

BARNES NOTES AND NEWS

Volume 4, Issue 6

ONLINE ONLY

The **BARNES NOTES & NEWS** is your source of our area's community events and happenings and items of interest. We continue to welcome you to place your ads, submit events, articles, and stories. Please contact owner/editor: **Julie (Frierwood) Sarkauskas** at barnesnotesandnews@gmail.com or call **715-795-2775**. Find our link on the **NEW Town of Barnes Website**:

TownOfBarnesWI.gov / Community / Barnes Notes and News / 2023 / pick the month

JUNE REMINISCING Well.....we ran out of time for our June story, but we have a lot of success to share this month. Scholarships were presented to Drummond High School students from the Barnes VFW Post 8329 and Barnes Women's Auxiliary VFW Post 8329, Taste of Barnes Association, Cable American Legion Post 487 and the Women's Auxiliary Cable American Legion Post 487.

The Drummond Girls Softball Team were back to back Conference AND Regional Champs!!!! My niece Kat and her volleyball team at McDonnell High were honored at a Brewers game on the jumbotron for their back to back State Volleyball Championships in 2021 and 2022. All around—an incredible group of scholars and athletes. Congrats to all of you for your hard work and determination. We are very proud of you all!



SPEND THE DAY WITH DAD
Sunday
June 18th



JUNE EVENTS

- Trash For Cash
Barnes Community Church
- Taste of Barnes - Town Park
- Pancake Breakfast -
Cable American Legion
- Rumble on the Lake
Evergreen Tavern, Cable
- Hayward Farmers Market
- Cable Farmers Market
- Tomahawk Lake 5k Run

BARNES COMMUNITY CHURCH TRASH FOR CASH SALE SATURDAY - JUNE 3RD

SALE

SATURDAY, JUNE 17, 2023 AT 8 AM

Tomahawk Trail 5k

Friends of Tomahawk Lake Park

CABLE FARMERS MARKET
EVERY SATURDAY
8:00 - 12:00 Noon
JUNE THRU SEPTEMBER

In this Issue:

- Calendar of Events
- Senior Meals
- Barnes VFW and Auxiliary
- Barnes Area Historical Association
- Barnes Red Hats
- Barnes Book Club
- Gordon/Barnes—Garden Club
- Tai Chi
- Reminiscing
- Fun & Games
- Recipes
- Advertisements

Barnes Notes and News
50690 Pease Rd
Barnes, WI
715-795-2775

barnesnotesandnews@gmail.com



CABLE AMERICAN LEGION #487

Pancake Breakfast

All proceeds go to the CABLE AMERICAN LEGION



OPEN TO THE PUBLIC!

SATURDAY, JUNE 3RD AT 8AM
AMMO'S EVERGREEN • CABLE, WI

ANY DONATION, BIG OR SMALL, WILL BE GRATEFULLY APPRECIATED!
Your donation is tax deductible with our non-profit organization ID # 47-2630344.
Thank you for your continued support!



Taste of Barnes

SATURDAY, 17 JUNE 2023

Barnes Town Park

HAYWARD FARMERS MARKET

JUNE 5 - SEPTEMBER 25, 2023
EVERY MONDAY 11 AM to 3 PM

RUMBLE ON THE LAKE 2023

JUNE 2ND & 3RD



BARNES AREA CALENDAR OF EVENTS:

JUNE 2023

Sat. Jun 3	TRASH-FOR-CASH SALE - LUNCH 8am-3pm by Barnes Christian Men and Barnes Christian Women, Barnes Community Church: 715-795-2195
Sat. Jun 3	VFW POST 8329 TURKEY SHOOT AND .22 SHOOT- 12 noon at VFW Hall. Food & beverages available. Smoking Pavilion. VFW 715-815-7333
Fri. Jun 9	FRIENDS OF EAU CLAIRE LAKES AREA Board Meeting 9:00-11:30am . Location: Barnes Town Hall
Thur. Jun 15	BARNES AREA HISTORICAL ASSOCIATION, INC. (BAHA) Meeting 6pm via Zoom. 715-795-3065
Sat. & Sun. Jun 17 & 18	TASTE OF BARNES: featuring food from area restaurants, kids activities, flea market and more family fun. Contact: Dave Scully 651-249-9232 or dscully@barnes-wi.com
Sun. Jun 18	FATHER'S DAY SERVICE 10:00am at Barnes Community Church: 715-795-2195
Mon. Jun 19	EAU CLAIRE LAKES CONSERVATION CLUB (ECLCC) Meeting 7pm at VFW Post. ECLCC: 715-379-1553
Tues. Jun 20	GORDON BARNES GARDEN CLUB Meeting and plant exchange 1:30pm at Barnes Town Hall. Call 715-835-3410
Tues. Jun 20	REGULAR TOWN BOARD MEETING 6:30pm at Barnes Town Hall: 715-795-2782
Tues. Jun 27	VFW POST 8329 AUXILIARY Meeting 6pm at VFW Hall. Auxiliary 715-795-2402
Tues. Jun 27	VFW POST 8329 Meeting 6pm at VFW Hall. VFW 715-815-7333

April Powell - Town Clerk / Treasurer
clerk@barnes-wi.com

Phone: 715-795-2782 Fax: 715-795-2784
 3360 County Hwy N – Barnes, WI 54873

Visit: TownOfBarnesWI.gov for town minutes

PLEASE ABIDE BY THE TOWN RULES & REGULATIONS.

Fireworks permits are available at the clerks office at a cost of \$5 per day with proof of liability insurance required. By town ordinance, fireworks are only permitted one week before and one week after the Fourth of July

TOWN OF BARNES BOARD MEMBERS

- Chairman:** Tom Renz - email: tRenz@TownOfBarnesWI.gov
Supervisor: Dave Scully - dScully@TownOfBarnesWI.gov
Supervisor: Jim Frint - jFrint@TownOfBarnesWI.gov
Supervisor: Seana Frint - sFrint@TownOfBarnesWI.gov
Supervisor: Eric Neff - eNeff@TownOfBarnesWI.gov

Cemetery Sexton: Dave Schiess
 Phone: 715-638-2573 or Evenings: 715-638-0424

PLEASE ...

HELP US KEEP OUR ROADS CLEAN

- Please be sure to pick up anything that blows out of your vehicle or trailer.
- We have organizations and clubs in town that organize "clean up" events.

Check in with them or visit:

TownOfBarnesWI.gov to offer your time



WE GREATLY APPRECIATE YOUR HELP IN KEEPING OUR TOWN CLEAN & BEAUTIFUL



**WORK ON HWY CTY N
 HEADING TO DRUMMOND
 HAS BEGUN
 DRIVE SAFELY**

**THANK YOU TO OUR TOWN CREW
 FOR ALL YOU DO!**

Barnes Town Road Updates:
 Check the Town Website: TownOfBarnesWI.gov



BARNES SENIOR MEALS - JUNE 2023 MENU



Meals are at the Barnes Town Hall 12:00 Noon **THURSDAYS ONLY**

3360 County Hwy N., Barnes, WI 54873

To reserve your meal please call 715-373-3396. Be sure to include your name, phone number, meal site location & date you are making the reservation for, and how many people it's for.



**THEY GAVE EVERYTHING
FOR US**

Thursday,

**NOT AVAILABLE ON WEBSITE
PLEASE CONTACT THE TOWN
OFFICE FOR JUNE MENU**

Thursday,

**GOD Bless those we've lost and
those who continue to fight**

Freedom Isn't Free



Thank You, Veterans

Thursday,

Thursday,

TIME TO GET OUT AGAIN:

PLEASE WALK AGAINST the TRAFFIC!!!! THIS IS FOR YOUR SAFETY.

I do understand in the city you have sidewalks and it doesn't really matter, but in the country we **must ask** that you abide by the "rules of the road". **BIKE WITH** traffic (ditch to your right). **MAKE SURE** your dog is always on the "ditch" side of you and **NOT** on the road side.

*I'd like to thank those of you who are walking with your pets away from the road. For those of you I've seen with your pet on the car side of the road, **MAKE THE SWITCH.** If your dog darts toward traffic, you're not in the way to intervene. **The outcome of that is obvious.** Love your pets enough to keep them safe.*

**NOTE: PLEASE REMEMBER THE STATE, COUNTY AND TOWN LEASH LAWS
YOUR DOG MUST BE ON A LEASH FOR THEIR SAFETY & THE SAFETY OF OTHERS**

QUESTIONS, COMMENTS or CONCERNS

If you have any questions or comments on what you see here, we would like to hear from you. If you have an item that you would like to see in the Barnes Notes and News, please contact Julie (Frierwood) Sarkauskas at barnesnotesandnews@gmail.com

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS

Trivia Answer # 8: Father's Day

LIKE US ON FACEBOOK





2023 COMING EVENTS



Summer Fest

August Car Show

TASTE OF BARNES

SO PROUD TO HONOR
ANOTHER HERO
TREVOR VANDERBURG
(See Page 5)



LED MESSAGING

VFW is offering advertising on the LED messaging board
The sign can be rented by the week

For further information and rates please contact: Tam Larson at: 715-795-2402



PLEASE CONTACT
VFW OR VFW AUXILIARY MEMBERS
FOR ADDITIONAL INFORMATION



LET'S "BRING" THEM HOME



THANK THEM ALL

HONORING OUR VETS

CONGRATULATIONS...

to my son Trever

Promoted to E-8 Senior Master Sgt.

1 April, 2023

Steve Vanderburg



THANK YOU TREVOR...

WE CAN NEVER THANK YOU ENOUGH, AND WE CAN NEVER REPAY YOU FOR YOUR LOYALTY AND SACRIFICES



THANK YOU !

TO ALL OUR VETERANS...

NO MATTER THE RANK, NO MATTER THE BRANCH, NO MATTER THE TIME OR PLACE SERVED....WE WILL NEVER BE ABLE TO THANK YOU ENOUGH FOR YOUR SACRIFICES FOR THE FREEDOMS OF THOSE YOU DIDN'T EVEN KNOW.

WE ARE, FOREVER, IN YOUR DEBT.



BARNES V.F.W. POST 8329 FISH FRY SCHOLARSHIP



A little late but just wanted to update everyone on the Friday fish fries Fundraiser.

First, I want to thank the volunteers that made all this possible. That is a well-oiled machine, what a fantastic group. **We set new records.**

I also want to thank Cabin Store, Jim's bait, Koffee Kup and Tracks for their help and donations to the VFW. Especially Lynn's meat in Hayward for her generous donation.

On Wednesday May 17th I had the privilege of awarding the scholarships to the Drummond senior class. Combined with the Woman's Auxiliary, the Barnes VFW awarded 4 scholarships for \$1,000.00 ea. Combined, there was a total of \$80,000 in scholarships awarded.

That says a bunch to the surrounding community we live in !!

Steve Vanderburg

HOORAY FOR OUR STUDENTS



And our neighboring students:

Shared by Susan (Hall) Diedrich



HOORAY FOR OUR STUDENTS

American Legion Post 487-Cable, WI

Sons of the American Legion-Squadron 487, and the Women's Auxiliary-Unit 487 of Cable, WI were honored to present scholarships to five senior students at the Drummond High School Scholarship Night held on May 17th, 2023. We wish these students many successes in their future-congratulations to you all! (photo credit: Kelly Randolph)



Congratulations to Darcy G. and Kaityln M. as they received the Sons of the American Legion-Squadron 487 scholarships. Presenter: Commander of the SOL Sqd. 487.



we gave away our first ever Taste of Barnes Scholarship!

Congrats to Alex Renz from Drummond!



Congratulations to Morgan H. as she received a scholarship from the Women's Auxiliary-Unit 487 of Cable, WI. Presenter: Katie Hanks of Unit 487.

The results are in for the Middle School Science Fair!!
Beyla Wallin- Best Presentation
Simon Arthur- Best Display
KaeAnne Skoglund- 2nd Place
Ben Giesregen- 3rd Place

Way to go!





OUR COMMUNITY

Thank you to the Women's Auxiliary-Unit 487 for placing 55 flags on the lawn near the American Legion building on Cty. M in Cable, WI this past week. This is an annual tradition of Unit 487 the week before Memorial Day. The auxiliary will also have "Remembrance Poppies" for purchase at the Cable Legion Triangle on Memorial Day. (photos by J. Friermood)

L-R: Kathy Goff, Laurie Hanks, Kari Bjork, Carol Radloff, Dawn Peterson, Katie Hanks, Chris Radloff, Judy Hinman



The Women's Auxiliary Unit 487 Cable, WI

L-R: Kathy Goff, Kari Bjork, Laurie Hanks, Dawn Peterson, Gary Friermood, Katie Hanks, Paul Radloff, Barry Radloff, Chris Radloff, Judy Hinman, Carol Radloff



Thank You



Left: Sgt at Arms of Post 487 teaching his great-nephew how to salute the flag.

Gary and Jace Friermood



Trivia Answer # 9: Morse Code

OUR COMMUNITY

American Legion Post 487 of Cable, WI received a generous donation from the Rumble on the Lake motorcycle rally in the Cable area this past year. President Dan Hinman of ROTL presented a check for \$5,000 to go towards the Cable American Legion "Triangle Fund" to help pay for the bronze plaques and name plates of our area deceased veterans on the memorial stones on Cty M. With there being 90 more name plates to be purchased and placed, we are very thankful for ROTL's generosity as well as to the Women's Auxiliary Unit 487 of Cable, and to all individuals that have donated towards this goal of honoring our veterans. *If you'd like to donate towards Post 487's "Triangle Fund", please contact the Cable American Legion building during business hours.

This week the Rumble on the Lake board members gathered at the Legion Triangle on Cty M. in Cable along with representatives of Post 487, Auxiliary Unit 487, and Sons of the American Legion-Squadron 487 as the bronze plaques were unveiled.

*Check out Rumble on the Lake's Facebook page (and website) and see what they're up to. *Their BIG event of the year is only a month away! www.rumbleonthelake.com



Left to Right: Carol Radloff, Cookie Skulley, Stacy Meyers, Dan Hinman; Tali Amundson, Jim Kinzie and Gary Friermood



**FOREVER
IN YOUR DEBT**



Help Wanted

Looking for Cooks and Bartender positions

Morning, afternoon or night shifts, flexible hours, very competitive wage, plus tips, must be available some weekend

Call or text 715-979-1267

We are still looking for a few more hard

- working individuals to add to our team!
- Looking for bartenders and cooks
- Weekdays and some weekend shifts - morning, afternoon or nights (or a mixture)
- Very competitive wage plus tips!
- Fun work environment with great co-workers!
- Message us here or call/text 715-979-1267

HOORAY FOR OUR STUDENTS

2023 SENIOR ALL- STAR PLAYERS

Kaitlyn and Emily have been chosen to play on the Senior All- Star Team on June 13th at Woodside Sports complex in the Wisconsin Dells!! They each need to raise at least \$300 to participate in the games. All proceeds will go to Special Olympics Wisconsin to provide training and competition for those athletes.

★ ALL- STARS ★

Kaitlyn and Emily have been chosen to play on the Senior All- Star Team this June and they could use your help! They each need to raise \$300 to participate!

All proceeds go to Special Olympics Wisconsin to provide training and competition for those athletes. If you would like to sponsor them, please go to the link below, select their names from the drop down list, and donate! If you check the rosters, they are on the White Team for Division 4/5. Donations will be listed on their pages.

The 5 donation levels are listed below!

