a larger shovel no more than halfway.

Beware of shoulder strain. Shoveling snow can place a lot of strain on your shoulders. and throwing heavy piles of snow or hitting hard ice hidden beneath the snow can result in shoulder damage. Lifting too much snow can aggravate arthritis or further injure a worn rotator cuff.

Listen to your body. This is the No. 1 snow shoveling tip. If something doesn't feel normal or you're tired, it's time to stop. Go inside, warm up, rest and drink water, tea or coffee. Reevaluate how your body feels before picking up where you left off.

Be careful around machinery. If you use a snowblower or plow, be especially cautious around moving parts and sharp edges. Be sure the equipment is turned off before clearing any snow jams. Keep children and pets away while you are operating machinery.

Have your phone handy. If you are experiencing an emergency, call 911 immediately. Stay safe while shoveling, and enjoy the exercise and being outside on a brisk winter day.

Paul Horvath, M.D., practices emergency medicine in Eau Claire and Menomonie, Wisconsin.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-safe-snow-shoveling>



Fredenberg Art Weller Recycle Center News

The Center is sponsored by an annual grant from Western Lake Superior Sanitary District (WLSSD).

Hours: Wednesdays: 5 to 8 PM and Saturdays: 9 AM to 1 PM

*****Please note: the Fredenberg Recycle Center will no longer accept free items.*****

Chesney Auto Salvage, 6250 Beaver River Road, will accept batteries and waste oil.

Please use WLSSD Household Hazardous Waste Facility and Product Reuse Center, 2626 Courtland St. (take the S 27th Ave W freeway exit), for other household hazardous waste and yard waste materials.

Below are a few rules to follow when using the Fredenberg Recycle Center.

1. The Center will only accept rinsed/cleaned & emptied cans, bottles & containers.
2. Styrofoam, in any form, is not recycled at this Center.
3. The Center does not accept household garbage of any kind and it is NOT to be dumped at the Center or the dumpster. Dumping garbage of any kind at the Center is illegal.
4. The Center does not accept any metal or plastic gas cans.
5. The Center does not repurpose any form of electronics. They can be brought to WLSSD Materials Recovery Center, 4587 Ridgeview Road, off the Rice Lake Road. For more information, check out the web-site at wlssd.com.
6. The Center does not accept take out containers, fruit/vegetable plastic containers or deli clam containers.
7. The outside dumpsters are for cardboard, newspaper/paper and glass/plastic/tin cans.

Please be respectful of the rules when using the Center. The Town may be charged for dumpsters/bins containing non-recyclables. Thank you very much for your cooperation.





Exercise Classes

Classes held at the Community Center/Town Hall

Instructors: Sandy Rock: \$4/class,
Sheila Wixo: \$5/class, Anita Anderson: \$5/class

**Sandy Rock classes are held through out the week.
Please call her at 218-320-2902 for information.**

Tuesday

Zumba Gold: **9:30 AM**

Classes are held in 6 week sessions and registration is through Hermantown Community Education . For more information contact Judy Gordon 218-355-0677

Wednesday

Yoga: Evenings 5:45 - 7:00 p.m. at Reservoir Riders Club-house.

Thursday

Zumba Class: **6-7 PM** Beginning January 26, 2023
\$45/8 week session

<https://ph.ce.eleyo.com/> and search Zumba

ALL CLASSES PAY AT DOOR except Zumba

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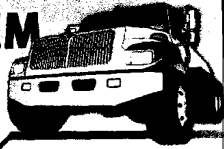
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Advertising Rates

Business Card Size: \$10 per month
Full page: \$80 per month

Half page: \$40 per month
Insert: \$80 per month

Send your ad request to Clerk, fredenbergtwp@gmail.com or call 218-721-3991, by the last day of month for printing.

Over 500 Fredenberg residents receive the newsletter every month. The newsletter is available on the Fredenberg.org web site.

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Fredenberg Town Board Meetings

Regular Board meetings are held on the first Wednesday of the month, 7 PM at the Town Hall.

Meetings are in-person and held in the Board room, second floor.

The next 2024 scheduled meetings are:

**Feb.7
Mar 6**



Fredenberg Community Center

The Center is open to the public and available to rent.

For information on rentals and fees, please contact the Town Clerk at 218-721-3991 or email at Fredenbergtwp@gmail.com.

