# BARNES NOTES AND NEWS

Volume 8, Issue 8

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 (Friermood) Sarkauskas at <a href="mailto:barnesmotesandnews@gmail.com">barnes@gmail.com</a> or call 715-795-2775. Find our link on the NEW Town of Barnes Website:

TownOfBarnesWI.gov / Community / Barnes Notes and News / 2025 / pick the month

Hoping to hear from you all with your stories of old or if you have anything new. Our community has always been, and is full of good, hard working people with stories to tell. Maybe it's not something you or your family experienced but something your friends have told you about. Let's keep the engines running now that we restarted the race. .

It's that time of year again when we have to keep our eyes out for those nasty little ticks. This year, we're experiencing the Powassan Virus which is also transmitted by the "Black Legged Deer Tick" or "Deer Tick" in addition to Lymes. (There is no differentiation between the two). Don't panic, just be extra careful and aware. See details Pgs 3 - 6.





**SEE PAGE 11 FOR DETAILS** 





### In this Issue:

- Calendar of Events
- Senior Meals
- Barnes VFW and Auxiliary
- Barnes Area Historical Association
- Barnes Red Hats
- Barnes Book Club
- Garden Club
- Reminiscing
- Fun & GamesCheryl's Pages
- Recipes
- Advertisements



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

barnesnotesandnews@gmail.com



### REMEMBER:

### 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, <u>MAKE THE SWITCH</u>. 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 (Friermood) Sarkauskas at <a href="mailto:barnesnotesandnews@gmail.com">barnesnotesandnews@gmail.com</a>

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS
LIKE US ON FACEBOOK

ARE YOU A LITTER BUG? OUR ROADS AND TRAILS DO NOT NEED TO LOOK LIKE A DUMP IF YOU HAVE ROOM TO TAKE YOUR TREATS AND BEVERAGES WHEN YOU LEAVE HOME, THEN YOU HAVE ROOM FOR THE GARBAGE FROM THOSE TREATS AND BEVERAGES TO GO HOME WITH YOU.

(THE GARBAGE TAKES UP LESS ROOM)

FOR THOSE THAT GO OUT OF YOUR WAY TO CLEAN UP YOUR MESSES, I FOR ONE CANNOT THANK THEM ENOUGH. MAYBE YOU NEED TO PUT THEM OUT OF A JOB AND STOP THROWING GARBAGE ON THE ROADSIDES.



### 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



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

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

PLEASE KEEP A WEATHERED EYE FOR THE ATV'S AS THE WEATHER GIVETH AND THE WEATHER TAKETH AWAY. STAY THE COURSE, KEEP IT SLOW AND PLEASE BE SAFE.

Someone is waiting for you at home. THANK YOU!

Town Clerk: Kari

clerk@townofbarneswi.gov

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



### BARNES AREA CALENDAR OF EVENTS: AUGUST 2025



Fri. Aug 1: FRIENDS OF THE EAU CLAIR LAKES AREA Board Meeting. 9:00 a.m.—11:30 a.m. Barnes Town Hall. Roger Martin: 641-590-1512 eauclairefriends@gmail.com

**Mon-Frid Aug 4-8: VACATION BIBLE SCHOOL** 9:00 a.m. Barnes Community Church. 715-795-2195 or www.BarnesCommujnity Church.com

Fri. Aug 8: GRAMS FAMILY BAND 6:30 p.m. Barnes Community Church, 715-795-2195 or www.BarnesCommujnity Church.com

Wed. Aug 13: BARNES AREA FOOD SHELF 9:00 a.m. -11:00 a.m. Barnes Community Church

Sat. Aug 16: VFW POST 8329 4TH ANNUAL CAR SHOW Chicken BBQ, Corn on the Cob 12:00 (noon) Music Noon-3:00 p.m. VFW AUXILIARY MEAT RAFFLE (12:00 noon to 3:00 p.m.) all on VFW Grounds. VFW 715-815-7333 or AUX: 715-795-2402

Mon. Aug 18: EAU CLAIRE LAKES CONSERVATION CLUB (ECLCC) Meeting 7:00 p.m., VFW Hall, Fred Kawell: 715-379-1553

Tues. Aug 19: GORDON BARNES GARDEN CLUB Meeting 10:00 a.m. Barnes Town Hall. TBD Judy Wilcox: 7158-795-3247

Tues. Aug 19: REGULAR TOWN BOARD Meeting, 6:30 p.m. Barnes Town Hall 715-795-2782

Thur. Aug 21: BARNES AREA HISTORICAL ASSOCIATION, INC. (BAHA) 6:00 p.m. Zoom Meeting 715-795-3065