- \$300: Advertiser - Full Rectangle Ad on Website, Listing & Logo in Program
- \$200: Advertiser - Full Rectangle Ad on Website & Listing in Program
- \$100: Advertiser - Half Rectangle Ad on Website & Listing in Program
- \$25-\$99: Sponsor - Listing on Website & Program
- \$1-\$24: Booster - Listing on Website

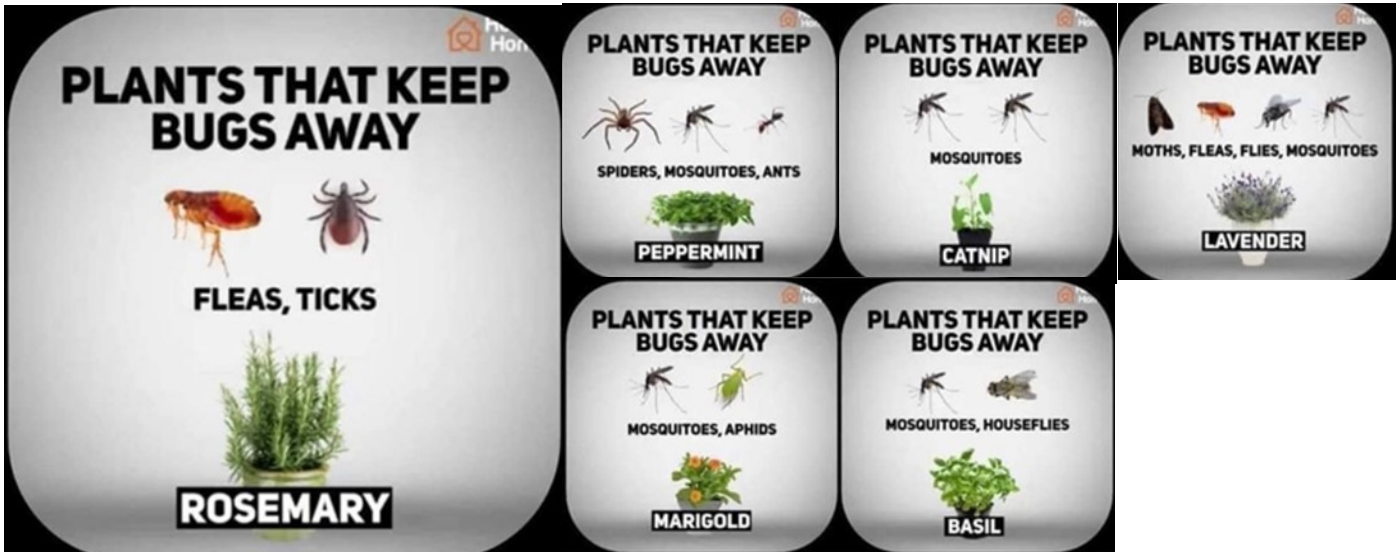
<https://wfscasportngin.com/register/form/170217314...>



Below. Congratulations to our 8 students who participated today in the regional Battle of the Books! We made up 2 of 13 teams, and one of our teams took second place! Captain Kate Williamson, Ben Sandburg, and Tristan Scully are highlighted as our second place winners, and Addy Ishmael was their team alternate. Captain Reid Williamson, Grant Skoraczewski, and Lucy Sisco made up our second great team, with Stephen Renz as the alternate for their team. Having read the same 20 books in a few short months reminds us that every reader is a winner!



SUMMERTIME BLUES



Keep an eye open for these while out adventuring

- Poison Ivy
- Poison Oak
- Poison Sumac

Tick season has arrived.

Ticks hate the smell of lemon, orange, cinnamon, lavender, peppermint, rose geranium, cedarwood, and thyme, so they'll avoid latching on to anything that smells of those items. Any of these or a combination can be used in "do it yourself" sprays or added to almond oil and rubbed on exposed area.

- 1 oz Any carrier oil such as Witch Hazel, almond oil or lotion.
- 7 drops Geranium.
- 4 drops Peppermint.
- 4 drops Thyme.
- 4 drops Cedarwood or Lavender



Eucalyptus Oil. Not only is eucalyptus oil a tick killer, but it also makes for an effective repellent as well, and it's naturally safe and effective on the body. Mix with carrier oil.

NOTE: Eucalyptus is toxic for dogs and cats. Use caution when using any essential oil around pets.

Pets: A homemade spray solution of one part vinegar and one part water helps keep ticks and fleas away from your pets. Pour the solution in a spray bottle and spray directly onto your pets but be careful not to get it in their eyes.

SUMMERTIME BLUES

Fighting the effects of poison ivy, poison oak and poison sumac - continued

IF YOU HAVE ANY OF THE FOLLOWING, GO TO THE EMERGENCY ROOM IMMEDIATELY:

- Difficulty breathing or swallowing
- A rash around one or both eyes, your mouth, or on your genitals
- Swelling on your face, especially if an eye swells shut
- Itching that worsens or makes it impossible to sleep
- Rashes on most of your body
- A fever

These are signs of a severe reaction that require immediate medical care.

You can treat the rash at home if you:

Have a mild rash
Developed a rash on a small section of skin
Are certain that the rash is due to poison ivy, oak, or sumac

TREATING THE RASH:

Immediately rinse your skin with lukewarm, soapy water. If you can rinse your skin immediately after touching poison ivy, poison oak, or poison sumac, you may be able to rinse off some of the oil. If not washed off, the oil can spread from person to person and to other areas of your body.

Wash your clothing. Thoroughly wash all of the clothes you were wearing when you came into contact with the poisonous plant. The oil can stick to clothing, and if it touches your skin, it can cause another rash.

Calamine Lotion or Benadryl can help stop the itch and the spread. *(Our mom used to scrub our skin with Fels-Naptha soap. (This is actually a laundry soap and can be found in that aisle at the store) Back in the day, it had little "granules" in the bar, but I think now-a-days it's smoother)* Even though this article states not to pop the blisters, life has taught me that if you pop the pimples of the rash, it heals faster. I don't have any scientific proof of this, I just have experience with my brother Bill and I getting it every summer, and a we had great mom with old fashioned tricks. **Follow the Dr's orders if you talk to one.**



- **Do not scratch, as scratching can cause an infection.** (and spread the rash we found out as kids)
- **Leave blisters alone.** If blisters open, do not remove the overlying skin, as the skin can protect the raw wound underneath and prevent infection. (My notes above are just that, notes.)
- **What can relieve the itch?**
- **Take short, lukewarm baths.** To ease the itch, take short, lukewarm baths in a colloidal oatmeal preparation, which you can buy at your local drugstore. You can also draw a bath and add one cup of baking soda to the running water. Taking short, cool showers may also help.
- **Use calamine lotion or hydrocortisone cream.** Calamine lotion can reduce the itch. If you have a mild case, a hydrocortisone cream or lotion is another treatment that can alleviate the itch.
- **Apply cool compresses to the itchy skin.** You can make a cool compress by wetting a clean washcloth with cold water and wringing it out so that it does not drip. Then, apply the cool cloth to the itchy skin.
- **Consider taking antihistamine pills.** These pills can help reduce itching. You should not apply an antihistamine to your skin, as doing so can worsen the rash and the itch.
- **If your rash is not improving** after 7 to 10 days, or you think your rash may be infected, see a board-certified dermatologist. A dermatologist can treat your rash and any infection and help relieve the itch.
- **Dermatologists emphasize** that you only treat the rash if you're absolutely certain that poison ivy, oak, or sumac caused it. If you've never had a poison ivy rash, see a doctor for a diagnosis.

ALLERGIES

RAGWEED



GOLDENROD



PINE POLLEN



OUR COMMUNITY

FRIENDS OF TOMAHAWK LAKE PARK

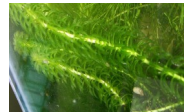
Please contact tomahawklakepark@gmail.com
for future events and information

PLEASE GIVE TO YOUR LOCAL HUMANE SOCIETY



**WE NEED
YOU !!!!!!!!!!!**

EAU CLAIRE LAKES WEED HARVESTING



For more information please contact
Julia Lyons at: julia.vanloo@gmail.com



THE DRUMMOND LIBRARY



Free Wi-Fi throughout the building

HOURS:

Monday: Closed
Tuesday: 10-5
Wednesday: 10-5
Thursday: 10-6
Friday: 10-5
Saturday: 9-1
Sunday: Closed



ADDRESS: 14990 Superior St, Drummond, WI 54832
PHONE: (715) 739-6290

Deer Grove Resort

On Upper Eau Claire Lake
Jeff and Maureen Fullington
Owners



3225 Deer Grove Road
Barnes, Wisconsin 54873

715-795-2526
715-235-9741

deergroveresort@charter.net
deergroveresort.com

2023 Online Pricing:

- Business Card: \$ 10 Mth or 3 Mth \$ 25
- 1/4 Page: \$15 Mth or \$40 for 3 Mth
- 1/2 Page: \$ 20 Mth or \$ \$50 for 3 Mth
- Full Page: \$ 50 Mth
- Garage / Estate Sales \$ 5

NO Charge for:

birthdays, anniversaries, congratulations, birth
announcements, Church Services/events, Prayer
groups, fundraisers or obituaries



BARNES RED HAT

Wednesday, June 21st
Hidden Greens
12:00 Noon

Dates / Venues Subject to Change





BARNES COMMUNITY CHURCH

Pastor Jon Hartman

WINTER WORSHIP HOURS

10:00 a.m. Sunday

Bible Studies
Every Tuesday at 10:00 a.m.
Everyone Welcome

3200 County Hwy N., Barnes, WI
Phone: 715-795-2195



**BLESSED ARE WE
AND OUR NEIGHBORS**

BARNES COMMUNITY CHURCH FOOD PANTRY

The Barnes Food Pantry is open the 2nd Wednesday of each month from 9:00 to 11:00 a.m. for persons living within 15 miles of the church.

Please bring identification

We are located at 3200 County Highway "N", Barnes, WI
at the Barnes Community Church.

- For further information call - 715-795-2195



*Please consider making a donation to
The Barnes Food Shelf. It is greatly appreciated.*

(For a map to the food shelf visit: www.barneswi.com)

Come to the Biggest Yard Sale in Bayfield County!

Barnes Community Church will hold its annual

Trash for Cash sale on

Saturday, June 3, 2023

Everything from machinery and tools to household items
and sporting goods -- all of them at great prices.

Sale starts at 8:00 AM.

Barnes Community Church

3200 County Road N

Barnes, Wisconsin

Two miles east of Highway 27 on County N.

SALE



BARNES AREA HISTORICAL ASSOCIATION (BAHA)

THE BARNES MUSEUM

OPEN MEMORIAL WEEKEND THRU LABOR DAY

Open every Fri. & Sat. 11:00 am—4:00 pm OR by appt

WE ARE STILL LOOKING FOR VOUNTEERS !!

Located on the corner of Hwy N and Lake Road
Check the BAHA website for any upcoming events
(<http://bahamuseum.org/>)

Follow us on Facebook



Barnes Area Historical Association, Inc.

Barnes, WI 54873

Barnes Area Historical Association, Inc. (BAHA) was established in 2005 by area citizens who are dedicated to preserving the history of the Barnes Area through education and preservation.

The Barnes area consists of the Town of Barnes and includes the areas of: Brule, Cable, Drummond, Gordon, Hayward, Highland, Iron River and Solon Springs.

The BAHA monthly board meetings are usually held on the third Thursday of the month at 9:00AM in Barnes at the VFW Hall on Lake Road. All BAHA members are encouraged to come to these meetings and participate in the discussions.

Our first and foremost project will be to continue to plan for our history center.

The Annual Meeting is held on the third Thursday in October of each year at the VFW Hall.

We have our 501 (c) (3) number and are a valid non-profit organization.

Any donations made to BAHA are tax deductible.

We invite everyone to join BAHA and participate in our projects. Members do not need to be current or former residents of Barnes.

Single yearly membership - \$15.00;

Family or couple yearly membership - \$25.00

Other membership categories are available upon request

Please contact our Secretary, Lu Peet
(715) 795-3065 email: lupeet101343@gmail.com

SPONSORED EVENTS: Stay tuned for Dates

- Winterfest and Big Cash Raffle
- Pie Social, Craft Fair and Flea Market
- Ribfest
- ODHA
- Gordon MacQuarrie Pilgrimage Tour

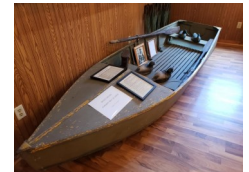
BAHA is the sponsor of the Old Duck Hunters Association Circle (ODHA)

Follow in famous outdoors writer's footsteps through St. Croix headwaters

Annual tour offered of area where Gordon MacQuarrie hunted, fished, and wrote.

www.stcroix360.com

<https://www.stcroix360.com/2022/07/follow-in-famous-outdoors-writers-footsteps-through-st-croix-headwaters-region/>



BAHA MUSEUM GIFT SHOP CALL FOR APPOINTMENT

NEW GIFT SHOP COORDINATOR: Deb Soar

Are you looking for a special gift for a Birthday, Anniversary, Get Well, Thank You, or other occasion? Be sure to check out the new display of items in the Gift Shop. You'll find a wide array of interesting items for all ages:

- clothing items
- wood crafts
- a range of books by MacQuarrie, Ojibwe authors, and local writers
- Barnes Centennial glassware and other items
- note cards
- walking sticks
- items for the home and outdoors; and much more

There are practical items, decorative items, items linked to the history of Barnes, and some that will be "just plain fun" to own!

Whether it's a gift for YOU...or a gift for OTHERS...you're sure to find the perfect choice! Come and Explore!

Here's a peek at some of what you'll find when you visit!



Trivia Answer # 1: Summer Solstice



BARNES AREA HISTORICAL ASSOCIATION NEWS

Greetings!

As the renovation of the Pease One-Room Schoolhouse keeps moving ahead, we continue to search for early schoolhouse items to complete our "replica early 1900s classroom room" within a portion of the building. Artifacts related to all of Barnes' early schoolhouses will be displayed throughout the building, along with historical documents, photographs, collected memories, etc. Our hope is to educate and inspire an understanding of what "life within these schools" was like for students, teachers, and community members.

** If you have any items that might be in need of a "new home", please let me know. They will be warmly welcomed into our schoolhouse and greatly appreciated! I will happily arrange to pick up any items and cover any costs that might be involved. If you have any relevant items that are not on our list, please let me know. I'd be interested in learning more about them!

Updated list of Items being sought for the Pease One-Room School:

- Early US Flag [for wall mount with pole]
- Hand-held slate boards; Erasers & box of chalk
- Organ stool
- Old textbooks – K-8 grade levels [pre-1940]
- Kerosene lamps [wall-mounted style and hanging style]
- Water dispenser [5 gal. pottery with spigot or similar]
- Table model, battery-powered Radio [for "School On the Air" programs]
- Lunch buckets, pails, boxes
- Globe [pre-40s would be interesting - we have one dated to the 70s]
- Cursive writing scroll and other classroom teaching resources
- Small teacher's desk or table
- Two full body mannequins: one adult female [for the schoolhouse teacher; one elementary age child/student]
- Early 1900s garments [dress for the teacher; daily school clothing/wear for a young girl or boy. Written "memories" Yours, or stories from your parents, your grandparents of "The One-Room School house Days"...as a student, as a teacher; traveling to school; recess games; rules & responsibilities; favorite subjects, etc.



Thanks for your help!

Trivia Answer # 7: Alexandrite

DRUMMOND LAKE CAMPGROUND Drummond, WI

**IF YOU NEED HELP WITH RESERVATIONS—
PLEASE GO TO OUR SITE, CALL OR EMAIL US
ANYTIME!**

**DRUMSITEWI@GMAIL.COM / Phone 715-739-6290
DRUMMONDLAKECAMPGROUND.COM**



**JUSTA FRIENDLY REMINDER:
WE DO NOT TAKE ADVANCE RESERVATIONS
FOR THE NEXT YEAR. EVERYONE HAS THAT
OPPORTUNITY THE FIRST BUSINESS DAY AFTER
THE NEW YEAR.**



**THANK YOU TO ALL OF OUR TOWN CREW,
CONTRACTORS AND LOYAL CAMPERS FOR
MAKING THIS HAPPEN.**

BARNES AREA HISTORICAL ASSOCIATION NEWS

bahamuseum.org

The Barnes Area Historical Association has had a website for some time now (bahamuseum.org) that has been there to inform the public as to what is at the Museum and what is going on with Events and Activities.

The site has sorely needed an upgrade and that is now in progress. We expect to have more information and pictures in it as well as dressing it up for the modern-day internet user. We started with cleaning up the opening page a bit (and we are not done with that) and now have the website set up so that you can purchase books and merchandise online, with a shopping cart and all!

