

Along the way | Fishing freedom

By Christine Jensen



There are moments in time that heal and transform in profound ways. The sanctuary of presence is nestled in the masterpiece of our surroundings. It is there we often find the grace-filled acknowledgment of something stronger and more courageous than the fear that too often holds us back.

Last week, I was able to spend a few days trout fishing with family and friends at Crow Lake near Nestor Falls, Ontario. It is an annual trip my family has honored for many years, an outlet for the many memories we made there with my big brother Michael and now our friend Joshy. Both had to leave this earth far too soon and so we go to honor their passion for the outdoors and our connection to the love we shared, which continues to ripple through our energy and memories.

The scenery is incredible in the peaceful wilderness vibe we experience, surrounded by fragrant pine trees and small islands filled with geographical history and magnificent sculptures of nature's artwork. There is something magical about sharing those moments with the people we love. Snowmobiling and ice fishing are the perfect Canadian adventure. Add the memories we make and the bonds we share, and it allows for healing and rejuvenation on epic levels. There is nothing like racing across the frozen landscape in an attempt to find the perfect fishing spot.

Although we didn't catch many fish, we caught loads of camaraderie and memories, pieces in time that settle in and sanctify the very heart of this existence, where time seems to stand still as we sit beneath blue skies and sunshine.

My nieces and nephews have been experiencing this trip since they were very young and now my great niece and nephew get to as well. Our young cousins also come along and I so enjoy their company, the innocent wisdom of how they are still able to experience the world with a sense of wonder instead of too much focus on reality. As much as I try to see the magic and miracles all around me, reality still lingers and too often, I get caught up in the chaos and

confusion existing from circumstance and a disconnected world.

The real treasures are not in the fish we catch; sometimes, the real wealth is found in the laughter and shared memories we cherish when we are all together. There is a special rock we visit on one of the islands each time we go. It was found more than a decade ago after my brother Michael left for heaven. It looked like a heart back then. Through the years of weathered change, the rock has changed shape a bit as has the landscape surrounding it. But that isn't the only change we have witnessed; the children growing up to become young adults is deeply felt and acknowledged.

With the help of one of his family members, my cousin created a unique and sturdy grill station, which he put on skis. It was pulled behind one of the snowmobiles and so we enjoyed delicious shore lunches each day we were there. Those meals taste incredible when we are standing in the cold tundra, hungry from the day's adventures. My teenage nephews were both able to help cook for a few days, which is another learning experience on top of everything else.

My damaged knee decided to flare up one day and I was in a great deal of pain. My nephews helped get my pack to the snowmobile, so I wouldn't have to carry it down from the cabin. One of my nephews also helped me fix the shield on my ancient helmet when it decided to come off. I couldn't help thinking about how they have grown up to become such helpful, caring people. I was grateful for their presence as well as their care and concern.

It feels as if our lost loved ones are there with us every year, watching over us. It is a deeply meaningful way to honor them, in that beautiful, peaceful wilderness we all love, where we come together for a time. Those connections run so deep, especially in a place that holds such significance on so many levels. It creates bonds that time cannot touch, bonds that transcend everything else. That kind of love and connection is eternal. Consciousness finds ways to stay connected in ways we are only beginning to understand. Quantum physicists are discovering that information, including the patterns that make us who we are, might never truly disappear from the universe. Maybe what we call death is more like a transformation where love and memory become part of the fabric of everything around us, especially in those meaningful places where we have shared our deepest bonds. There is something profound about how love and connection seem to persist beyond what we can physically see.



From L-R: Aurora Jensen, Christine Jensen, Kolbie Dahl and Katie Dahl. Photo by Katie Dahl

At one point, I was sitting by myself on the ice a short distance from the group, jigging my line. I was looking around at the beautiful landscape and just being grateful for that precious moment in time. I felt goosebumps all over my body as if someone was there with me. In a sense, I think they were, the gracious benevolence of a memory captured in the heart of my soul's understanding. It was my heart recognizing something real.

Sometimes, along the way, we have to open ourselves up to feeling our lost loved ones in a different way. When we truly feel their love surrounding us, it creates space for healing. Being out there on the ice gives me freedom and permission to carry their memory in a way that brings peace instead of just sorrow. And isn't that a beautiful thing? As Fennel Hudson wrote, "The act of fishing transports us to a special world, and a state of mind, where we are free."

Echoes from the past | March 19-25

A look back at national, state and local history from this week in years past

By Emily Carpenter, Pembina County Historical Society

National History

March 23, 1775 - "I know not what course others may take; but as for me, give me liberty, or give me death!" Patrick Henry said in a speech before the Virginia convention in Richmond that included George Washington, Thomas Jefferson and many future signers of the Declaration of Independence. In honor of the 250th anniversary of Patrick Henry's speech, President Trump has declared March 23 a day of celebration of the 250th anniversary of Patrick Henry's speech to the Second Virginia Convention, according to whitehouse.gov.

