



**Immaculate Conception Catholic Church**

419 Jones Street PO Box 802 Mowille, IA 51039-0802  
 West Fork Catholic Office/Kitchen (712) 873-3644 and Fax (712) 873-3931  
 Email [icmowille@wiatel.net](mailto:icmowille@wiatel.net)

**St. Michael Catholic Church**

208 Brandon Street PO Box 99 Kingsley, IA 51028-0099  
 Church Hall (712) 378-2722 Education Center (712) 378-2021  
 Email [stmichael@wiatel.net](mailto:stmichael@wiatel.net)

**ACTIVITIES CALENDAR**

**MONDAY—MARCH 6**

**First Monday of Lent**

7:30 a.m. Eucharist [*Alvin "Rowdy" Henning+*]  
 - Mowille

**TUESDAY—MARCH 7**

**First Tuesday of Lent**

7:30 a.m. Rosary - Mowille  
 8:00 a.m. Eucharist [*Leo McDermott+*] - Kingsley  
 6:30 p.m. SMC Parish Council Meeting - Kingsley  
 7:00 p.m. ICC Ladies Guild Meeting - Mowille  
 7:30 p.m. SMC Parish/Finance Council Meeting  
 - Kingsley  
 8:00 p.m. SMC Finance Council Meeting  
 - Kingsley

**WEDNESDAY—MARCH 8**

**First Wednesday of Lent**

7:30 a.m. Eucharist [*Joseph L. King+*] - Mowille  
 11:00 a.m. Eucharist [*Hilda Dragoo*] - CharMac  
 4:00 p.m. Stations of the Cross - Kingsley  
 4:00 p.m. Faith Formation [PS-4] - Kingsley  
 4:00 p.m. Faith Formation [PS-4] - Mowille  
 7:00 p.m. Faith Formation [5-12] - Kingsley  
 7:00 p.m. Faith Formation [5-8] - Mowille  
 7:00 p.m. CICC - Mowille  
 7:00 p.m. SMC Ladies Guild Meeting - Kingsley

**THURSDAY—MARCH 9**

**First Thursday of Lent**

7:30 a.m. Rosary - Mowille  
 8:00 a.m. Eucharist [*Wayne Case+*] - Kingsley

**FRIDAY—MARCH 10**

**First Friday of Lent**

7:30 a.m. Rosary - Mowille

**SATURDAY—MARCH 11**

**First Saturday of Lent**

4:00 p.m. Reconciliation - Kingsley  
 5:00 p.m. Eucharist [*Doyle Pat Spooner+*]  
 - Kingsley  
 6:00 p.m. Fellowship Dinner (Guild) - Kingsley

**SUNDAY—MARCH 12**

**Second Sunday of Lent**

8:00 a.m. Reconciliation - Mowille  
 9:00 a.m. Eucharist [*Geraldine Ann Niewohner+*]  
 - Mowille  
 10:00 a.m. Coffee/Juice/Rolls (KC8232) - Mowille  
 6:00 p.m. Bible Study (Messianic Fulfillment #3)  
 - Mowille

Please visit the WFCC website to find more information about both parishes, to read and/or download this weekly bulletin, to read the latest news, and to learn more about our faith.

**<http://www.westforkcatholiccommunity.org>**

LIKE US ON **FACEBOOK!** Search for West Fork Catholic Community.

**5 March 2017**

**First Sunday of Lent**

Lent is a season of prayer, penance and pursuing a deeper relationship with God. The goal is hearts so pure that we truly experience the joy of the resurrection of our Lord at Easter. Yet, a good Lent takes focus and discipline, and can easily be wasted.

In my own experience, I always began Lent with the best of intentions. I imagined myself going into full "monk mode", fasting and praying as ardently as humanly possible. And *maybe* for the first week I succeed through sheer strength of will. Then, just when I was feeling good about myself, everything fell apart and I came face to face with my own weakness. We've all been there at some point, and so today I'd like to share 7 practical ways to have a great Lent.