You can now become a member online and if you are already a member, you can renew on line. You can use a credit card or if you choose you can pay by check for any transaction.

The Gordon MacQuarrie section has been revised to include many more pictures of the history of MacQuarrie, and more on the exhibit of MacQuarrie artifacts and displays. We added a tab called "Bookshelf" in which the three books that Dave Evenson edited and that BAHA publishes, are available to purchase.

We will keep this section going and periodically provide updates on changes that have been made to the website. We are looking for a volunteer to be our Website Manager. That person would be in charge of maintaining and continuing the upgrade that we are doing. If you are interested, please call Larry Bergman at (715) 795-2442.

Three new books by Dave Evenson

There are a great many fans of Gordon MacQuarrie's writing. You can find his history on the BAHA website, but to be brief, he was a very well-known Outdoor Writer during the early to mid-1900s, he had a cabin right here in Barnes on the Middle Eau Claire Lake that still stands.

He wrote a regular column for the Milwaukee Journal Sentinel from 1936 through 1956, and he wrote many articles for outdoor magazines beginning in the 1930s. Six books were done by Zach Taylor with compilations of the magazine articles. They are currently out of print.

Dave Evenson produced three new books that BAHA publishes. They are:

Right Off the Reel: Dave knew that the newspaper columns that Gordon wrote under the byline Right Off the Reel were in the archives of the Milwaukee Journal. He also knew that these stories, hundreds of them, had never been published in book form. With the help of BAHA, Dave received permission to use them and compile some of them into book form. This book has all the columns that featured The Old Duck Hunters, stories of their escapades, hunting and fishing up in our area. This book was released in 2018.

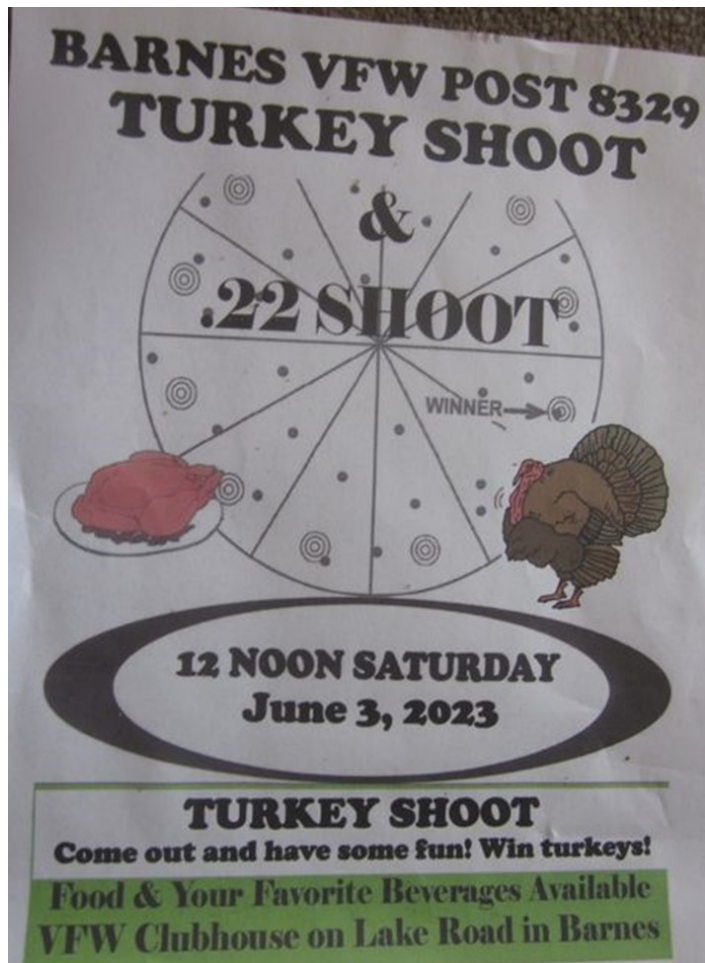
Dogs, Drink and Other Drivel: Dave selected another grouping of columns that were about non-Old Duck Hunters escapades, but of related interesting topics. The only way these newspaper columns could have been by anyone living today was to get the Milwaukee Journal back in the 1936 to 1956 era. This book was released in 2020.

Found Stories of The Old Duck Hunters and Other MacQuarrie Adventures: In Keith Crowley's biography of Gordon MacQuarrie, his extensive research found many magazine stories that never got into the Zach Taylor books. This was not by rejection, but because Taylor must never have found them. So, with the help of Keith's research, Dave selected the last six stories about The Old Duck Hunters and added 23 other stories about other escapades that he had with other people.

These three books are "must reads" for MacQuarrie fans, but also for readers who love this area and outdoor writing. MacQuarrie was one of the best. Dave so very generously donated his efforts to BAHA, who owns their rights.

The books are available through BAHA either at the Museum, on the website bahamuseum.org and at Jim's Bait here in Barnes.

OUR COMMUNITY



JOIN US!

We have over 40 turkeys to win by chance or skill.

Plus we are featuring an inflation fighter menu:

- Burger \$5.00
- Burger basket 7.00
- Cheeseburger \$5.50 basket \$7.50
- Walley fingers \$5.00 same walleye we serve for our fish fry
- Hot dog \$3.00
- Brat \$4.00
- Fries \$3.00

Our burgers are fresh never frozen.

Plus pull tabs and % raffle tickets



4th of July Fly-Over in Barnes

OUR 4TH OF JULY FLY OVER HAS BEEN APPROVED !!!!



STAY TUNED FOR DETAILS

SUBJECT TO PILOTS SCHEDULE DEMANDS AND WEATHER PERMITTING

PLACE: HWY N parade route

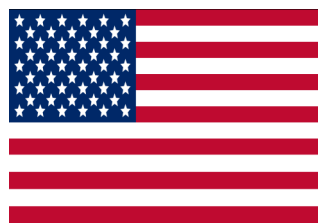


Two F-16 Fighter Jets from the 148th Fighter Wing will fly down the parade route prior to the parade start

WE OWE THEM EVERYTHING FOR THEIR SACRIFICIES FOR OUR FREEDOM



THANK YOU STEVE VANDERBERG



OUR COMMUNITY

DRUMMOND LIBRARY



Thursday June 8th, 2023

We'll be celebrating here at the library
with a Movie on the Lawn!

Time: Dusk/Dark

Place: 14990 Superior Street Drummond WI

First Movie of the season:

the
perks of being a
wallflower

STEPHEN CHBOSKY



children 12 and under
must be supervised by an adult
or sibling 16 years or older.
Please leave pets at home.
Rated PG-13

drumlib@drummond.wislib.org

* 715-739-6290*

drummondwilibrary.org

FRIENDS OF THE EAU CLAIRE LAKES CLEAN UP



More Trail Clean up



Lookin Good!

OUR FRIENDS OF TOMOHAWK PARK



So Happy to Help clean things up !!



Gals getting it done

WHAT'S UP



BARNES BOOK CLUB

June Book

We meet the 4th Monday of each month at 1:30 p.m. at the Barnes Town Hall.

Anyone is welcome to join our sharing session, all you have to do is show up.

Books are available at the Hayward Community Library, just ask at the desk for the Barnes Book Club selection.

Trivia Answer # 10: 1955

GENEALOGY

It is so important to have a connection with your family tree. Not only does gathering information make it easier for your children to pick up the process, it will spark something in you that you didn't realize you were looking for.

Start with your immediate family, branch to your grandparents and then just keep reaching further back.

Several websites are out there to help start your project:

Order your starter kits from: easygenie.org

Start your Family Tree Today.
Don't wait!

Your loved ones won't always be there to tell the stories and provide the information.

Ancestry.com
Genealogy.com
MyHeritage.com
FamilySearch.org
GenealogyBank.com



**TRUST ME
IT'S WORTH IT !**

PRINTING YOUR FAMILY TREE - WE'RE ALMOST THERE



Help Wanted

Looking for Cooks and Bartender positions

Morning, afternoon or night shifts, flexible hours, very competitive wage, plus tips, must be available some weekend

Call or text 715-979-1267

Clean Boats and Clean Waters Training And Aquatic Invasive Species Plant ID

The Town of Barnes is hosting information and training sessions Saturday, May 20, 2023 from 10am - 1pm at the Barnes Town Hall located at 3360 County Hwy N Barnes, WI.

Andy Teal, Bayfield County AIS Coordinator and Zach Stewart Douglas County AIS Coordinator will focus on Clean Boats Clean Waters training, along with Aquatic Invasive Species Plant ID. Clean Boats Clean Waters program educates watercraft users about and preventing the spread of aquatic invasive species.

Barb Clements, Town of Barnes AIS Coordinator, will review the Aquatic Invasive Species program that is active annually in the Town of Barnes. Refreshments will be served.

Please come and see what it is all about!

Gordon-Barnes Garden Club



What a beautiful Day May 16th was! After our rather long winter, a group of about 20 very happy women were able to be out and enjoy the sunshine and warm temperatures.

Every year the garden club has a May greenhouse tour, and we try to go in a different direction and sample different nurseries each time.

Since we're all gardeners of one level or another, we love to buy plants in the spring, especially new varieties.

Our first stop was in Stone Lake at Rolling Wood nursery. It was a beautiful set up with wonderfully healthy plants. The thing that was the standout though was the beautiful begonias. Needless to say we bought many of them.

We stopped for lunch at River Street Family Restaurant in Spooner, and the standout there was the burgers smothered with guacamole. They were so good that several women went to the Mexican restaurant nearby (owned by the same people) and bought guacamole!

After the delicious lunch, we went to Yellow River Nursery outside of Spooner where we also found beautiful plants and a large display of lawn ornaments.

We were welcomed at all three stops and given a discount at both nurseries. All in all, everyone agreed that it was a great experience.

Our next meeting will be June 20th at 1:30 at the Barnes Town Hall. We will have our annual plant exchange and a presentation by Wendy Doyle from Gertens' Garden Center. It's a casual meeting, and a good time to get to know people.

Follow us on Facebook:
gordonbarnesgardenclub@facebook.com

For more information please contact:
Bonnie Dealing at: bonniedealing@gmail.com



OUR COMMUNITY



CHECK OUT OUR SPECIALS
BAKED GOODS
HOMEMADE SOUPS

HOURS
 7:00 a.m. to 3:00 p.m.

Closed Tuesdays

Come On In

Find us on Facebook:

The Koffee Kup

Look forward to seeing you !!!

New Menu coming soon

**Bloody Mary's, Sea Salt Carmel Liqueur,
 Mimosas, & Peppermint Schnapps**



Rae
&
Angie



HAPPY Birthdays

Jenifer Paulik Woller 6/1
 Kristi Frierhood 6/3
 Carol Hesitken 6/4
 Kelly Lynch 6/5
 Jacque Ince 6/8
 Kodi Frierhood 6/10
 Kat (Roesler) Hanson 6/12
 Kevin Frierhood 6/13
 Sara Crowley 6/14
 Samantha Heise 6/17
 Joni Sarkauskas 6/18
 Cris Hunter 6/20
 Matt Hanson 6/23
 Janice Christenson 6/24
 Mike Frelichowski 6/25
 Courtney Frierhood 6/26
 Cathy Schacht 6/28
 Matt Frierhood 6/29

**HAPPY 35th ANNIVERSARY
 DOUG & CAROL WESTERBERG**



I help blind people, I give them independence



I protect people, I help them walk around without fear of criminals



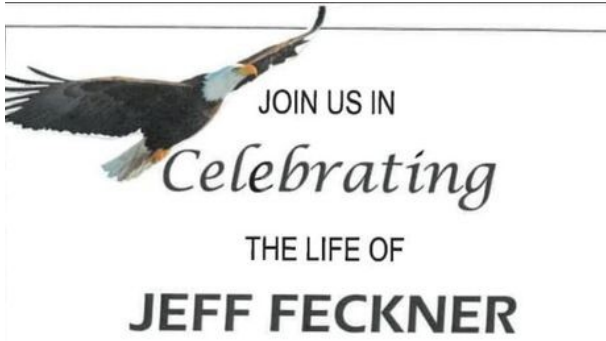
I eat shoes

...JUST SAYIN'

**Happy Birthday
 Happy Anniversary
 and
 Congratulations
 to everyone we missed**



OBITUARIES: Remembering Loved Ones Lost



Saturday June 17th

Noon – 4:00p

@ Four Seasons Resort in Cable

We would love for you to come and join us for food, sharing of stories, and favorite memories of Jeff



GENE FRANK RATZEL

September 25, 1942 - May 17, 2023

Gene Frank Ratzel, age 80, passed away peacefully on Wednesday, May 17, 2023 at his residence in Barnes, WI.

He was born on September 25, 1942 in Milwaukee, WI, the son of Maynard and Viola (Chycinski) Ratzel.

Gene worked for Bell Systems of Telecommunications Companies for several years, starting as an installer and finishing in quality assurance. He was very proud to have led the Town of Barnes as their Chairman.

He loved the Northwoods and took great pride in caring for his portion of it.

He will be dearly missed by his family and friends. Gene will be reunited with his beloved wife, Sharon.

To send flowers to the family or plant a tree in memory of Gene Frank Ratzel, please contact Bratley Funeral Home in Hayward.

May looking back *in memory*
help comfort you tomorrow

SOMETIMES.....
OUR LOVED ONES HAVE PAWS



OUR DEEPEST SYMPATHIES FOR THE
LOSS OF YOUR FURRY FRIEND

Our sincerest apologies for anyone we missed.

Our thoughts and prayers are with you and your families in this time of sorrow.

If you have any information you would like us to share, please send to:

Julie (Frierhood) Sarkauskas at:

barnesnotesandnews@gmail.com

OBITUARIES: Remembering Loved Ones Lost



TODD ROLAND BENSON

November 8, 1961 to May 31, 2023

Todd Roland Benson, age 61, passed away on Wednesday, May 31, 2023 at his residence in Wascott, WI. He was born on November 8, 1961, in Ashland, WI, the son of Roland and Nancy (Hauser) Benson. After more than eighteen years together, he was united in marriage to Julianne Jean Wing on September 17, 2022 at their residence in Wascott.

Todd started his career as a math teacher and basketball coach in Osceola, WI and later in Minong, WI. After teaching, Todd became a salesman for Link Recreational in Minong, and would later become the owner.

Overall, he spent 37 years with the company and greatly enjoyed all the friendships he made along the way. He was an avid hunter and fisherman and loved the game of basketball and cooking for all his family and friends.

He is survived by his beloved wife, Julianne Benson of Wascott, WI; his children, Matt Benson of Plymouth, MN, Sarah (Kaisha) Benson of Plymouth, MN, Katie (Derek) Denninger of Minong, WI, Brandi (Taylor) Bordelon of Queen Creek, AZ and Riley (Ryan) Anderson of Solon Springs, WI; his seven grandchildren, Carson, Kloe, Adalyn, Kinsleigh, Theilen, Brooks, and Liam; his siblings, Sally (Mark) Paitl of Lacrosse, WI, Sandra (Dean) Olson of Drummond, WI, and Tom (Julie) Benson of Duluth, MN; his loving Golden Retrievers, Sydney and Tank; and many nieces, nephews and dear friends.

He is preceded in death by his parents; his son, Michael Benson; and his first wife, Jody Benson.

A celebration of life will be held from 11:00 A.M. until 2:00 P.M. on Saturday, June 3, 2023 at the Frog Creek Town Hall, N13010 Frog Creek Road in Minong, WI. Interment will be held privately.

**YOU WILL BE MISSED.
REST IN PEACE KIND SOUL**



WHEN YOU SAW ONLY ONE SET OF FOOTPRINTS....

IT IS THEN THAT I CARRIED YOU

OBITUARIES: Remembering Loved Ones Lost



JOAN MARILYN CLEMENTS

Joan (Jos) Marilyn Clements, 90 of Barnes WI, Apache Junction AZ; formally of Spring Valley WI, passed away on April 22nd 2023 from natural causes at the Lund Comfort Care Center in Apache Junction, surrounded by her loved ones.