**Fri/Sat/Sun Aug 22-24: ANNUAL GORDON MACQUARRIE POLGRIMAGE.** Lakes, roads, and canoe tour. Registration: 11:00 a.m. Friday. Barnes Area Historical Association, Inc. (BAHA) 715-795-2442

Tues. Aug 26: VFW POST 8329 Meeting 6:00 p.m. VFW Hall. John Skandel: 715-815-7333

Tues. Aug 26: VFW POST 8329 AUXILIARY Meeting 6:00 p.m. VFW Hall Tam Larson: 715-795-2402

Fri. & Sat. Aug 29-30: BARNES AREA HISTORICAL ASSOCIATION (BAHA) Closing weekend of the season. Steve Lynch: 425-318-0851

**Sat. Aug 30: VFW POST 8329 TURKEY SHOOT and .22 SHOOT** 12:00 (noon) VFW AUXILIARY MEAT RAFFLE. VFW Hall. Food and Beverages available. VFW: 715-815-7333 or AUX: 715-795-2402

### Continued from Page 1:

Ixodes scapularis is a hard-bodied tick found in much of the eastern half of North America. It is commonly known as the deer tick, owing to its habit of parasitizing the white-tailed deer. It is also sometimes known a the black-legged tick, and as the bear tick in some part of the US.









### Powassan virus disease

# How is Powassan virus disease diagnosed?

If a person suspects Powassan virus disease, they should contact a doctor immediately for diagnosis and treatment. The diagnosis of Powassan virus disease is based on a history of exposure to tick habitat, a physical examination, and laboratory tests to confirm the diagnosis.

# How is Powassan virus disease treated?

There is no specific medicine to treat Powassan virus disease. Patients with severe illness may need supportive care such as hospitalization and respiratory support.

### How can I reduce my risk?

There is currently no human vaccine available for Powassan virus disease. Reducing exposure to ticks is the best defense against tickborne diseases.

### Protect yourself from tick bites:

- Know where ticks live and when they are active.
  - Blacklegged ticks live in wooded or brushy areas.
  - In Wisconsin, blacklegged tick activity is greatest from April – July and September – October.
- Use a safe and effective tick repellent if you spend time in or near areas where ticks live. Follow the product label and reapply as directed.
  - Use DEET-based repellents (up to 30%) on skin or clothing. Do not use DEET on infants under two months of age.
  - Pre-treat clothing and gear with permethrin-based repellents to

- protect against tick bites for at least two weeks without reapplication. Do not apply permethrin to your skin.
- Wear light-colored clothing to help you spot ticks more easily. Wear longsleeved shirts and pants to cover exposed skin.
- Tumble dry clothing and gear on high heat for at least 60 minutes after spending time in areas where ticks live.
- Talk with your veterinarian about safe and effective products you can use to protect your pet.

# Check for ticks at least once a day after spending time in areas where ticks live:

- Inspect your entire body closely with a mirror, especially hard-to-see areas such as the groin and armpits.
- Remove ticks as soon as you find one.
- Use tweezers or your fingers to grasp the tick close to its mouth. Pull the tick outward slowly and gently. Clean the area with soap and water.
- Examine your gear and pets for ticks.

### Manage areas where ticks live:

- Mow lawns and trails frequently.
- Remove leaves and brush.
- Create a barrier of wood chips or rocks between mowed lawns and woods.



www.dhs.wisconsin.gov/tick/powassan-about.htm

Adapted from https://www.health.state.mn.us/diseases/powassan/powassan.pdf

# Powassan virus disease



HEALTH

# What is Powassan virus disease?

Powassan virus is a tickborne flavivirus that is related to some mosquitoborne viruses such as West Nile virus. The virus is named after Powassan, Ontario where it was first discovered in 1958. Two types of Powassan virus have been found in North America and include lineage 1 and lineage 2 Powassan viruses. Physician-diagnosed Powassan virus disease is rare but increasing in Wisconsin and the United States.

# How do people get Powassan virus disease?

People can get Powassan virus disease through the bite of a tick that is infected with the virus. Not all ticks carry these viruses and not all people bitten by a tick will get sick. A tick needs to be attached to a person for a certain length of time before it can cause disease. This time interval for Powassan virus disease, is likely less than 12 hours, and could be as little as 15 minutes. One type of Powassan virus (lineage 2 or "deer tick virus") is carried by the blacklegged tick (deer tick), the same tick that spreads Lyme disease, anaplasmosis, and babesiosis. The blacklegged tick can be found in many wooded areas of Wisconsin. Blacklegged ticks live on the ground in areas that are wooded or have lots of brush. The ticks search for hosts at or near ground level and grab onto a person or animal as they walk by. Ticks do not jump, fly, or fall from trees. In Wisconsin, the months of April through July and September through October are

the greatest risk for being bitten by a blacklegged tick. Risk peaks in June or July every year. Blacklegged ticks are small; adults are about the size of a sesame seed and nymphs (young ticks) are about the size of a poppy seed. Due to their small size, a person may not know they have been bitten by a tick.