1. **Have a plan** – The fastest way to ruin Lent is to have good intentions but no plan. Be specific. "I'm going to pray more," isn't good enough. Make a plan as to what you are going to do, stick to it every single day. One word of advice: Make it doable. Often, we are overly ambitious and commit to way too much. Make your commitments modest and practical, and your Lent will be the better for it.
2. **Read a good book** – The saints constantly exhort us to read good spiritual books, and there is no better time than Lent to begin this practice. Reading Scripture or the Matthew Kelly book "*Resisting Happiness*" that we gave out at Christmas are great options.
3. **Examine yourself** – Lent is an excellent time to take an inventory of the state of your soul. What are your main faults? What is keeping you from following the will of God with all your heart? Remember, Lent is not about giving up sweets or other things we enjoy, it is about repentance and growing closer to God.
4. **Confess your sins** – After examining your conscience, go to Confession. Come to Mass 30 to 40 minutes early, if you try to go to Confession just before Mass starts, the line will be long and the opportunity missed.
5. **Pray** – Let's face it, we can all pray more, and Lent is a great time to plan and implement a daily prayer plan. During Lent, however, our prayers should especially focus on repentance and contrition for our sins. If you are looking for suggestions, the Sorrowful Mysteries of the Rosary, the Stations of the Cross and the Divine Mercy Chaplet are all excellent prayers to accomplish this.
6. **Fast** – Given my girth, fasting is something I obviously struggle with. But fasting doesn't have to be just from food, we can also fast from things that waste our time or are occasions of sin or temptation. Are you addicted to Instagram or Facebook? Fast from them. Maybe you're binge watching shows on Netflix. Give it up. On the other hand, maybe you're addicted to criticizing others. Make a special effort to fast from negative speech. The point is, while fasting from certain foods is an excellent ascetical practice, we do not have to limit our Lenten fasting to things we eat.
7. **Give alms** – During Lent, we especially remember the sacrifice of our Lord on the cross. This is the greatest act of generosity in history, for Jesus died not just for his friends, but for everyone. The generosity of God in Christ should impel us to be generous and merciful to others, especially those most in need. This Lent, find a way to give, whether by supporting a religious order or helping at a soup kitchen.

This Lent, do your best. Strive to root out sin and cultivate holiness. But if you should fail, let your failure be a lesson in humility that drives you back to the grace of God flowing from the heart of Jesus—for that is the true heart of Lent.

*Fr. Brad Pelzel*

(Continued on page 3)



**MINISTERS' ASSIGNMENTS**

**SATURDAY MARCH 11 5:00 P.M.**

- Altar Servers:** Brooklyn Beelner, Hannah Koch, Emy Benson
- Reader(s):** Austin Korynta, Brian Vondrak
- Cantor:** Julie Leekley
- Organist:** Jolene Spooner
- Gifts:** Laura Korynta Family
- Communion:** Alice Seuntjens, Becky Sitzmann, Millie Hamman
- KNH:** Alice Seuntjens
- Greeters:** Ann Dunne, Marilyn Puttmann
- Ushers:** Shelly Bohlke, Jeanine Haggin
- Collection**
- Counters:** Amber Schweitzberger, Shelly Krieg

**INCOME/EXPENSES LAST WEEK**

Adult Envelopes .....	\$1,209.00 (34 Envelopes)
Youth Envelopes* .....	\$8.00 ( 3 Envelopes)
Loose .....	\$202.00
Grain Donation .....	\$2,876.39
"Save Our Windows" .....	\$21,973.18
Sanctuary Light .....	\$10.00
<b>Total Income .....</b>	<b>\$26,278.57</b>
Needed Each Week .....	\$2,877.89
<b>Total Expenses .....</b>	<b>\$4,427.34</b>

\*Time/Talent quotes from youth envelopes: "Helping with cousin", "Helping with dogs"

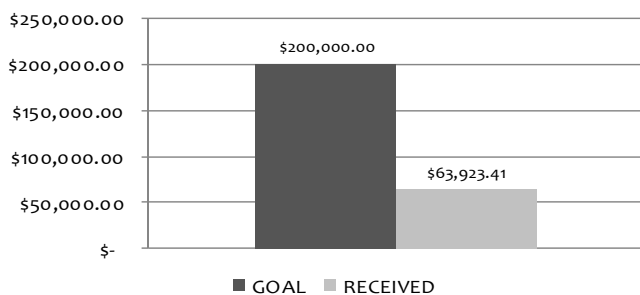
**BUDGET REPORT 2016-2017**

<b>Income needed by 30 June 2017:</b>	\$150,234.37
<b>Income needed each week:</b>	\$2,889.12
<b>Income received since 1 July 2016:</b>	\$153,087.83

**SMC SANCTUARY LIGHT [MARCH 12-18] burns for *Joseph and Virginia Otterpohl*+ at the request of *Rick, Susie and Nikki Ahlquist*.**

**Weeks available until January 2018.**

**"Save Our Windows"**



**LADIES GUILD** will meet on Wednesday, March 8 at 7:00 p.m. in the church hall. All ladies of St. Michael's Parish are encouraged and invited to attend.