She is survived by her husband James Darwin Clements, 4 children, Cindy (Mike) Foat., Rocky James (Barb) Clements, Daniel (Joseph) Clements, and Crissy (Bruce) Johnson. 6 Grand children, Cory (Anna) Johnson, Nicolas (Sara) Henley, Stoney (Krystal) Clements, Brandon (Michelle) Clements, Jessica Clements, and Michael Johnson. 14 Great grand children. Sister Mary Frank.

She was preceded in death by her parents, Herman and Mabel Tetzloff, and sister Marlys Tetzloff.

A Celebration of Joan's Life will be held at the residence of her son, Daniel Clements, on the 25th of June 2023 from 11:00 to 3:00. Address: W8565 Highway 70, Spooner WI 54801. A luncheon will be served.



ESTHER E. RONDEAU

August 19, 1932 to May 5, 2023

Esther E. Rondeau, age 90, of Cable WI, passed away peacefully on May 5, 2023, at the Northern Lights Health Care Center in Washburn, WI.

Esther was born August 19, 1932, in Chicago, IL the daughter of Alfred and Edith (Knudsen) Pedersen.

She moved with her family to Cable, WI where she graduated high school several years later. She attended the University of Wisconsin, Superior and then received a medical technician's degree through St. Luke's Hospital in Duluth.

On April 2, 1955, Esther married Thomas Rondeau in Cable. Together, Esther and Tom operated Rondeau's Shopping Center in Cable for many years. Esther enjoyed sewing and making quilts with her quilting group. She also liked to work in her flower garden. Esther loved her family dearly.



DEBBIE (KORN) BOLK

December 25, 1963 to May 28, 2023

We are very saddened to share the heartbreaking news of the passing Debbie Bolk (Korn). She was killed instantly when she and a friend were rear-ended on their motorcycle in South Dakota.

Deb was loving, creative, funny and had a heart of gold. I remember embracing the crazy Disco era with groups of us dancing in the discos at Telemark and Enchanted Inn. Deb was part of the year book crew, involved in many different things and always there with a lending hand or a bent ear. She was a Christmas baby, but we made sure she always got her time in the sun !!

You will be sorely missed Deb. Your life was cut way to short, God must have needed you early. Rest in Peace sweet girl. Our deepest condolences to the friends and family of this young, kind soul.

Arrangements are being made by Debbie's sons and we will share the details when available.

Bless those who mourn, eternal God, with the comfort of your love that they may face each new day with hope and the certainty that nothing can destroy the good that has been given.

May their memories become joyful, their days enriched with friendship, and their lives encircled by your love.

OUR COMMUNITY

Trivia Answer # 5: Flag Day

MORE MEMORIES TO COME

.....
The Barnes Trading Post

Barnes VFW Post 8329

Pease Resort

The Cabin Store

The Enchanted Inn

Hilltop Bar and Grill (Fresh Air Post office)

Boulder Lodge

Tracks Inn

Formerly - Doorn's; Sages; Grilley's

Robinson Lake Bar (Fahrner's Resort)

Sand Point Supper Club

BAHA Museum (Red White and Blue; Goetz's; Millers)

Barnes Town Hall

Sunset Resort

Ellison's Resort & Sylvia's Tavern

Tiffany's Salon (Debbie's Hair Design)

Jim Johnson Construction

**Christenson Construction
(5 Generations)**

Georgia's (Skoglunds)

Lyndale Bay Resort

Tall Pines Bar and Grocery

Traut's Resort

Frontier Supper Club

Cheesie's Lakeview Resort



Check out **Northern Aged Iron!** They'll be at the ball field at noon on June 17th at the TASTE OF BARNES



Tickets are now available for Ruckus in the Woods 2023!

Find them online here: <https://bit.ly/3mDQMxK>

LINEUP:

Friday, August 18th

Back by popular demand, everybody loved them....

6:30-10pm CHAIN LIGHTNING!

Saturday, August 19th

3:30-4:30 The Fractals

5:00-6:30 Heidi Pack

7:00-8:30 Almostsmith

9:00-11:00 Free Fallin

OUR COMMUNITY



* OPEN FOR BUSINESS *

Corner of Lyndale Bay Road and Pease Road

Nick has a firewood stand! Going on his second year. He's excited and wants to make a living!

Nick shows amazing work ethic at 9 years old and we couldn't be more proud!

Thanks to everyone who has supported him!

Brie Anna Hall and Ben Boles

LET'S HELP SUPPORT THIS HARD WORKING YOUNG MAN



An underwater view beneath Lake Superior's surface. There were several sandstone bowls like this one, full of colorful treasures.

Prints, (new!) puzzles, stickers, workshops & more:

<https://neilweaverphoto.com>

MORE SCHOOL NEWS !!!!

DRUMMOND HIGH SCHOOL

Over Memorial weekend, our Trap Team competed at the SCTP Conference and took 1st place!!

We had 3 of the top 10 shooters and 6 of the top 20 out of 183 total! **Great job!!!**





Wilderness Inn
Come stay with us!!!
Family owned & operated
for over 40 years

Wilderness Inn

8 Units Available
Wine - Dine - Recline

Nadia and Elliott Hough

WE HAVE A LOT
GOING ON
CHECK US OUT ON
FACEBOOK

Come see the hard work
and big changes we
made.

We think you'll love it.

- ATM - Credit Cards - WIFI Available -

Restaurant Hours:

Open 7 Days a Week at 7:00 a.m.

www.barnestradingpost.com

Find Barnes Trading Post on Facebook
4170 Cty. Hwy. N, Barnes, WI 54873
Phone: 715-795-2320



THE WINDSOR

50750 Outlet Bay Rd
Barnes, WI
715-795-2315



THURSDAY BANGO

Tuesday - Saturday
4:00 p.m. - 10:00 p.m.

Join us for Sunday Omelet Bar 9 - 12

**Del Jerome
DBA Jerome Excavating, LLC**

Small loads of gravel, topsoil & rock
Stump Removal
Mini Excavator, Skid-steer, Small Dump Truck

715-739-6245 or 715-580-0216

9185 Cty Hwy N

Drummond, WI 54832

Email: deljerome@cheqnet.net



**FREE ESTIMATES
BONDED & INSURED**

**UPCOMING
EVENTS 6.17.23**
TASTE OF BARNES

**CRAFT FAIR &
FOOD**

LOCAL
FOOD!!!

Bouncy
house!!!

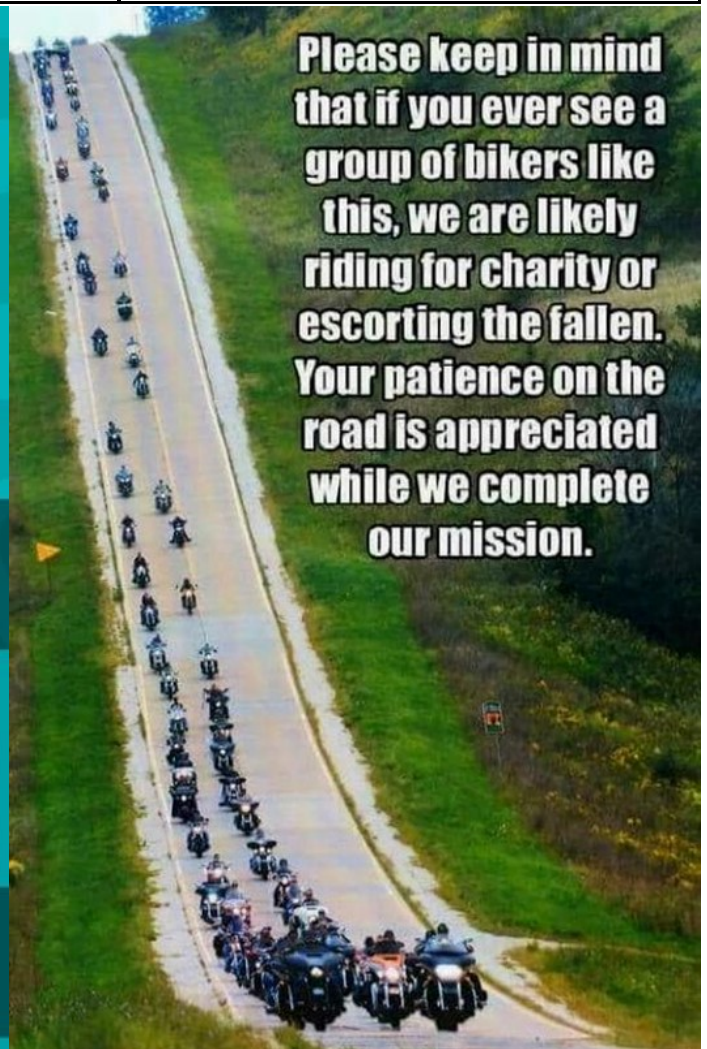
**3-ON-3
BASKETBALL**

**5K RUN @
TOMAHAWK LAKE**

Dunk Tank!!!

Live
performances!!

**PICKLEBALL
TOURNAMENT**



Please keep in mind
that if you ever see a
group of bikers like
this, we are likely
riding for charity or
escorting the fallen.
Your patience on the
road is appreciated
while we complete
our mission.



PET PAGE



MAKE SURE YOU HAVE YOUR PET'S MEDS AND SHOTS UP TO DATE !!

This year is no different than any other so please be sure your pet's shots are up to date, including Lymes, make sure their license is current and that the rabies tag is on their collar. Check the Town of Barnes leash and public area laws to keep your dog safe. If you're just moving to the area, your dog must be on a leash when walking or in public, and, you must have a local License tag. Visitors, please keep your tags up to date and your pet on a leash. You can get the license applications at the Town of Barnes office. Reminder: Kitties need their rabies, distemper, lymes shots and frontline/collars too! (even if they're inside kitties.) SERESTO IS A FANTASTIC PRODUCT FOR CATS AND DOGS .

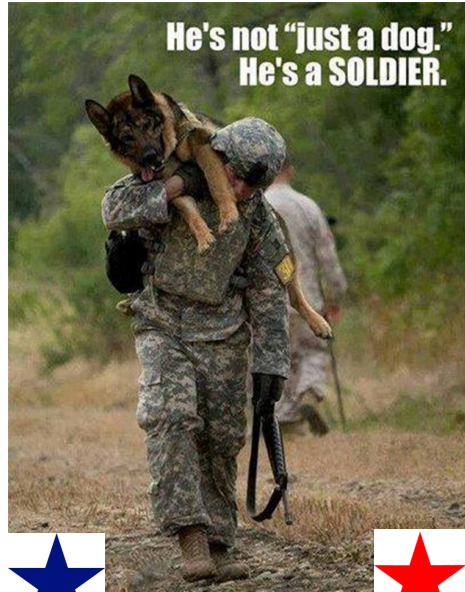
PLEASE remember to walk with your dog on the ditch side of you. Walk against traffic and allow room for the passing cars. It's for their safety

NORTHLAND VETERINARY SERVICES

Dr. Monica Brilla # 715-372-5590
8560 Topper Rd, Iron River

HAYWARD ANIMAL HOSPITAL

715-634-8971
15226W Cty Rd B, Hayward



NEVER FORGET OUR VETERAN CANINES AND THEIR SACRIFICES



THEY'RE OUT THERE NOW
PLEASE WATCH OUT FOR THEM



HOT ASPHALT!

Air Temperature	Asphalt Temperature
77°	125°
86°	135°
87°	143°

At 125° skin destruction can occur in just 60 seconds. Always check the asphalt prior to allowing your pet to walk on it

Paws will get burned.

TIP: If it's too hot for your bare feet it's too hot for theirs!



ADOPT !!!

Northwoods Humane Society

10812 N. O'Brien Hill Road
Hayward, WI 54843

Phone: 715-634-5394

Hours:
Tuesday through Saturday
11:00 a.m. to 3:00 p.m.

PLEASE REMEMBER...

Pets are not just presents or toys
THEY ARE A LIFETIME



Our babies love us without condition. They help us without effort. They heal our hearts and spirits and **NEVER** ask for anything in return,

except LOVE.....

GIVE LOVE BACK TO THEM



GOD BLESS OUR CANINE VETS



PET PAGE EXTRA



Trivia Answer # 2: June 6th



Bernard or Bernie, depending on if he's in trouble or not, and Brock Friermood.



"I got your Six dad"



MEET AARON & THOR FRIERMOOD
May 15, 2015

Thor is more than kitty. He goes to the door when he has to go out and is very smart. He'll make sure to tell you if he's not happy or wants something.

Pet-Friendly Plants

- Alyssum
- Blue Daisy
- Boston Fern
- Bottlebrush tree
- Camellia
- Canna
- Ceolsia Plumosa
- Christmas Cactus
- Coreopsis
- Echevaria Succulents
- Gerber Daisy
- Gloxinia
- Impatiens
- Marigold
- Nasturtium
- Pampas Grass
- Persian Violet
- Petunia
- Polkadot Plant/Baby Tears
- Rose
- Snap Dragons
- Spider Plant
- Star Jasmine
- Sunflower
- Sword Fern
- Viola
- Zinnia



**ALWAYS
SUPPORT OUR
TROOPS**



ANCHOR YOUR BOATS HERE



STORAGE FOR:

Personal Items, Boats, Pontoons, ATV's,
Snowmobiles, Personal Watercraft and
Dry Indoor Storage
PLUS
Winterizing and Cleaning Available

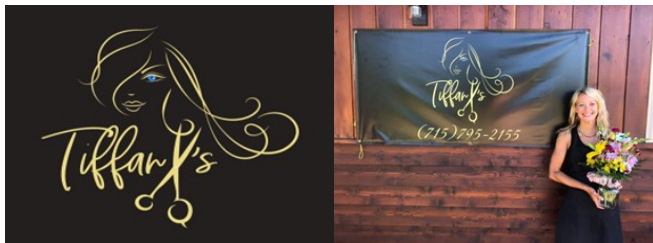
J&M Storage
Jeff Johnson

53060 Hwy 27
Barnes, WI 54873
Phone: 612-803-0775

GEORGIA'S BAR AND GRILL

Hello friends, locals, visitors,
snowmobilers, UTVers, campers,
soon to be cabin openers, lunch
people, bloody mary drinkers, and
other hungry people.

Thanks for your patience while we
were closed., and thanks again to
everyone who supported us this
winter!!!!



3893 County Hwy N
Barnes, WI 54873
715-795-2155
Tiffanyssalon@hotmail.com
Full Hair Salon / Redkin Products

Monday - 9:00 AM - 5:00 PM
Tuesday - 9:00 AM - 5:00 PM
Wednesday - 9:00 AM - 5:00 PM
Thursday - 9:00 AM - 5:00 PM
Friday - 9:00 AM - 5:00 PM
Saturday - CLOSED
Sunday - CLOSED

WHY?

BECAUSE I TOLD
MY KIDS THERE'S
NOTHING IN THE
DARK
TO BE AFRIAD OF

I'M MAKING SURE
IT STAYS THAT WAY



BARNESTORMERS

Barnes WI Snowmobile Club
We would love to have you!!!!
Check us out on Facebook



LAKE COUNTRY ATV CLUB

3025 East Shore Road
Barnes, WI 54873



Dues:

Commercial \$ 25
Family \$15
Single \$ 10

Paul Solberg, President
Vice President: Jeff Johnson
Treasurer: Bill Webb
Secretary: Kelly Webb

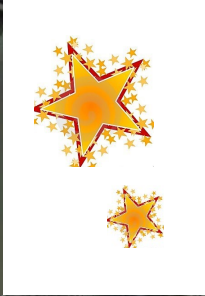
IT'S TIME TO TAKE
AN INTEREST IN OUR
TOWN!

GET INVOLVED
JOIN A CLUB
HELP MONITOR OR
CLEAN UP THE BOAT
LANDINGS

WRITE TO THE TOWN
OFFICE WITH YOUR
CONCERNS OR SEND
THEM TO ME.