Another type of Powassan virus (lineage 1) is carried by a similar tick species that usually feeds on woodchucks and squirrels instead of humans. These ticks have also been found in wooded areas in Wisconsin, but humans rarely come into contact with them.

# What are the symptoms of Powassan virus disease?

Many people infected with Powassan virus have no symptoms or only mild symptoms. Symptoms of Powassan virus disease usually appear within 1-4 weeks of a tick bite. Signs and symptoms may include:

- Fever
- Headache
- Vomiting
- Weakness
- Seizures
- Encephalitis (swelling of the brain)
- Meningitis (swelling of the membranes surrounding the brain and spinal cord)

Patients with severe disease may suffer long-term neurologic symptoms such as headaches and memory problems. Death is possible but rare (approximately 10% of cases with encephalitis).

# POWASSAN VIRUS INFECTION



Powassan virus (POWV) infection is an illness spread to humans in Wisconsin by the *Ixodes scapularis* tick (also known as the black-legged tick or deer tick). POWV is rare but can cause serious illness. In the U.S., there have been around 100 cases over the past 10 years. About half of POWV survivors have permanent symptoms such as chronic headaches, weakening or loss of muscle, and memory problems. Anyone can get POWV, but people who spend more time outdoors are at higher risk of being bitten by an infected tick.



### What causes it?

- POWV is spread to humans through the bite of an infected black-legged tick. Ticks can be found in areas with woods, brush, or tall grass.
- POWV is spread during the spring, summer, and fall by both adult ticks and the young nymph stage of the tick. The risk for POWV is highest in the spring and early summer, when the nymphs are most active. People may not remember being bitten by a tick because the black-legged nymphs are very small, about the size of a poppy seed.

### What are the signs and symptoms?



Many people infected with POWV have no signs or symptoms. When someone does have symptoms, they usually start 1-4 weeks after being bitten by the tick.

### Mild Symptoms

- Fever
- Vomiting
- Headache
- Weakness

### Severe Symptoms

- Swelling of the brain and spinal cord
- Coma
- Seizures
- Confusion
- Memory loss
- Death (in about 10% of cases)

### What are the treatment options?

There is no vaccine POWV. If symptoms are severe, a person may have to go to the hospital for medical attention.

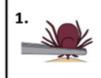


### How can it be prevented?

Follow these steps to reduce your risk of being bitten by a tick:

- When outdoors, wear a long-sleeved shirt, long pants, and high socks with pant cuffs tucked into the socks. Wear light-colored clothing so ticks are easier to see.
- Walk in the center of trails and try not to brush up against shrubs and tall grass.
- Wear insect repellent with 20-30% DEET, or use 0.5% permethrin on clothes. Follow directions on manufacturer's label. Find the right repellent for you on the Environmental Protection Agency's (EPA) website.
- Do tick checks on yourself and others after coming in from outside and quickly remove any ticks.
- Take a shower after coming in from outside to remove insect repellent and any ticks on the body
- Put clothing worn outside in the dryer on high for at least 10 minutes to kill any ticks that may still be on clothes.

### HOW TO REMOVE A TICK:





Use tweezers to remove the tick. Grip the tick by its mouthparts, as close to the skin as possible. Pull straight up. Wash the area with soap and water.

### **BUREAU OF COMMUNICABLE DISEASES**

www.dhs.wisconsin.gov/dph/bcd.htm | DHSDPHBCD@dhs.wi.gov Wisconsin Department of Health Services | Division of Public Health



P-00355 (10/2019)

# BARNES V.F.W. POST 8329

# **AUGUST CAR SHOW - August 17th**



MAKE SURE YOU HAVE THE OCTOBER FISH FRY ON YOUR CALENDAR







**WE CAN NEVER REPAY YOU** 

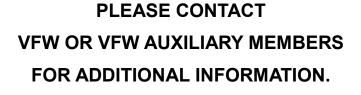






THANK THEM **ALL** 





LET'S "BRING" THEM HOME







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

# BARNES V.F.W. POST 8329



# CABLE AMERICAN LEGION POST 487



# CABLE AMERICAN LEGION POST 487

### **AMERICAN LEGION 487 AUXILIARY**



### Organizers will start accepting donations July 8th

We are NOT accepting:

Exercise equipment, large furniture of any kind, books, clothing, electronics or appliances.