**FROM THE DESK OF BARB SITZMANN, DRE:**

- Father Brad is needing some of our youth to deliver the Christmas books that remain in the back of the church to parishioners. If you are interested in helping, please contact me.
- Camp Cayoca will be having teenagers help at camp this year as program assistants. Your job would be to be extra hands and feet for the adults helping. There is an application process for this position. If you are interested, please contact me for an application and referral form. Camp organizers are also looking for adult volunteers in different capacities. If you are interested I can get you an application and referral form.
- Wednesday, March 8<sup>th</sup>- 4 pm PS-4<sup>th</sup> graders- Stations of the Cross at church. Parishioners are invited to attend.
- Wednesday, March 13<sup>th</sup>- Steubenville scholarship applications are due.
- Wednesday, March 15<sup>th</sup>- Penance Service at 4 pm and 7 pm. Parishioners are invited to attend.
- Wednesday, March 29<sup>th</sup>- Camp Cayoca teen leader applications and referral forms due.
- Wednesday, March 29<sup>th</sup> 8 pm- brief Confirmation prep meeting for all 8<sup>th</sup> and 9<sup>th</sup> graders and their parents.
- Wednesday, April 5<sup>th</sup>- 4pm and 7 pm Adoration in the church. Parishioners are invited to attend.
- Monday, April 10<sup>th</sup>- 4-7 pm First Eucharist Learning Stations at the FF Center. This is a come and go but MANDATORY event for all 2<sup>nd</sup> graders and their parents.
- Wednesday, April 12<sup>th</sup>- No FF classes due to Easter Break.
- Wednesday, April 19<sup>th</sup>- First Eucharist practice in the church at 7 pm. This is MANDATORY for all 2<sup>nd</sup> graders and their parents.
- Wednesday, April 19<sup>th</sup>- 7pm Kara Bentz guest speaker for all high school students.
- Sunday, April 23<sup>rd</sup> 1:30 pm- First Holy Communion Mass for 2<sup>nd</sup> graders and their parents.
- Wednesday, April 26<sup>th</sup>- Last FF classes. Mighty Fortress VBS registration forms and fee due.
- Wednesday, May 3<sup>rd</sup>- 6 pm End of year catechist appreciation. Dinner in church hall catered by Carol Kabisch.
- Wednesday, April 26<sup>th</sup>- Camp Cayoca adult volunteer application forms and referral forms due to me.
- Wednesday, April 26<sup>th</sup>- Steubenville Final payment, permission slip and medical form due.
- Saturday, May 13<sup>th</sup> at 5 pm Mass- Baccalaureate Mass for graduating seniors.
- June 11-13<sup>th</sup> 3<sup>rd</sup>-6<sup>th</sup> grade Camp Cayoca, June 14<sup>th</sup>-16<sup>th</sup> 7<sup>th</sup>-12<sup>th</sup> Camp Cayoca. Camper registration forms will be out soon!
- June 26<sup>th</sup>-30<sup>th</sup> 9-11:30 am Mighty Fortress VBS at St. Michael FF Center. I am looking for volunteers (adults, middle school and high school kids) to help teach, decorate, supervise etc.
- July 21<sup>st</sup>-23<sup>rd</sup> Steubenville MidAmerica Conference.
- November 16<sup>th</sup>-18<sup>th</sup> NCYC 2017- Registration information will be out soon!
- Contact info: St. Michael FF Center 378-2021, Barb's cell 712-251-8567, home phone 378-2052, work phone 378-2861. Emails- FF [stmikedre@gmail.com](mailto:stmikedre@gmail.com), home [barbsitzmann@yahoo.com](mailto:barbsitzmann@yahoo.com), work [bsitzmann@k-pcsd.org](mailto:bsitzmann@k-pcsd.org).

**ACH GIVING NOW AVAILABLE!** For all of our Parishioners of St. Michael Parish is now offering an alternative to writing a weekly or monthly check. Join our Automated Giving Program and have your financial stewardship offering transferred directly to the parish account. Call the parish office for more information.