WE NEED YOUR HELP
WE CAN'T DO IT
ALONE
WE NEED YOU TO
CARE

CHAMPIONS, SCHOLARS AND HEROES



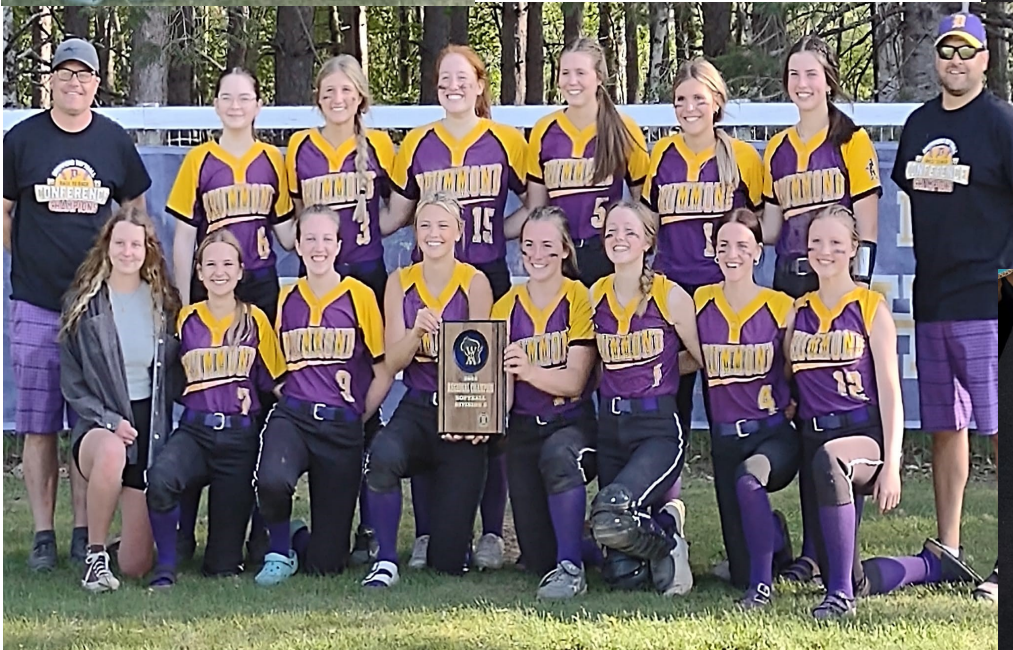
VERY COOL

Top & Right My niece Kat's Volleyball Team was honored at the Brewers game on the big screen for their back to back

State Championship Wins in 2021 and 2022. CONGRATS !!!

CONGRATS to the Drummond High School Softball Team for their Back to Back Conference Wins! Back to back Regional Champs Season ended game one of Sectionals, but you should be so proud of yourselves !!! We are!!!!!!

- 2023 CONFERENCE CHAMPIONS**
- #1 KYLA HANSON
 - #2 DARCY GUSTAFSON
 - #3 KAITLYN MILLER
 - #4 KALLIE HEDMAN
 - #5 AUTUMN SHANKS
 - #7 TAYLOR POPELKA
 - #8 ADELE KALIES
 - #9 SARAH FRINT
 - #10 ELLA WALD
 - #12 AUTUMN RIKKOLA
 - #13 MADDIE SHANKS
 - #14 EMILY KINNUNEN
 - #15 LILY ARVIDSON
- COACHES: BEN SWANSON AND AARON PIEL
MANAGER: ANA MILLER



DRUMMOND SOFTBALL
20 BACK TO BACK 23
CONFERENCE CHAMPIONS

WHAT'S HAPPENING

NIGHTLY SPECIALS 5PM-10PM

Monday	AYCE Hand-Breaded Shrimp \$14.99
Tuesday	1/4# Burger Baskets \$6.99
Wednesday	Steak Sandwich \$14.99
Thursday	Taco Thursday \$3.00
Friday	AYCE Fish Fry \$14.99
Saturday	Ribs! Half Rack \$13.99 Full Rack \$16.99



**FOLLOW US ON FACEBOOK
AND OUR WEBSITE FOR
UPCOMING EVENTS**

BREAKFAST BUFFET

**Saturdays & Sundays
9:00 a.m. to 11:00 a.m.**

Hours:

**Monday-Friday 11am-11pm
Saturday-Sunday 8am-Close**

**We have missed our customers dearly!
We promise it was worth the wait!!**

Come see for yourselves 🤔



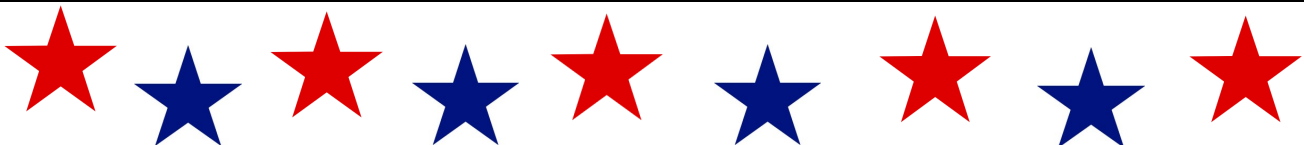
Thank you Missy Dickrell Altmann for the pictures and the use of your very talented child, Cole Giesregen.

As always we are grateful for everyone's support this Memorial day. Chopper Holly Shanks at Choppers. Angie, Vicky and Scott Ovaska at the Wildcat, and anyone else we may have missed.

9 cemetery ceremonies in one 3.5 hour morning.

THANK YOU EVERYONE FOR YOUR SERVICE !!!!! WE CANNOT REPAY YOU

Submitted by: Addie Arens



MORE HAPPENINGS



Museum Hours:
Tuesday - Saturday
10 a.m. - 4 p.m.

- Museum Admission:**
- Members are always free!
 - Children under age 18 are free.
 - Non-Members pay \$5.
 - Tuesdays are FREE days!

For information and registration
visit www.cablemuseum.org
or call 715-798-3890

06.17.23
TOMAHAWK LAKE PARK
5K RUN.WALK.



REGISTRATION @ 8AM CASH ONLY!



SATURDAY 9:00 AM | **TOMAHAWK LAKE PARK**
Also accepting non-perishables | 54585 Moore Road, Barnes

PLACE YOUR AD HERE

PLACE YOUR AD HERE

CABLE AMERICAN LEGION #487

Pancake Breakfast

All proceeds go to the
CABLE AMERICAN LEGION

OPEN TO THE PUBLIC!



SATURDAY, JUNE 3RD AT 8AM
AMMO'S EVERGREEN • CABLE, WI

ANY DONATION, BIG OR SMALL,
WILL BE GRATEFULLY APPRECIATED!

Your donation is tax deductible with our
non-profit organization ID # 47-2630344.

Thank you for your continued support!



2023 TAI JI QUAN

Is the below out of balance ???? Is this you ???? **JOIN US!**



Tai Ji Quan: Moving for Better Balance is an evidence-based program designed to keep you mobile & independent.

Improve your balance, strengthen your muscles and reduce the risk of falling. Each session consists of warm-up exercises, a mix of core forms and brief cool down exercises.

The class is geared for adults age 60+ who want to improve strength, mobility, and reduce the risk of falling.

This class is for anyone. No prior experience in Tai Ji Quan is necessary.

Dates: February 3 – April 28, 2023
(12-week class; Mon and Fri.)

Time: 10:45-11:45 AM

Location: Barnes Town Hall
3360 County Hwy. N
Barnes, WI 54873

Leader: Mia Mueller-Alston

Cost: Suggested donation of \$5/class.
Participants under the age of 60 will be charged \$5/per class.

All can participate regardless of ability to pay.

To register, please contact:
RSVP/AmeriCorps Seniors
(Retired & Senior Volunteer Program)

Tel: (715) 292-6400 (ext. 2)

Registration Deadline: Feb. 1, 2023
No late registrations can be accepted.



Brought to you by:



Pat & Kara Foat - Owners
Jct. County Y & Lake Road
Barnes, WI 54873
715-795-2561

P.J.'S

TRAIL PASSES
AVAILABLE

CABIN STORE

WELCOME
HUNTERS &
FISHERMEN

Authorized licensed
"Recreational Vehicle
Registration Center"

SPRING HOURS

Store Hours:
Sun-Thurs 7am to 6pm
Friday-Sat 7am to 7pm

Bar & Kitchen Hours:
Monday & Tuesday
Bar: 10am to close
Kitchen: 11am-5pm

Wednesday:
Bar: 12pm to close
Kitchen: Closed

Thursday:
Bar: 10am to close
Kitchen: 11am-6pm

Friday-Saturday-Sunday:
Bar: 10am to close
Kitchen: 11am-9pm

HUNTING & FISHING LICENSES
INFORMATION STOP * ICE * MOVIE RENTALS
WISCONSIN LOTTERY * GROCERIES
FULL LIQUOR BAR * FOOD AVAILABLE
SMOKING PAVILLION

Gas, Oil, and On & Off Road Fuel Available



WELCOME FISHERMEN

ALSO AT THE CABIN STORE

On-Off sales of beer and liquor. A wide variety of grocery products including canned goods, dry goods, frozen items, candy; a good variety of ice cream, snacks, cheeses and other dairy products. First aid supplies and home remedies.

Try our new Coffee Bar: get a Coffee to go or hot chocolate or Cappuccino.

Bait Store with assortment of bait, Including minnows, leeches, worms, crawlers and wax-ies—nice assortment of tackle.

BUYING OR SELLING?



Elliott Hough

Cell: 715-979-1267

Office: 715-634-6237



Area North Realty



FOLLOW ME ON **facebook**

Your Trusted Barnes And Surrounding Area Realtor

TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER

Summer House: Open Wednesday, Saturday and Sunday 8:00 a.m. to 2:00 p.m.

NO HAZARDOUS DISPOSALS/ITEMS

Call the site at 715-795-2244 before bringing in large items.

SORRY—WE CANNOT ACCEPT TRASH OR RECYCLING FROM BUSINESSES

- EMPTY REFRIGERATORS, FREEZERS, WINDOW AIR CONDITIONERS (FULL SIZE) \$ 20.00
- EMPTY REFRIGERATORS, FREEZERS (SMALL) \$15.00
- PROPANE TANKS: MUST BE EMPTY / NO CHARGE
- STUFFED CHAIRS; \$10
- COUCHES/LOVESEAT/RECLINER/TABLES; \$ 30.00 EACH
- MATTRESS/BOX SPRING-ANY SIZE \$20.00 EACH
- HIDE-A-BED/SLEEP SOFA: \$25.00 W/O MATTRESS / \$ 45.00 WITH MATTRESS
- TIRES: CAR/LIGHT TRUCK 5.00 EACH
- LARGE TIRES;TRUCK/TRACTOR -- \$\$ DETERMINED BY ATTENDANT
- TELEVISIONS AND COMPUTER EQUIPMENT NOW CHARGED BY WEIGHT, NOT SIZE
- MISC. FURNITURE; \$5.00/MISC ITEMS NOT LISTED DETERMINED BY ATTENDANT
- PLASTIC LAWN CHAIRS: SMALL \$ 2 EA / LARGE \$ 3 EA / TABLES \$4 EACH
- CARPETING, PADDING, RUGS, DEPENDING ON SIZE; \$10.00 AND UP
- DEHUMIDIFIERS / COMPLRESSORS \$ 15 EACH
- FLOURESCENT BULBS 8 FOOT; \$5.00 EACH
- FLOURESCENT BULBS 4 FOOT; \$2.00 EACH
- FLOURESCENT BULBS LESS THAN 4 FOOT; \$1.00 EACH
- CFL BULBS (IN DESIGNATED BOX); \$1.00 EACH
- BATTERIES; FREE
- ELECTRICAL APPLIANCES: (STOVE, WASHER, DRYER, MICROWAVE, WATER HEATER) FREE
- METAL, GRASS CLIPPINGS, PINE NEEDELS, BRUSH AND CLEAN WOOD: FREE

Beginning in December, Transfer Site passes will be available for purchase at the Transfer Site or Clerk's Office at a cost of \$120 per calendar year. There will no longer be a bag fee and cash will no longer be accepted for disposal fees after January 31st, credit/debit cards only.

**BRUSH AREA OPEN
ACROSS CTY HYW N FROM THE
TRANSFER STATION**

**Please, only "natural" brush,
branches, trees, and stumps**

RECYCLING MYTHS AND FACTS:

The most common items to be recycled are: Mail, paper, glass bottles & jars, aluminum, steel & tin cans, plastic bottles, jugs and tubs.

Myth: Any plastic can be recycled

Fact: Only plastic bottles, jars, jugs, tubs with a # 1,2,5 are recyclable. Plastic buckets / pails and lids are not

Myth: Plastic bags, electronics, medical waste, Styrofoam, plastic totes, lawn chairs, empty oil containers, Amazon/USPS shipping bags, pots and pans can be recycled.

Fact: NONE of these are to go into the recycle bins

Myth: Any item placed in the recycle bin will be recycled

Fact: This is "wish-cycling". Too much contamination will cause the bin to be emptied in the landfill and fines will be levied to the transfer station.

Myth: It is ok to place small amounts of food waste (garbage) in recycle bins

Fact: ALL ITEMS MUST BE CLEAN Nothing with food waste, grease, etc. is recyclable

Myth: Plates, bowls, cups, saucers, glassware are cyclable

Fact: They are not. This includes dirty paper plates/plastic ware and solo cups

ITEMS NOT ACCEPTED AT THE BARNES TRANSFER STATION: Paint, moto oil, gas, explosives, fireworks, ammunition, flammables, antifreeze, lubricants, corrosives, etc. Ask attendant if in doubt. Keep foods and liquids out of recycling. No loose plastic bags, bagged recyclables or Styrofoam.

All cardboard boxes mut be flattened and 3x3 ft or smaller. **No** pizza boxes.

NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE

Bayfield County and Namekagon Transit are providing a route to serve the southern part of Bayfield County. The route originates in the Barnes area then picks up riders in Drummond and Cable, continuing into the Hayward area. Passengers will then have the ability to transfer to a "circular route" in Hayward, where they can travel from store to store or from one address to another, including the courthouse and various medical facilities. The cost for the service is \$1.00 one way and \$0.50 for seniors and persons with disabilities who have a Transit ID card. You **must** call by 1:00 p.m. the previous day to schedule a ride.

If you would like to have an application sent to you for a reduced fare or have any questions, please call Namakagon Transit toll free at (866) 295-9599 or 715-634-6633.

EVERY TUESDAY

- 9:50 Leaves the Barnes Community Center
- 10:10 Leaves the Drummond Library and Senior Housing
- 10:45 Leaves the Cable area/Rondeau Market
- 11:00 Arrive in Hayward at the Hayward Area Memorial Hospital
- 1:00 Begin return trip to Cable, Drummond and Barnes with stops as needed



BARNES FIRE DEPARTMENT and AMBULANCE
5005 County Hwy N, Barnes, WI 54873
715-795-2424 for Non Emergency Calls

FIRE DEPARTMENT:

Fire Chief - Brock Friermood

brockFriermood@TownOfBarnesWI.gov

Volunteer Members:

- Richard Renz
- Robert Skweres
- Damian VonFrank
- Greg Strasser
- Jacob Larson
- Jennifer Peterson
- Josh Peterson
- Leevi Frint
- Roseanne Peterson
- Whitney Jeanetta
- Zack Zepczyk



AMBULANCE SERVICE:

Ambulance Director/Volunteer: Brett Friermood brettFriermood@TownOfBarnesWI.gov

Full Time EMT's:

Kaylee Silverness and Jake Coleson

Volunteer Members:

- Sonia Von Frank
- Tom Renz
- Brandon Friermood
- Brock Friermood
- Robin Friermood
- Dawn Piburn
- Sarah Juleff
- Whitney Jeanetta



WE CAN'T THANK YOU ENOUGH FOR YOUR DEDICATION TO KEEPING OUR COMMUNITY SAFE



**STAY TUNED
FOR ANY
UPCOMING
EVENTS**



BAYFIELD COUNTY

Bayfield County is recruiting for an additional Youth Services and Support Coordinator. We are interested in finding the right individual to work with families; please share this with anyone you think would make a quality case manager, as it could really help the search!