March 19, 1918 - Congress passed the Standard Time Act, which established daylight saving time.

March 22, 1972 - the Equal Rights Amendment (ERA) to the U.S. Constitution was passed by the U.S. Senate and sent to the states for ratification. Twenty-two of the required 38 states ratified the Amendment. The ERA eventually failed, falling short of ratification by three states. Opposition to the ERA included issues over women being subjected to the draft and combat duty.

State History

On March 20, 1889, The Grand Forks Herald reported that the Bismarck Tribune was reporting on a proposal to rename the state "Palm Dakota." This was following a larger national debate in the same year to potentially drop "North" from the state's name to combat the cold, frigid reputation that North Dakota had. While the argument was humorous in nature, the renaming of North Dakota is not a new concept, with the most recent being a viral petition in 2019 to join North and South Dakota and create "Megakota," according to change.org.

March 19, 1907, saw the State Legislature adopt a primary election law that provided for political parties to make nominations of candidates for all public offices by popular vote. In 1912, on March 19, the first presidential preference primary was held in North Dakota. Senator LaFayette (Progressive Republican Senator from Wisconsin) received 34,123 votes, Theodore Roosevelt with 23,669 and incumbent William Howard Taft with 1,876, according

SENIOR MEALS MENU

Friday, March 20

Lemon Pepper Fish
Scalloped Potatoes
Mixed Vegetables
Pears

Monday, March 23

Sausage/Sauerkraut
Mashed Potatoes
Sweet Potatoes
Peaches

Tuesday, March 24

Swedish Meatballs
Mashed Potatoes
Green Beans
Pears

Wednesday, March 25

Pork Roast w/Gravy
Mashed Potatoes
Broccoli
Mixed Fruit

Thursday, March 26

Lasagna
Coleslaw
Carrots
Mandarin Oranges
WW Breadstick

This is a menu for the Drayton Title III Older Americans Act Food Program. The full cost of the meal is \$13.00. Suggested donation for those 60 and older is \$4.00. EBT/SNAP accepted. Under 60 are required to pay \$10.00. Meal site is Sugar Bowl Senior Citizens.

Call 701-454-6586 before 10:00 a.m. to place an order for congregate, pick up, or home-delivered meals.

All meals served with whole wheat bread, margarine, and 1% milk.

to the State Historical Society of North Dakota Foundation.

Local History

In late March 1878, a group of individuals met in Drayton, Ontario, Canada, to plan their migration to the newly explored lands of the Red River Valley. The party consisted of 12 people and traveled by rail and foot to settle at the present location of Drayton, N.D., which they named after their Canadian Hometown. This was part of a larger migration that occurred; 120,000 Canadians migrated to the American Plains between 1870 and 1890. According to the "Encyclopedia of the Great Plains," in conjunction with the University of Nebraska - Lincoln, it is said that in 1879, with the number of Canadian immigrants being so numerous in the Red River Valley, more Canadian money was in circulation than American.

From the March 20, 1908 issue of the Pioneer Express, an article on the Drayton Milling Company and the receiver's sale that was held at the mill of the Drayton Milling Company reported one bid was received from the Northern State Bank of Grand Forks, which was expected as the bank held a mortgage of \$5,300 on the property and there was a judgment in favor of the bank for \$4,000. It was hoped that arrangements would be made at a later date to open the mill. It was considered to be a good-paying proposition with careful management.

City of Drayton – Cemetery Lawn Care Services

The City of Drayton is seeking sealed bids for lawn care services at the Drayton Cemetery for the 2026 mowing season.

Scope of Work: The contractor will provide lawn care and maintenance services for the Drayton Cemetery, which is approximately 4 acres in size. Services shall include, but are not limited to:

- Regular mowing of all grass areas
- Trimming and weed control around grave markers, headstones, and monuments
- General lawn maintenance to maintain a clean and respectful appearance of the cemetery grounds

Contract Period: Services will be required from April through October 2026.

Bid Submission: Sealed bids must be submitted no later than April 10, 2026.

Bids should include:

- Contractor name and contact information
- Total price for the full season (April–October)
- Description of equipment and experience performing similar work (if available)

Submission Address:
City of Drayton
P.O. Box 280
Drayton, ND
cityofdrayton@outlook.com

The City of Drayton reserves the right to reject any or all bids and to accept the bid deemed to be in the best interest of the City.
For additional information, please contact the City of Drayton. 701-454-3590

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