**MINISTERS' ASSIGNMENTS**

**SUNDAY MARCH 12 9:00 A.M.**

- Altar Servers:** Jacob Kuntz, Brynn Kuntz, Sarah Nelson
- Reader(s):** Erika Kuntz, Pam Kuntz
- Cantor:** Angie Williams
- Organist:** Laura Krajicek
- Gifts:** Wally Kuntz Family
- Communion:** Eric Nelson, Chris Hoelker, Carol Nelson
- CharMac:** Elaine Ketelsen
- Ushers:** Jim Gries, Volunteer
- Collection Counters:** Matthew Putze, Julie Brockhaus

**INCOME/EXPENSES LAST WEEK**

Adult Envelopes .....	\$2,554.00 (43 Envelopes)
Youth Envelopes* .....	\$30.29 ( 15 Envelopes)
Loose .....	\$704.00
Aide to World-Wide Churches .....	\$5.00 ( 1 Envelopes)
Sanctuary Light .....	\$20.00
<b>Total Income .....</b>	<b>\$3,313.29</b>
Needed Each Week .....	\$2,859.23
<b>Total Parish Expenses.....</b>	<b>\$13,530.62</b>

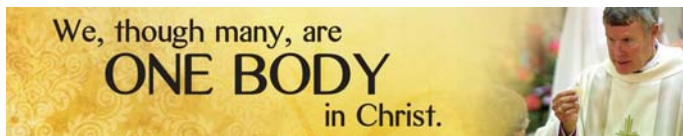
\*Time/Talent quotes from youth envelopes: "playing with the dog outside", "cleaned my room verely clean."

**BUDGET REPORT 2016-2017**

<b>Income needed by 30 June 2017:</b>	\$150,548.91
<b>Income needed each week:</b>	\$2,895.17
<b>Income received since 1 July 2016:</b>	\$120,989.32
	3/3/2017

**ICC SANCTUARY LIGHT [MARCH 12-18] burns for Geraldine Niewohner+.**

Weeks available after March 5, 2017.



	<b>2015</b>	<b>2016</b>
<b>\$ Goal:</b>	\$11,000.00	\$12,000.00
<b>\$ Pledged:</b>	\$8,847.50	\$10,445.00
<b>\$ Given:</b>	\$8,542.00	\$9,370.00
<b>Pledges Goal:</b>	151	171
<b>Participants:</b>	92	86
<b>Participant Rate:</b>	61%	50%

**FROM THE DESK OF ANGIE DUFFY, DFF:**

- **CONFIRMATION** Students are highly encouraged to attend Camp Cayoca. By attending Camp Cayoca this summer (2017) the Confirmation candidate would be able to earn **6 of the 12 service hours** needed for Confirmation.
- **Camp Cayoca** 3<sup>rd</sup>-6<sup>th</sup> grades June 11-13 and 7<sup>th</sup>-12<sup>th</sup> grades June 14-16. Registrations will open March 6th, 2017. Parents can visit <https://scdiocese.org/camp/> to register online. This link will also provide other forms, hard copy registration if needed. All registrations will close on May 22nd. We are also looking for Teen Leaders to help with the first session as well as Adult Volunteers for both sessions. Applications for these roles can be found at <https://scdiocese.org/camp/> or contact Angie Duffy for an application.
- **March 22- Penance Service** at 4:00 p.m. for grades 2-4 and at 7:00 p.m. for grades 5-12. Parents and parishioners are invited to join us for the wonderful Sacrament of Reconciliation.
- **April 10-** from 6:30-8:00 p.m. **First Eucharist Learning Stations** for all second graders and their parents. Attendance is mandatory.
- **April 12-** Stations of the Cross and Adoration for the 4:00 p.m. and 7:00 p.m. Parishioners are welcome.
- **April 12- Family Potluck** for 5<sup>th</sup>-12<sup>th</sup> grade Faith Formation Students and families beginning at 6:00 p.m.
- **April 20- First Eucharist Practice.** This is mandatory for all 2<sup>nd</sup> graders and parents.
- **April 23- First Eucharist Mass** at 11:00 a.m. for 2<sup>nd</sup> grade Faith Formation students.
- **April 26-** Last night of Faith Formation
- **May 3-**Pledge of Commitment Ceremony at 7:00 p.m. This is a mandatory event for Confirmation candidates, sponsors, and parents.
- **Contact info:** Immaculate Conception Office 712-873-3644; Angie's cell 712-560-2593; email [icmenvilledff@wiatel.net](mailto:icmenvilledff@wiatel.net)

**AMAZONSMILE** - Support Immaculate Conception Roman Catholic Church when you shop at <http://smile.amazon.com>. Amazon donates to the church. Go to <https://smile.amazon.com/ch/42-0796761>. Visit the parish website under About\Support our Mission page for an easy link.