<https://www.governmentjobs.com/careers/bayfieldco/jobs/3580102/youth-support-and-services-coordinator>

The Children's Long-Term Support (CLTS) Waiver Program is a Home and Community-Based Service (HCBS) Waiver that provides Medicaid funding for children who have substantial limitations in their daily activities and need support to remain in their home or community.

Historically, there was a waiting list for CLTS. Wisconsin Department of Health Services (DHS) established the continuous enrollment initiative in 2021.

Continuous enrollment is a process that helps kids join the CLTS Program faster. This new initiative has allowed Bayfield County to serve many more children with disabilities. It has been a challenging time for the Support and Service Coordinator to keep pace with the number of children on the case load who need service coordination.

If you have any questions regarding Bayfield County Programs, please contact:

Carrie Linder, CSW
Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

Please note Bayfield County Human Service email addresses have changed as of 01/25/21.

Aging and Disability Resource Center of the North
Bayfield County Department of Human Services
PO Box 100
117 East 5th St.
Washburn, WI 54891
Phone: 715-373-3350



**We can't
thank you
enough for
your
dedication to
keeping our
community
safe**

WISCONSIN FAMILY AND CAREGIVER SUPPORT ALLIANCE BAYFIELD COUNTY

Contact: Lynn Gall, (608) 266-5743 or Harriet Redman, (920) 968-1742

When a Workforce Shortage Crisis and a Caregiving Crisis Meet

“Wisconsin Working Caregivers: Strategies and Resources for Employers”

For more information, please visit [Wisconsin Family Caregiver Support Program \(wisconsinfamilycaregiver.org\)](http://wisconsinfamilycaregiver.org).

Madison, WI – The workforce shortage crisis being felt by businesses across Wisconsin includes a characteristic that is often overlooked: The need to support family caregivers in the workplace.

Employers experience a drain on productivity when employees struggle to balance their work lives with the responsibilities of caring for children, aging relatives, or disabled family members. In a recent survey, more than eight in ten employed caregivers in Wisconsin reported having their work life interrupted, resulting in workplace accommodations such as using flex time, reducing work hours, or quitting work entirely.



“Without adequate support, working caregivers and their employers suffer,” said Lynn Gall, Family Caregiver Support Programs Manager for the Wisconsin Department of Health Services and member of the survey project conducted by the Wisconsin Family and Caregiver Support Alliance (WFACSA). “The results showed us the challenges faced by working family members and friends and the businesses that employ them. Our goal at WFACSA is for every employer in Wisconsin to know about our state’s free Aging and Disability Resource Centers (ADRCs), family caregiver support programs, and other community organizations available to help support their employees.”

Conducted in partnership with UW-Madison Division of Extension, [the Wisconsin Working Caregivers Strategies and Resources for Employers](#) report published by WFACSA provides insight into challenges of recruiting and retaining employees in the current job climate. It also identifies opportunities for businesses to make positive changes simply by tapping resources already available in every Wisconsin community.

Numerous studies, including a [Harvard Business School](#) project called “Managing the Future of Work: The Caring Company,” note that employers can attract and retain more workers by helping staff balance work and family caregiving responsibilities. Employers may not realize that one in four working-age adults provides care or financial assistance to an older family member or loved one with a disability or long-term such as an adult child, spouse, or other loved one. This means that at least one quarter of potential hires and those currently working are balancing home and job responsibilities in addition to traditional child rearing.

“We learned that a few small changes can transform businesses into a place where employees will want to build a long career,” says Harriet Redman, Executive Director of WisconSibs and member of the WFACSA project. “That is why we are excited to share our survey results and open the conversation around the free and low-cost strategies and resources already available to support businesses.”

The survey also found that nearly 3/4 of respondents were not meeting their own personal needs, such as taking care of their own health, and 2/3 had difficulty balancing care for someone at home. Seventy-two percent said they were tired or worn out all the time, while 90 percent said their 2 emotional or physical health had worsened since taking on a caregiving role. (2-page synopsis of survey findings [here](#).)

Approximately 40 million Americans are providing care to an adult family member or friend, and nearly 60% of them (approximately 24 million adults) also work a paying job. Even more workers are providing care for a child with disabilities or special healthcare needs. Not only do employed caregivers experience high levels of stress, but their dual roles also impact their careers and employers.

The UW Division of Extension Employed Caregiver Survey is free and available to any employer interested in surveying their own workforce.

Click the “How To Host a Survey” tab at: <https://fyi.extension.wisc.edu/agingfriendlycommunities/employed-caregiver-survey/>

The mission of the [Wisconsin Family and Caregiver Support Alliance](#) is to raise awareness of family and caregiver support needs and increase the availability of and access to services and supports - both paid and unpaid - which will keep people across the lifespan engaged in their community as long as they desire. For information about the Alliance and to find resources to support families and provide care for a loved one, visit <http://wisconsinfamilycaregiver.org/alliance>

Carrie Linder, CSW
Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

Fluorescent Lamp recycling

Wisconsin's **Focus on Energy** has sponsored a fluorescent lamp (curly type) recycling program. Residential bulbs can be recycled at the following participating local retailers:

Hayward - Ace Hardware and Co-op Hardware
Poplar - Poplar Hardware
Solon Springs - Solon Springs Mercantile

Some 5 million Compact Fluorescent Lamps are being sold in Wisconsin annually. While these bulbs save energy and reduce the emissions from power plants, they also contain mercury and should be recycled. According to the Mercury Product Flow Model developed for DNR, an estimated 263 kilograms (580 lbs) of mercury were released to the environment from fluorescents in 2000 -- and this was before the rapid increase in sales of compact fluorescents. The Council on Recycling has chosen mercury-containing products as one of its priorities for improving management, and, where possible, the elimination of the use of mercury.

Focus on Energy has set up a program to facilitate the take back and recycling of fluorescents at over 250 retailers throughout the state. Their web page has a locator for these businesses www.FocusOnEnergy.com. (Under 'Store Type', choose the listing for 'CFL Recycler'.)

WE STILL HAVE BUTTONS !! "THERE IS A BARNES, WISCONSIN"

Back in the 70's, the Barnes Homemakers Club sold these buttons for fundraisers.

Tom Van Delist came across one of the buttons in his mothers belongings and decided it was time to bring them back.

The buttons were sold to help raise funds to support the new storage building for the Barnes ATV and Snowmobile clubs. Also, for the Barnes Notes and News.

The buttons are \$ 3.00 each or 4/\$10.00
We don't want the remaining buttons to sit....so let me know when you're ready to get some more!!!

**THANK YOU FOR YOUR SUPPORT
IT IS SO GREATLY APPRECIATED**

Eau Claire Lakes Conservation Club

The club welcomes volunteers and other interested individuals.

We hope to see YOU at the next meeting!

**Questions? Please contact:
Fred Kawell at 715-379-1553**

ADRC

Hours of Operation:

8:00 - 4:00

Monday through Friday
Phone: 1-866-663-3607

Visit the ADRC office:

117 E. 5th Street
Washburn, WI 54891

Appointments are not necessary but are helpful.
Website: www.adrc-n-wi.org

Medicare

Vitamin D
Brain Wellness Check
Seasonal Affective Disorder
And more...

Sponsored by: UW Extension

University of Wisconsin
Bayfield County
County Administration Building
117 E. 5th Street
Washburn, WI 54891
Phone: 715-373-6104
Fax: 715-373-6304
Office Hours:
8:00 a.m. - 4:00 p.m.
Monday through Friday

Website:
<http://bayfield.uwex.edu/>

Medication Drop boxes in Bayfield County

Sara Wartman, BSN, RN Director/Health Officer
Bayfield County Health Department

With support from the Security Health Plan grant and other local funding sources, Bayfield County Health Department has installed three medication drop boxes and three sharps containers throughout the county. The medication drop boxes are located at the Bayfield County Sheriff's Department, Bayfield City Hall and the Iron River community Center. You can now dispose of old or expired medications at these locations.

Accepted Items: Prescription medications, control and non-controlled medications; over the counter medications; medication samples; vitamins; medicated ointments or lotions; inhaler.

3 Sharps Boxes are also stationed in the area. Contact Bayfield County for locations.



**THANK YOU FOR
"GOING GREEN"**

Find us at:

**TownOfBarnesWI.gov / Community /
Barnes Notes and News / 2023
Email: barnesnotesandnews@gmail.com**

HELP WANTED - FOR SALE - PET SITTING - HANDYMAN WORK

**PLACE YOUR ADS HERE
WE'LL KEEP THIS PAGE OPEN FOR YOU!!!!**

HOUSEKEEPING

**LAWN
CARE**

HELP WANTED

GARAGE SALE

**OLD BARN WOOD
WANTED**

Email:
barnesnotesandnews@gmail.com

**YARD
WORK**

PETS

Trivia Answer # 3: Gemini and Cancer

SEND ME YOUR INFO

barnesnotesandnews@gmail.com

Give me a call:

Julie (Friermood) Sarkauskas

715-795-2775

Follow us on Facebook

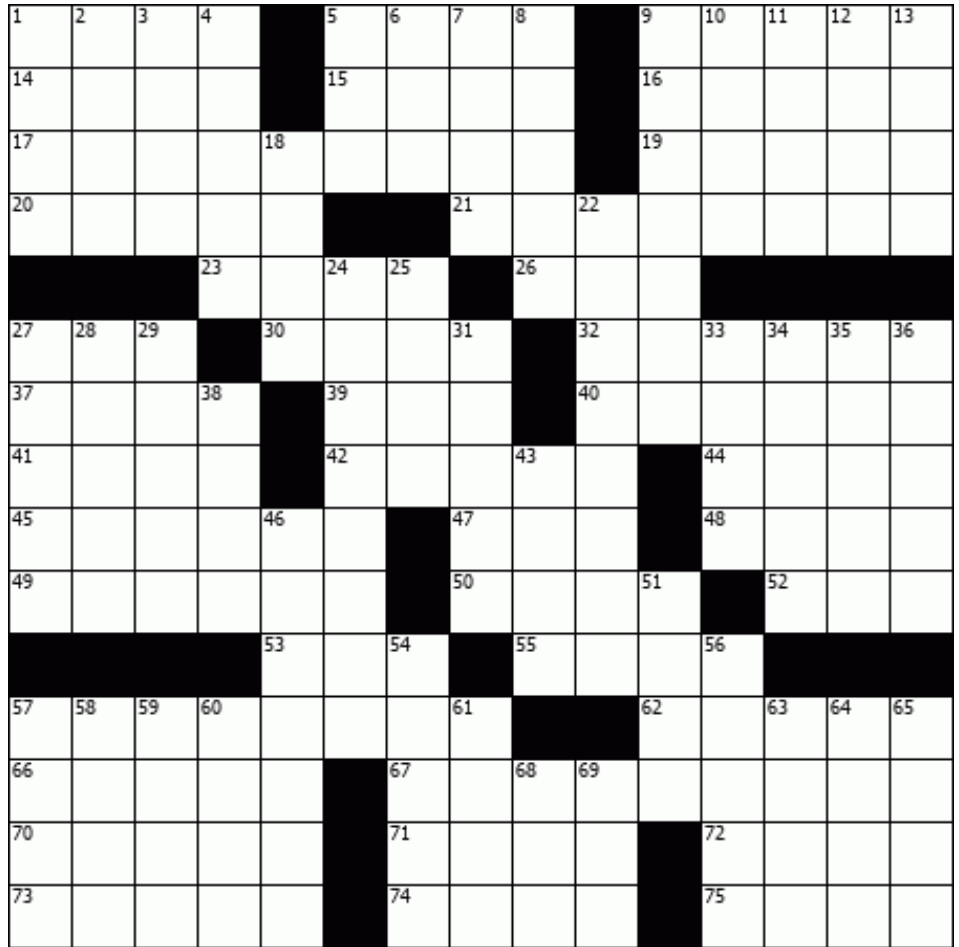
"SUMMER IS FINALLY HERE" IDEAS !!



FUN AND GAMES

Across

1. Skillets
5. Send a letter
9. Monastery head
14. Give off
15. In addition
16. Poem
17. Picking
19. Start of a Dickens title (2 wds.)
20. Shaquille _____
21. Flavorful herb
23. Average skirt
26. Hawaiian wreath
27. Tax mo.
30. Metallic sound
32. Receive willingly
37. As the _____ flies
39. Fighter pilot
40. Sweetie
41. Ceramic piece
42. Biblical food
44. Actor _____ Penn
45. Become visible
47. Buff
48. Teen's woe
49. Sahara, e.g.
50. House additions
52. Tyke
53. Wriggly fish
55. Bawdy
57. Protestant denomination
62. Theater walkway
66. Chef's smock
67. Weather instrument
70. Loop of rope
71. Not closed
72. Transmission part
73. Door sign
74. Renovate
75. Possesses



Down

1. Acapulco coin
2. Prayer ending
3. Cleopatra's river
4. Water vapor
5. Bumped into
6. Muhammad _____
7. Ain't, correctly
8. Lawful
9. Greed

10. Greek letter
11. Boast
12. Norwegian city
13. Young adult
18. Paper holder
22. Legible
24. Twice the radius
25. Peruvian Indian
27. Performed
28. _____ minister
29. Stage parts
31. Kind

33. Roberto's house
34. Upright
35. Musical instrument
36. Principle
38. "The Way We _____"
43. Void's partner
46. More inexperienced
51. Took a dip
54. Toil
56. San _____
57. Rural road
58. "Once _____ a time..."
59. Jogging gait
60. Sprinkler attachment

61. Neck area
63. Brood
64. Slim
65. Miscalculates
68. Primary color
69. Singer Yoko _____

SEARCH FOR TRIVIA ANSWERS BY NUMBER IN THIS ISSUE

JUNE TRIVIA

1. June contains what solstice in the Northern Hemisphere, the day with the most daylight hours?
2. D Day, WWI is celebrated on which day?
3. If you were born in June, then you're one of which two-star signs?
4. JK Rowling's first Harry Potter book "Harry Potter and the Philosopher's Stone" was released in the UK on what day in 1997?
5. Sweden celebrates this day on June 6th, the US celebrates theirs on June 14th and Denmark Celebrates theirs on June 15th?
6. What is normally only found within the Months of May and June in the United States of America?
7. What is the birthstone for June?
8. What day is celebrated on the third Sunday of June?
9. What was patented by Samuel Morse on June 20th, 1840?
10. The Lady and the Tramp movie was released on June 22nd of which year?

FUN AND GAMES

MAY SUDOKU - Easy

7				8		1		
	6		4	7	8	3		
	4		1					7
				2		4		
	3	2		8				
8	1	6						
		5		1	6			
		7			3	2		

MAYSUDOKU - Medium

3			8					2
							1	3
			1					
7					3			1
4		6			9	7		5
8						5		4
5		8	9		4			7
		7			5	3		6
9								

MAY CROSSWORD ANSWERS

P	O	L	O		W	A	V	E		O	P	E	N	S	
A	P	O	P		H	O	E	S		N	O	L	I	E	
S	A	W	T	H	I	N	G	S		S	T	A	K	E	
T	R	E		A	S	E	A		P	E	A	L	E	D	
A	T	R	I	S	K		S	P	O	R	T				
			S	T	E	T		R	E	V	O	L	V	E	
H	A	M	M	E	R	S	H	O	M	E		A	O	K	
A	W	E	S			H	A	W			I	S	L	E	
T	A	R		D	R	I	L	L	M	A	S	T	E	R	
E	Y	E	W	E	A	R		S	E	E	N				
			E	A	R	T	H		A	S	T	E	R	N	
G	I	R	D	L	E		A	S	T	O		R	O	E	
O	F	A	G	E			C	L	A	M	P	D	O	W	N
A	S	T	I	R			A	L	G	A		I	S	E	E
D	O	S	E	S			B	E	A	N		G	E	L	S

REMINDER:

Please have your ads, articles or stories to the paper by the 20th of each month to ensure placement in the next month's issue.