### Sale Dates:

**August 15-16** 

**August 22-23** 

**August 29-30** 

Located in building behind Am Legion post 487

Donations: call Kathy Goff 715-798-4468 Carol Radloff 715-205-5858

Please do not drop off items without first contacting Kathy or Carol

Phone: <u>(715)</u> 798-4487



# CABLE AMERICAN LEGION POST 487

### AMERICAN LEGION POST 487 43495 Trail Inn Rd., Cable, WI 54821 Phone: 715-798-4487



Here's What's Happening at Post 487 in Cable, Wisconsin:

### **Cable American Legion Post 487's Summer Hours:**

Open Tuesday-Wed-Thurs 3: 00-10:00 Friday 3:00-11:00 pm Saturday Noon-11:00 pm Sunday Noon-8pm

### We're open to the public!

- Homemade Pizzas & Hot Beefs Available Anytime (Tuesday-Sunday)
- Taco Thursdays Serving from 4pm-7:30pm
- American Legion Progressive 50/50 Raffle. Tickets can be purchased at Post 487 starting at 5pm with the drawing at 7:00pm. Come see what it's all about.
- Every Tuesday "Chaplin's Corner" 4:00-6:00 p.m. with Rev. Louis Holly



# CABLE AMERICAN LEGION POST 487

### "LEGION TRIANGLE" Veterans Memorial Dedication Ceremony

The Dedication Ceremony held on Saturday, July 19th for American Legion Stokes-Liebman Post 487's "Legion Triangle" Veterans Memorial was a great success.

Following the dedication, Post 487 continued the celebration at the American Legion Stokes-Liebman Post 487 for food and beverages following the dedication.



GOD BLESS our soldiers, our fallen, our heros

WE CANNOT THANK THEM ENOUGH OR EVER REPAY THEM FOR THEIR SACRIFICES...

THEIR COMPLETE AND ULTIMATE SACRIFICES. NEVER FORGET

WE WILL FOREVER OWE THEM ALL and WE NEED TO THANK THEM EVERY DAY.

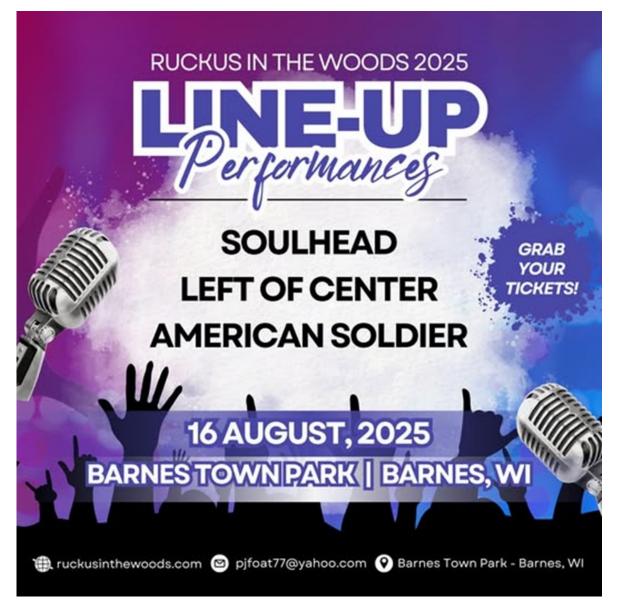
- Julie (Friermood) Sarkauskas

We'll have some updates and pictures in the September issue—but please be sure to stop by the Triangle if you couldn't make the dedication.

Wonderful boards with a lot of information and history.



## OUR COMMUNITY



Save the date for Ruckus in the Woods 2025 for a weekend of live music, good times, and unforgettable memories under the stars

Grab your tickets here: <a href="https://www.showclix.com/tickets/ruckus2025">https://www.showclix.com/tickets/ruckus2025</a>
Sorry, not a direct link

### Music Lineup:

4:15–5:30 PM: Soulhead – Back by popular demand!

6:00–7:30 PM: Left of Center – Toby Keith's original Vegas house band. All the greatest hits from Rock, Country, and Pop, Journey to Michael Jackson.