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**BIBLE STUDY WITH FR. Brad** is at St. Michael , Sunday, February 19 at 6:00 p.m. We will be covering Maccabean Revolt. If you are still interested in joining it isn't to late!

**LITURGICAL VOLUNTEERS NEEDED:** Greeters, Ushers, Families to Carry the Gifts, as well as Money Counters (must pass painless background check) All are needed! Your turn will only roll around once or twice per 3 month schedule, so its not a huge commitment, but an important one. Please consider giving your time and talent. For ICC call or email the parish office for SMC call or text Lisa Langel @ 378-2934 or 540-7238.

**WW.FORMED.ORG** is available. The best Catholic content all in one place. Your parish has gifted you with unlimited access to the eBooks, talks and videos in the Church today. Register at [www.formed.org](http://www.formed.org), parish code enter f8d652.

**DINNERS:**

- **KNIGHTS OF COLUMBUS 8232 FISH FRY** will be held Friday April 7 at Immaculate Conception - Menville from 4:30-7:00 p.m. Adults/Carry-Outs: \$9.00; Children [5-10]: \$5.00; [0-4]: FREE.
- **NATIVITY MEN'S CLUB LENTEN FISH FRY** All you can eat, fresh Alaskan Pollock, potatoes, salad bar, macaroni and cheese, dessert and beverage. Every Friday, March 3-April 14, 5:00-7:00 p.m. Adults: \$9.00; Children 12 & under: \$4.00; Children 3 & Under: Free.

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**PLEASE REMEMBER IN YOUR PRAYERS:** Clarice Bainbridge, Leonard Beaver, Juanita Beaubien, Jim Berens, Rose Brown, Tom/Donna Clark, Hilda Dragoo, Pauline Dugan, Kara Funk, Charlotte Honkomp, Virginia & Walt Kabisch, Millie Kisting, Harold Kloewer, Veronica Koebel, Patricia McConnell, Stanley Nilles, Beverly Petekavich, Rita Plendl, Bob/Patricia Rogers, Jim Roger, Judy Schroeder, Sylvesta Slota, Harlan/Fairy Steffe, Marcella Thomas, Jeune Vondrak, Gerry Weinriech, Emmet Woltman, and the men and women serving in the military and police.

**IMPORTANT DATES**

- March 14, 7:00 p.m.: Eucharist [M]
- March 14, 7:30 p.m.: KC8232 Meeting [M]
- March 15, 4:00 p.m.: Reconciliation [K]
- March 15, 7:00 p.m.: Reconciliation [K]
- March 19, 10:00 a.m.: Coffee/Juice/Rolls (Guild) [M]
- March 19, 6:00 p.m.: The Bible Timeline (Session 21: The Church - Part 1) [K]
- March 21, 6:30 p.m.: ICC Pastoral Council Meeting [M]
- March 21, 8:00 p.m.: ICC Finance Council Meeting [M]
- March 22, 4:00 p.m.: Reconciliation [M]
- March 22, 7:00 p.m.: Reconciliation [M]
- March 25, 6:00 p.m.: Baptism [K]
- March 26, 10:00 a.m.: Full Breakfast (KC8232) [M]
- March 26, 6:00 p.m.: The Bible Timeline (Session 22: The Church - Part 2) [M]
- April 2, 10:00 a.m.: Coffee/Juice/Rolls (Guild) [M]
- April 2, 6:00 p.m.: The Bible Timeline (Session 23: The Church - Part 3) [K]
- April 5, 10:00 a.m.: Eucharist [KNH]
- April 5, 4:00 p.m.: Adoration [K]
- April 5, 7:00 p.m.: Adoration (SN Style) [K]
- April 6, 7:30 p.m.: ICC YM/FF Meeting [M]
- April 7, 7:00 p.m.: Ladies Guild Silent Auction Ends [M]
- April 7, 4:30-7:00 p.m.: KC8232 Fish Fry [M]
- April 8, 10:00 a.m.: Hall Rental (Rogers) [M]

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**THE GLOBE:**

- Want to know more about the priests' assignments? Read the March 9 edition of The Catholic Globe! Got stories, photos? Email [news@scdiocese.org](mailto:news@scdiocese.org) or call (712) 255-2550 or (800) 352-9035.
- At some point, The Catholic Globe will be doing an article on the 100<sup>th</sup> anniversary of Our Lady of Fatima. We are in search of places which might have that statue on site. Perhaps you might know of a family who has a statue and a story associated with it. Contact the Globe if you can be of assistance.