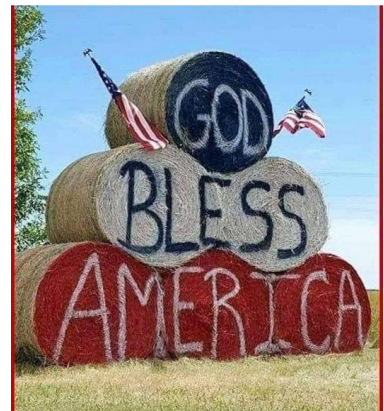
We will try to accommodate items received after the 20th. (please note that we do have certain items that cannot be received until just before issuance and spots are reserved for these monthly entries.)

Email any items you may have to:

Julie (Frierhood) Sarkauskas at:

barnesnotesandnews@gmail.com

or call: 715-795-2775

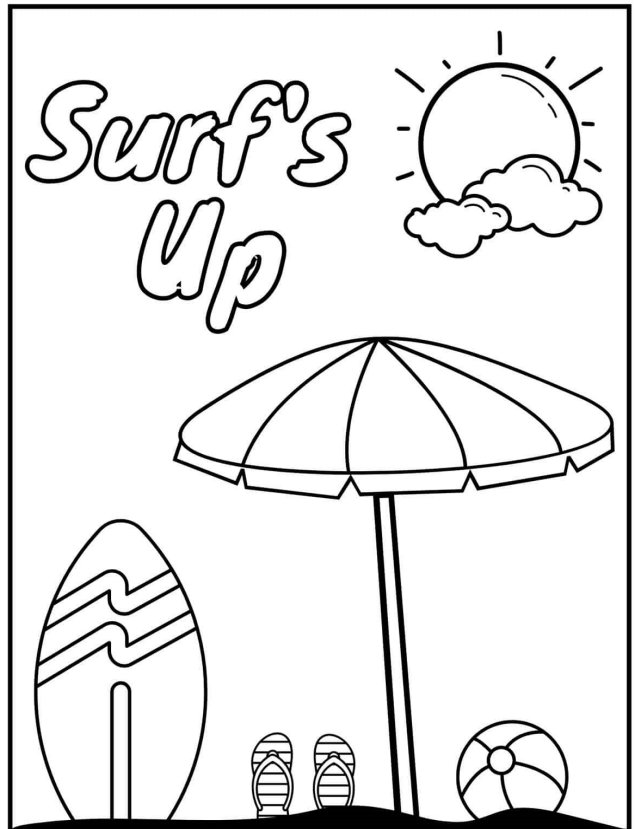


Trivia Answer # 6: June 30





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PLANTING, HARVESTING AND CANNING ARE JUST AROUND THE CORNER

TIPS FOR SUCCESSFUL CANNING:

- Select fruits and vegetables when they are at the peak of their quality and flavor, washing them thoroughly before using.
- Follow the directions for each recipe exactly—don't substitute ingredients or change the processing times. Prepare only one receipt at a time; do not double recipes.
- Substitute a cake cooling rack if you don't have a rack specifically made for canning. Place in the canner before you add the canning jars.
- Use only white vinegar when pickling.
- Use a canning funnel, which has a wide opening and sits on the inside of the mouth of the jar, allowing you to fill the jars cleanly and easily. Wipe the threads and rim of each jar to remove any food that spills.
- Reuse screw bands if they are not warped or rusty. Jar lids are not reusable however, so use a new one for each of your canned creations.
- Accurately measure the head space—the distance between the top of the jar to the food/liquid inside. This is critical because it affects how well the jar seals and preserves its contents. A clear plastic ruler—kept solely for kitchen use, is a big help in determining the correct headspace.
- Refrigerate leftover product if there's a small amount left that won't completely fill another jar. Use it within several days.
- Use non-metallic utensils when removing air bubbles from the jar and measuring head space.
- Store home-canned foods in your cupboard for up to one year.

HOT JARS VS. HOT STERILIZED JARS:

Why do some canning receipts call for hot sterilized jars, while others call simply for hot jars?

If the mixture will be processed in the boiling-water canner for 10 plus minutes, jars just need to be hot.

If it's less than 10 minutes, jars need to be sterilized in boiling water for 10 minutes (or 1 minute more for each 1,000 feet of additional altitude.)

You may ask, why do the jars have to be hot before hand? The liquid/food you're putting in them is boiling hot, thus if the jars are hot (besides the obvious sterilization) you aren't putting hot product into cold jars and taking a chance of them breaking either when the product goes in the jars or when you put them in the water bath.

PAY ATTENTION TO THE PECTIN

Liquid and powdered pectin are made from the natural pectin in apples and citrus fruits. However, they are not interchangeable. Always use the specific type of pectin called for.

-Taste of Home Test Kitchen



Trivia Answer # 4: True.

Ancient Greek and Roman myths allude to the fact that Greeks and Romans celebrated Mother's Day by honoring the goddesses of Mother Earth, fertility, and mother of the Gods.

BEFORE YOU START



Before you start canning, read recipe instructions and gather all equipment and ingredients. Inspect the glass canning jars carefully for any chips, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Discard any imperfect jars.

How do you create change that improves the quality of your life? Choose ONE thing, something simple that you can do everyday, even on those days you are void of all motivation, and do it consistently for 66 days. Some days you might be motivated to do the action more than once so over the course of the week your new action builds momentum.

Here's a fitness example—Do one push up, modified against your counter top or get on the floor, whatever best supports your current position.

Want to go deeper? Connect with me I can help you create the life you desire.

Cheryl Pease

CHERYL'S NUTRITION & HEALTH TIPS

TIPS FROM CHERYL PEASE - CERTIFIED NUTRITIONIST



Certified Nutritionist, Fitness
Trainer & Health Coach

<https://linktr.ee/cherylpease>

**THANK YOU
FOR YOUR SERVICE
PETE & CHERYL PEASE**

WE CAN NEVER REPAY YOU !!



BE STRONG - BE HAPPY - BE GOOD TO YOURSELF

Yoga is for everyBODY. Join us Wednesday evenings 6-7pm
for slow flow vinyasa yoga.
Message me for details

Weight training improves cardiovascular health, mental health,
strengthens bones and connective tissue, improves joint
health and flexibility, lowers body fat, reduces risk of chronic
disease and improves our sense of wellbeing.

Having peace and purpose in my
life is a gift that I am beyond
grateful for.



Cheryl Pease

YOGA CLASS
In-Person or via Zoom

EVERY WEDNESDAY AT 6PM

Message me for details

BARBECUE BUFFALO ZUCCHINI SLIDERS

Cheryl Pease

Ingredients:

- 3.75 oz Buffalo meat
- 3 servings zucchini cut into thick slices
- 1/2 tablespoon G Hughes (or other zero sugar) barbecue sauce
- 1 ounce skim Swiss cheese

Directions:

Cook the zucchini slices first in a pan with a spray of olive oil. Then make small patties, cook those and add cheese during last minute. Top with zero sugar barbecue sauce.



AWAKEN NOW

The only way to learn to fully appreciate the beauty of the world around us is to focus fully on the present moment. To be mentally absorbed in anything but the present is to be centered not in reality but in ideas about reality.

<https://linktr.ee/cherylpease>

CHERYL'S RECIPES

ZUCCHINI TOTS

Cheryl Pease - My friend and health coach shared this recipe

Ingredients:

- 2 cups grated zucchini (can't wait for my garden ones!)
- 1/2 cup sliced green onions
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1/2 cup cheese (low fat)
- 1 teaspoon Fresh garlic
- 1/4 tsp Salt
- 1/4 tsp pepper

Directions:

- Preheat oven to 400°F. Spray a baking sheet with cooking spray.
- Grate the zucchini into a clean dish towel until you have 2 packed cups.
- Wring all of the excess water out of the zucchini, there will be a lot of water.
- In a medium bowl, combine all of the ingredients and season with salt and pepper.
- Spoon 1 tablespoon of mixture in your hands and roll into small ovals.
- Place on the cookie sheet and bake at 400 for 16 to 18 minutes, turning halfway though cooking until golden.

Makes 4 servings

Per serving:

- 3/4 ounce protein
- 1 1/4 vegetable serving
- 2 1/2 condiments



TOMATO CUCUMBER COTTAGE CHEESE SALAD

Cheryl Pease

Cottage cheese is a great summer dish because it's light, cool & healthy!

Ingredients:

- 12 ounces 2% cottage cheese
- 1 cup cherry or mixed small tomatoes, halved
- 1/2 cup cucumbers, striped with a peeler, sliced 1/4 inch thick and quartered
- 1 1/2 ounces avocado, sliced
- 1/2 tsp Everything but the Bagel seasoning

Directions:

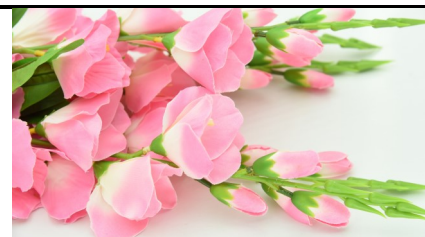
- Place cottage cheese in a large bowl and add tomatoes and cucumbers.
- Top with sliced avocado and then sprinkle with Everything but the Bagel seasoning. Enjoy!
- Yields: 1 Serving



Healthy eating doesn't mean you have to have a for every meal the rest of your life... That's a BIG WIN, isn't it?! A huge part of my program is learning how to create healthy meals for Lifelong Healthy Living.

Today, do one little thing to
take better care of yourself

...then repeat tomorrow



BREAKFAST * BRUNCH * LUNCH * REFRESHER

RHUBARB SAUCE WITH STRAWBERRY JELLO

<http://chocolatewithgrace.com/our-favorite-rhubarb-recipes/>

Prep Time: 10minutes mins

Cook Time: 10minutes mins

Ingredients:

- 8 cups rhubarb diced (see note below on using frozen rhubarb)
- 3 cups water
- 1 cup granulated sugar
- 1 3 oz package of strawberry Jello

Directions:

- Add the rhubarb, water and sugar to a saucepan. Heat over medium heat until boiled.
- Let simmer for 5 minutes or until the rhubarb is tender and broken down.
- Remove from the heat and stir in the package of Strawberry Jello
- Let cool. Store in the refrigerator.



GRILLED PEACHES WITH SPICY CREAM CHEESE TOPPING

Taste of Home

Ingredients:

- 1/2 cup light cream cheese, softened
- 1 Tbsp honey
- 1/4 tsp ground red pepper
- 2 cups thawed frozen fat-free whipped topping
- 6 peaches, halved and pits removed
- 1/4 cup slivered almonds, toasted *
- Fresh mint leaves (optional)

Directions:

- Prepare grill for direct cooking over medium-high heat. Spray grid with nonstick cooking spray
- Gently stir cream cheese in medium bowl until smooth. Whisk in honey and ground red pepper until well blended. Fold in whipped topping. Cover and refrigerate until ready to use.
- Place peaches, cut sides down, on prepared grill. Grill, covered, 2 to 3 minutes. Turn over, grill 2 to 3 minutes or until peaches begin to soften. Remove to plate, let stand to cool slightly.
- Arrange 2 peach halves, cut sides up, on 6 serving plates. Top evenly with spicy cream cheese topping and almonds.
- Garnish with mint.



10 REASONS YOU SHOULD BE DRINKING LEMON WATER EVERY MORNING



1. **Improves** digestion
2. **Boosts** immune system
3. **Reduces** mucus and phlegm
4. **Eliminates** bad breath
5. **Hydrates** your body
6. **Boosts** energy
7. **Reduces** inflammation
8. **Aids** weight loss
9. **Alkalizes** your body
10. **Cleanses** your body



Just burned 2000 calories.

That's the last time I leave brownies in the oven while I take a nap.

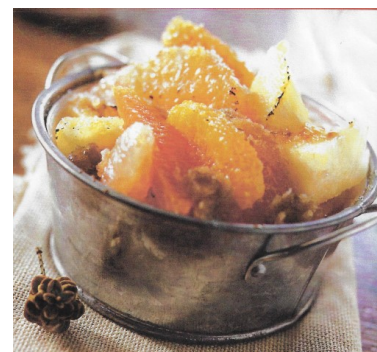
BREAKFAST * BRUNCH * LUNCH * REFRESHER

WARM CITRUS FRUIT WITH BROWN SUGAR

Taste of Home

Ingredients:

- 2 medium red grapefruit, peeled and sectioned, or 1 1/2 cups drained refrigerated grapefruit sections
- 2 medium oranges, peeled and sectioned
- 1 cup fresh pineapple chunks or one 8 ounce can pineapple chunks, drained
- 2 Tbsp rum (optional)
- 1/4 cup packed brown sugar
- 2 Tbsp butter, softened



Directions:

- Preheat broiler.
- In a medium bowl combine grapefruit, orange and pineapple. Transfer to a 1 quart broiler-proof au gratin dish or casserole
- If desired, in a small saucepan heat rum until it almost simmers. Carefully pour over fruit. Stir gently to coat
- In a small bowl stir together brown sugar and butter until well mixed; sprinkle over fruit.
- Broil about 4" from the heat for 5 to 6 minutes or until sugar is bubbly and fruit is warmed

Note: For single servings, use four au gratin dishes and omit the rum.

WATERMELON STRAWBERRY SMOOTHIE

<https://www.marathonsandmotivation.com/watermelon.../>

Ingredients:

- 2 1/2 cups watermelon cubed
- 1 cup strawberries stems and leaves removed
- 1/3 cup orange juice
- fresh mint for garnish, if desired

Directions:

- Prepare the by rinsing first. Then, remove the leaves and stems from the strawberries.
- For the watermelon, cut into slices, then cut off the rind. Remove seeds from watermelon and cut it up into large cubes.
- Put all the ingredients in a blender and blend until smooth.
- Add a cup of ice and blend again until smoothie thickens.
- Pour into your favorite glass, garnish with fresh mint (if desired) and enjoy!



FROZEN BLUEBERRY MARGARITA

Ingredients:

- 5 oz. Silver Tequila
- 2 oz Blueberry Schnapps
- 2 oz. Island Punch Pucker
- 2 oz. Triple Sec
- 4 oz. lime juice
- 1/4 cup frozen blueberries
- 1 cup ice
- salt for the glass
- Lime slices for serving

Instructions:

- In a food blender, blend tequila, frozen blueberries, blueberry liquor, triple sec, Island punch pucker, squeeze of lime and ice.
- Blend on high until smooth.
- Rub the lime slice over the glass rim.
- Dip the rim of the glass into the salt and set to the side.
- Pour liquor mixture into the glasses.
- Garnish with lime.



APPETIZERS - REFRESHMENTS

STUFFED GRAPES

Deb Rowe - Very nice served as appetizers, brunch bites or with wine & cheese

Ingredients:

- 1 large bunch black Thompson grapes or red globe grapes

Filling:

- 1 8oz pkg cream cheese, room temperature
- 1 tsp Garam Masala (see below)
- 2 Tbsp chopped golden raisins
- 2 tsp Crystallized Ginger, chopped or 1/2—1 tsp powdered Ginger
- 1 Tbsp chopped dried apricots

Toothpicks

Directions:

- Wash and slice the grapes in half width-wise and remove any seeds if necessary. In a medium bowl, mix together the filling ingredients with a fork.
- Blot the grapes with a paper towel to help the filling stick and keep your work area dry.
- Pipe or spoon approximately 1/2 teaspoon of the mixture onto the cut side of a grape half.
- Top with the other half, sandwiching the mixture between the two halves.
- Skewer with a toothpick to keep the grapes from falling open.



SIMPLE GUACAMOLE DIP

Ingredients:

- 5 avocados halved, peeled and pitted
- 2 tablespoons lime juice plus more for topping
- ½ teaspoon kosher salt
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 2 Roma tomatoes seeded and diced
- ½ onion chopped (optional)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped and seeded jalapeño pepper
- 1 teaspoon minced garlic

Directions:

- In a large bowl, combine avocado and lime juice and mix until coated.
- Add salt, cumin and cayenne and mash avocado mixture using a potato masher or the back of a spoon.
- Fold in tomatoes, onions, cilantro, jalapeño and garlic.
- Add additional lime juice over the top to help keep guacamole from browning
- Serve with tortilla chips.

Make Ahead: To store guacamole, place it in a bowl and pour a thin layer of lime juice on top of the guacamole. Cover with plastic wrap and push the plastic down to touch the guacamole. This will prevent air pockets and will keep the guacamole from browning. Store in the refrigerator for 3–4 days.



Stuffed Grapes Garam Masala: *a blend of ground spices used extensively in Indian cuisine that you can purchase or mix yourself if you can't find it.*

- Cumin
- Coriander
- Cardamom
- Black pepper
- Cinnamon
- Cloves
- Nutmeg

Mix together and use



FAVORITE RECIPES

VEGGIE QUICHE

Ingredients:

- 1 cup egg beaters
- 1/2 cup low moisture part skim 2# mozzarella cheese
- 1/2 cup tomato chopped
- 1/2 cup broccoli, chopped
- 1/2 zucchini, chopped
- 1 laughing cow cheese wedge, any flavor
- 1 laughing cow cheese wedge, original
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp onion powder

Directions:

- Preheat oven to 375*
- Spray baking dish with Pam cooking spray
- Mix all ingredients together in a bowl
- Pour mixture into prepared pan
- Bake 35 minutes

Makes 1 serving



STUFFED CHICKEN BREASTS

Ingredients:

- 4 (200-gram | 7-ounce) chicken breasts
- Salt and pepper, to season
- 1 teaspoon each of dried oregano and dried basil
- 2 Roma tomatoes, sliced thinly
- 1/4 cup sun dried tomato strips in oil
- 4 mozzarella cheese slices (or cheese of choice)
- 12 basil leaves, divided
- 4 cloves garlic, minced or finely chopped
- 1/3 cup balsamic vinegar
- 2 tablespoons brown sugar

Directions:

- Preheat oven to 180°C | 350°F. Cut a pocket about 3/4 quarter of the way through on the thickest side of each breast, being careful not to cut all the way.
- Season chicken with salt, pepper, and dried herbs. Pour 1 teaspoon of sun dried tomato oil over each breast, rubbing some of the seasoning inside the pockets.
- Fill each with 2 slices fresh tomato, 2 teaspoons sun dried tomato strips, one slice mozzarella cheese and basil leaves.
- Seal with 3-4 toothpicks diagonally to keep the filling inside while cooking.
- Heat 2 teaspoons of sun dried tomato oil (or olive oil) in a skillet or non stick pan over medium-high heat. Add the chicken and fry for 2 minutes on each side until golden.
- While the chicken is cooking, mix together the garlic, balsamic vinegar and brown sugar in a small jug. Pour the mixture into the pan around the chicken; bring to a simmer while stirring occasionally, until the glaze has slightly thickened (about 2-3 minutes).
- Transfer pan to the preheated oven and continue to cook for a further 10-15 minutes, or until the chicken is cooked through and the cheese has melted.
- Remove toothpicks and drizzle with pan juices.



FAVORITE RECIPES

CHEESY ASPARAGUS CASSEROLE

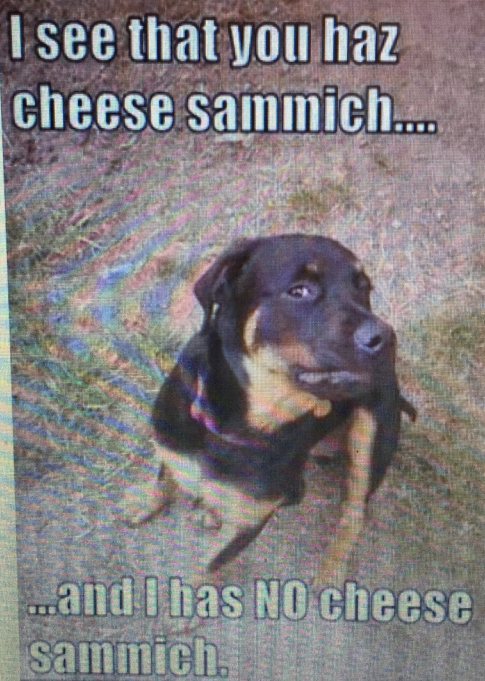
Ingredients:

- 2 bunches of asparagus
- 1 tablespoon butter
- 1/2 ounce soft cream cheese
- 1/2 cup heavy whipping cream
- 1 tablespoon chicken broth
- 1/4 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup grated parmesan cheese
- 1/8 cup Pepper Jack cheese, shredded
- 1/2 teaspoon red pepper flakes
- 1/3 cup cooked and crumbled bacon

Directions:

- Heat the oven to 400 degrees
- Grease a 9 x 13 baking pan
- Wash and trim the asparagus, and place it in the pan
- In a skillet, melt the butter over a medium heat, then add the soft cheese, heavy whipping cream, chicken broth, garlic powder, paprika, Italian seasoning, salt and pepper. Stirring constantly until ingredients are well blended.
- Reduce the heat to medium/low and bring the sauce to a simmer until the heavy whipping cream has reduced and thickened. Keep whisking until it does not stick to the bottom of the pan. It will take a few min for sauce to reduce & thicken.
- Once thick, add the Parmesan cheese and Pepper Jack cheese and continue to stir until the cheese melts and the sauce is smooth.
- Pour the cheese sauce over the asparagus in the middle of the casserole, avoiding the tops of the asparagus.
- Next, sprinkle mozzarella cheese and crushed red pepper flakes over the cheese sauce.
- Bake for 15 minutes.

Note: If you prefer crunchy asparagus, you can reduce the baking time by 2-3 minutes. Remove from oven and add bacon crumbs to the top. Bake for another 3 minutes and Enjoy!



COMING IN JULY ...

YOUR HOROSCOPE

TIME FOR FRESHNESS

EASY PINEAPPLE COLESLAW

<https://noblepig.com/2018/08/easy-pineapple-coleslaw/>

Ingredients:

12 oz (bag) broccoli coleslaw
12 oz finely shredded Napa cabbage
20 oz (can) unsweetened pineapple tidbits, drained, 6 Tbsp. liquid reserved
1/2 cup sliced green onions
1 cup mayonnaise
1 Tbsp seasoned rice vinegar
1 teaspoon coarse ground black pepper
1/2 teaspoon kosher salt



Directions:

- In a large bowl combine broccoli coleslaw, cabbage, pineapple and green onions.
- In a small bowl, whisk together mayonnaise, rice vinegar, reserved pineapple liquid, pepper and salt until smooth.
- Add to broccoli mixture; toss to coat.
- Refrigerate coleslaw for a minimum of four hours or overnight for the best flavor.
- Toss again before serving.

YUMMY SIMPLE SALAD

Cheryl Pease

Ingredients:

1 cup of cucumber, chopped
1/4 cup of bell pepper, chopped
1/4 cup of grape tomatoes, halved
1 Tbsp of onion, sliced
5 kalamata olives, halved
1 Tbsp of Wishbone Greek Vinaigrette
2 Tbsp RF Feta Cheese

Directions:

Mix all together – ENJOY!
Makes 1 serving



CAPRESE SKEWERS

Ingredients

- 24 cherry tomatoes
- 12 mini mozzarella balls
- 24 basil leaves
- Extra-virgin olive oil, for drizzling
- Balsamic reduction, for drizzling
- Sea salt and freshly ground black pepper

Directions:

- Thread the tomatoes, mozzarella, and basil onto mini skewers.



TIME FOR FRESHNESS

BEST EVER SPINACH STRAWBERRY SALAD

<https://www.theslowroasteditalian.com/.../best-ever...>

Ingredients:

- 1 tablespoons butter
- 1 tablespoons packed light brown sugar
- 1/2 cup pecan halves
- pinch salt
- 2 tablespoons granulated sugar, **See Notes**
- 1/4 cup extra virgin olive oil
- 1/4 cup white wine vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 10 ounces fresh baby spinach, rinsed, dried and torn into bite-size pieces
- 1/4 red onion, sliced
- 1 quart fresh strawberries, hulled and quartered
- 1/2 cup fresh blueberries
- 1/2 avocado, pitted, flesh cut into bite-sized pieces
- 2.5 ounces blue cheese crumbles, (half of a 5-ounce package), **See Notes**



Directions:

- Place a silpat mat or a sheet of parchment paper on the counter top to dry the pecans.
- In a small skillet over medium heat melt butter. Add pecans, sugar and salt. Stir until pecans are well coated. Stir with heat-safe silicone spatula until the sugar caramelizes, about 3-5 minutes.
- Spread onto silpat or parchment paper. Separate pecans. Allow to cool.
- Meanwhile, as pecans cool, add dressing ingredients to a large mason jar. Seal with lid and shake until well combined. Set dressing aside.
- In a large serving bowl, combine baby spinach, onions, strawberries and blueberries.
- Pour half of the dressing over salad, and toss to combine. Top with avocado, cheese and candied nuts.
- Refrigerate for 15 minutes before serving for best flavor, or serve immediately.
- Serve with the remaining dressing on the side. Enjoy!

Notes:

- Mozzarella, feta or goat cheese are also amazing on this salad.
- You can eliminate some calories and sugar by subbing plain pecans for the candied ones, and by omitting the sugar from the dressing.
- The dressing may solidify in the refrigerator. It is best to allow dressing to sit on the counter for a bit, then shake well before using.
- Add sliced grilled chicken or another cooked protein of your choice for a fabulous summer meal.

Make Ahead Directions:

- Prep the salad ingredients and dressing. Refrigerate in covered containers for up to 2 days.
- Add dressing to the salad about 15 minutes before serving.

This will help keep the spinach from wilting.



DESSERTS AND TREATS

SCANDANAVIAN ALMOND CAKE

Ingredients:

- 1 1/4 cup sugar
- 1 egg
- 1/2 tsp Almond extract
- 2/3 cup milk
- 1 1/4 cup flour
- 1/2 tsp baking powder
- 1 stick melted butter or margarine

Directions:

- Beat well: Sugar, egg, almond extract and milk
- Add: Flour, baking powder, butter
- Beat well
- Spray an **almond cake pan** * generously with Pam with flour or other baking spray immediately before pouring batter into pan
- Bake at 350* for 40—50 minutes, until edges are golden brown and toothpick inserted into center comes out clean.

You can order an Almond cake pan online at Amazon - prices are very reasonable.



CREAMY KAHLUA RASPBERRY CHEESECAKE PARFAITS

Ingredients:

Cheesecake:

- 1 1/2 cups cream cheese of choice , room temperature
- 1/4 cup low fat Greek yogurt (for LCHF: pure cream)
- 1 tablespoon granulated sweetener (or granulated sugar of choice)
- 1 teaspoon instant coffee dissolved in 1 tablespoon boiling water , cooled to room temperature (optional)
- 2-4 tablespoons Kahlua (depending how strong you like it)
- 1 1/2 cups frozen raspberries

Cream:

- 1 cup whipping cream (or sub with light/low fat whipped cream)
- 1 tablespoon confectioners sweetener/sugar
- 1 tablespoon Kahlua (optional)

Chocolate Sauce:

- 1/4 cup chocolate chips of choice (sugar free or normal)
- 3 tablespoons almond milk (or any milk)

Instructions

- Combine the cream cheese, yogurt and sweetener/sugar in a small bowl and beat until smooth. Stir the cooled pre-brewed coffee through the mix. Add the Kahlua starting with 1 tablespoon at a time until reaching your desired taste (I used 3 tablespoons, but you make like less or more depending on your tastes).
- Divide 1 cup of the raspberries amongst 6 small glasses and place them into the base of each glass; add the 'cheesecake' mixture over the raspberries and place them into the refrigerator to 'set.'
- In a separate bowl, combine the cream and sweetener/sugar together, and beat until small peaks begin to form. Stir the Kahlua through (if adding it in); set aside.
- Melt the chocolate chips in the microwave in 30 second increments, stirring between each break, until fully melted. Add the milk slowly while whisking with a fork until combined and smooth. (Alternatively, place the chocolate chips in a small heatproof bowl over a pan of boiling water on the stove and stir until melted.)
- Remove the parfaits from the fridge; divide the cream amongst the glasses and top with remaining raspberries. Drizzle with chocolate sauce and serve!



DESSERTS AND TREATS

MINI BLUEBERRY CHEESECAKES

<https://noblepig.com/2023/05/mini-blueberry-cheesecakes/>

Prep Time 30 mins Cook Time 20 mins Chilling 1 hr Total Time 1 hr 50 mins

Servings: 12 cheesecakes

INGREDIENTS:

Blueberry Sauce Topping:

- 2 cups fresh or frozen blueberries
- 1/2 cup granulated sugar
- 5 tbsps. peach fruit nectar (or any flavor)
- 1 tbsp. cornstarch (optional)
- 1 tbsp. water (optional)

Cheesecake Crust:

- 9 full sheets of graham crackers
- 2 tbsps. granulated sugar
- 3 tbsps. butter, melted

Garnish:

fresh blueberries / whipped cream (optional)



Cheesecake Filling:

- 2 (8 oz.) packages cream cheese, room temperature
- 1 cup granulated sugar
- 2 large eggs, room temperature
- 1 tbsp. all-purpose flour
- 1 tsp. vanilla extract
- 2 tps. lemon zest
- 3 tbsps. lemon juice

DIRECTIONS:

Blueberry Sauce Topping:

- Combine blueberries, sugar and fruit nectar in a saucepan. Bring to a simmer over medium heat; cook for 10 minutes, stirring often and crushing berries with the back of a large fork. Cook down until it has thickened. Only if the sauce is too thin, make a slurry of cornstarch and water in a separate bowl and pour into the blueberry sauce, letting it cook another couple of minutes to thicken.

Cheesecake Crust:

- Preheat oven to 350
- Line a muffin tin with 12 cupcake liners.
- In a food processor, pulse graham crackers to fine crumbs. Add sugar and melted butter and pulse until fully combined. Divide mixture evenly among muffin tins.
- Press down crusts firmly, using a small glass or the back of a spoon.
- Bake for 10 minutes. Remove from oven and set aside.

Cheesecake Filling:

- In a large mixing bowl beat together cream cheese and sugar until smooth and creamy.
- 2 (8 oz.) packages cream cheese, room temperature, 1 cup granulated sugar
- Mix in eggs, flour, vanilla, lemon zest and juice. Continue beating at low speed, scraping the bowl until fully combined.
- Divide cheesecake filling evenly among muffin cups. Bake mini cheesecakes for 18-22 minutes. (Centers will jiggle a little, but edges should be set.)
- Remove from oven and let cool at room temperature for 30 minutes. Transfer to fridge and chill for at least an hour. (The centers will sink slightly, but blueberry sauce will fill in the depressions.)
- Remove from the refrigerator and divide blueberry sauce evenly onto each mini cheesecake. Garnish with fresh blueberries and whipped cream.



Jim's BAIT

EAU CLAIRE LAKES
BARNES, WISCONSIN

Trivia Answer # 4: June 30

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(1-888-936-7463) / Local: (608) 266-2621
7 days a week - 7:00 a.m. to 10:00 p.m.

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ESTABLISHMENTS FOR CURRENT STATE RULES
& REGULATION PAMPHLETS
CHECK ONLINE at:
dnr.wi.gov or gowild.wi.gov

It's Time To Gear Up For A New Fishing Season!

2023-24 fishing licenses are on sale now and
are valid until March 31, 2024.

Don't wait until the season arrives to buy your
license in a last-minute panic. Instead, give
yourself the leisure of knowing that when the
new season starts, you'll be ready to go.

**Get your fishing license now and enjoy
Wisconsin's waters all year long.**



Your cooperation is greatly appreciated.

Boaters, please remember to
remove all mud & weeds from
your boats. Drain bilge, live well
and motors. Help us prevent the
further spread of invasive
species. If you would like to
further help, consider volunteering
to check boats at a local land-
ing this summer.



Contact Barb Clements
715-495-7134