**COFFEE AND CONVERSATION: BOOK STUDY AT TRINITY**

**HEIGHTS** Don't simply give up chocolate this Lenten Season. Work to improve your relationship with God and, in the process, increase the joy in your family's life. Busy moms and dads who want to better understand God's purpose, or who feel like something is missing, are invited to join a book study and conversation this Lenten season. *Resisting Happiness* is written in very relatable terms to help us find ways to experience more joy on a daily basis by building a stronger relationship with God. It is written by Matthew Kelly, who is a Catholic author and founder of the Dynamic Catholic organization. The book study will be held on Wednesday,

**WEST FORK CATHOLIC COMMUNITY INFORMATION**

**ADMINISTRATOR/PASTOR:** Fr. Brad Pelzel 712-873-3644  
**Email:** Fr.BradP@scdiocese.org  
**Administrative Assistant/Bookkeeper:** Alicia Jenness  
**Email:** icmoville@wiatel.net or stmichael@wiatel.net

**IMMACULATE CONCEPTION CHURCH:** 712-873-3644  
**Director of Faith Formation:** Angie Duffy  
**Custodian-Church:** Consetia Carley / **Custodian-Rectory:** Judy Gruis  
**Maintenance:** Bob Weatherly

**ST. MICHAEL CHURCH HALL:** 712-378-2722  
**FAITH FORMATION CENTER:** 712-378-2021  
**Director of Faith Formation:** Barbara Sitzmann  
**Email:** stmikedre@gmail.com  
**Custodian-Church:** Jan Meister / **Assistant Custodian-Church:** Jolene Spooner / **Custodian-FF Center:** Sonya Hamman  
**Groundskeeper:** Jerome Gollhofer

**WFCC [MOVILLE] OFFICE HOURS:**  
**Mon., Tues., Thurs., Fri.** 8:30 a.m.-noon, 1:00-5:30 p.m.  
**Wed.** 8:30 a.m.-noon, 1:00-5:30 p.m., 6:30-8:30 p.m.  
Other times by appointment

**EUCCHARIST:**  
**Saturday:** 5:00 p.m.-Kingsley  
**Sunday:** 9:00 a.m.-Moville  
**Monday, Wednesday:** 8:00 a.m.-Moville  
**Tuesday, Thursday:** 8:00 a.m.-Kingsley

**RECONCILIATION:**  
**Saturday:** 4:00-4:45 p.m.-Kingsley  
**Sunday:** 8:00-8:45 a.m.-Moville  
Other times by appointment

**ROSARY:**  
Tuesday, Thursday, Friday: 7:30 a.m.—Moville

beginning March 8, 7:00-8:00 p.m. at Trinity Heights. A free will donation to Trinity Heights for the study would be accepted. If you can come once, twice or six times, feel free to join when you can. Please e-mail Liz Determan at [determan6560@gmail.com](mailto:determan6560@gmail.com) to sign up or call her at ... 712-212-1270

**DISCERNMENT RETREAT:** Would you like some time to pray and reflect about the life choices that are yours? Are you a single Catholic woman of at least 20 years of age? Do you want to deepen your prayer life as a way of listening to God? Would you like some guidance in the ways of discernment? Do you feel drawn to consider religious life? The Benedictine Sisters of Sacred Heart Monastery in Yankton, South Dakota are offering a Discernment retreat March 10<sup>th</sup> through the 12<sup>th</sup>. This retreat is free of charge. If you are interested in coming, contact S. Clarice Korger. To register for this retreat please reserve by March 7th. Email: [shmyankton.vocationdirector@gmail.com](mailto:shmyankton.vocationdirector@gmail.com) Telephone: 605-668-6092. More information can be found at <http://yanktonbenedictines.org/vocation-events/>.

**ARLINGTON TOWNSHIP CEMETERY** trustees have recently designated an additional Catholic area in Arlington Cemetery in Moville. These spaces are in the new southwest section of the cemetery. They are in Section G, beginning with Row 8 to the existing west fence. There are approximately 135-140 spaces available, at the cost of \$200.00 per space. For more information contact Clint Thomsen 712-540-1902 or Jeff Locke 712-870-9974.