8:00-9:30 PM: American Soldier a tribute to Toby Keith

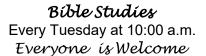


### BARNES COMMUNITY CHURCH

**Pastor Jon Hartman** 

WORSHIP HOURS 10:00 a.m. Sunday

BLESSED ARE WE AND OUR NEIGHBORS



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

### REMEMBER. IF YOU HAVE MORE THAN YOU NEED, BUILD A LONGER TABLE, NOT A HIGHER FENCE.





Last fall the Mission Committee of the Barnes Community Church began a new local outreach program in the Barnes community. The Ramp Lending Program is designed to provide the use of an accessibility ramp to individuals who have a temporary need for a ramp. Temporary is considered to be 5 months or less with a possible extension. The program will provide borrower's time to determine a permanent solution to their situation (healing, building a permanent ramp, relocation, etc.). In addition to the BCC congregation, the program is available to residents of Barnes and those within five miles of Barnes.

Like giant Legos, the aluminum sections are modular and can be fitted to different configurations. Helping to navigate one or many steps, they are equipped with two sets of handrails and have a carrying capacity of 1,000 pounds. Potential sites will be evaluated on feasibility. No fee is charged for participation, and BCC members will assemble the ramp. A signed waiver is required.

Ramps have been installed on two sites where residents were recovering from surgery.

For information and an application form, contact the Barnes Community Church at: 715-795-2195

### **BARNES COMMUNITY CHURCH FOOD PANTRY**

The Barnes Food Pantry is open the 2<sup>nd</sup> 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)

# BARNES COMMUNITY CHURCH

# The Garms Family



### Isaiah 41:10:

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

# Friday, August 8 6:30 – 8:00 PM FREE ADMISSION Barnes Community Church 3200 Highway N, Barnes, Wisconsin



The Lords Prayer

Our Father who art in Heaven hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in Heaven.
Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us.
Lead us not into temptation but deliver us from evil.
For thine is the kingdom, the power and the glory, for ever and ever.

Amen



# VACATION BIBLE SCHOOL



August 4th-8th, 9:00 Am-Noon

Barnes Community Church

Welcoming kids ages 4 through 18

# BARNES AREA HISTORICAL ASSOCIATION (BAHA)

### THE BARNES MUSEUM

OPEN MEMORIAL WEEKEND THRU LABOR DAY

Closed for Season - call for appointment

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**

- Summerfest / Raffle
- Winterfest and Big Cash Raffle
- ODHA
- Gordon MacQuarrie Pilgrimage Tour

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

# BAHA MUSEUM GIFT SHOP CALL FOR APPOINTMENT

# GIFT SHOP COORDINATOR: Sally Pease

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!





### BARNES AREA HISTORICAL ASSOCIATION NEWS

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!



#### FLOWER AND LIL' STINKER ARE BACK!!

By: Sally Pease

My dad, Dave Pease, was walking one evening in late February/early March between Pease Resort and his house.

When he saw an animal come up over the snowbank and start walking down the road towards him. He at first thought it was our cat, only to find out it was skunk. He stayed calm and talked to it and it just looked at him then went on its way.

A few months later he was to have hip surgery, when my nephew decided grandpa Dave needed a stuffed toy as hugging them makes you feel better when you are sick.

He sent my Dad "Flower the Skunk", named after the skunk in the Bambi movie.

In memory of my Dad who was a docent at the museum. We post pictures on Facebook of the exhibit Flower & Lil Stinker are interest in.

Also, it encourages people to stop at museum to find where they might be hiding.

We'll have Flower & LIL' Stinkers next adventure coming this fall



### 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

at: <u>brettFriermood@TownOfBarnesWI.gov</u>

### 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



## LOCAL ESTABLISHMENTS



### **HOURS:**

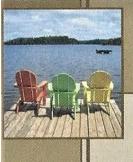
7:00 a.m. to 2:00 p.m. Wed—Sunday Closed Mondays & Tuesdays

WE HAVE A NEW MENU INCLUDING KIELBASA SKILLETS AND OMELETS



CHECK OUT OUR
HOMEMADE SOUPS & CHILI

Find us on Facebook: The Koffee Kup



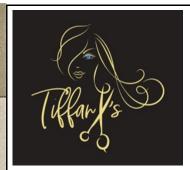
### **Deer Grove Resort**

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





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 CLOSED Saturday and Sunday

# 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



Monday & Tuesday: 3pm-10pm Wednesday—Sunday: 11a.m to Close

**TRY OUR SOUPS** 

6935 County Hwy N, Barnes, WI 54873 715-795-2000

**CHECK OUT OUR CLOTHING** 

### WHAT'S UP



# BARNES BOOK CLUB

### **AUGUST BOOK:**

# DRIVING OVER LEMONS By: Chris Stewart

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 sessions, 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.

### **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
My Heritage.com
FamilySearch.org
GenealogyBank.com



TRUST ME
IT'S WORTH IT!



TRAVELING THROUGH THE GENEALOGY WORLD

### OUR COMMUNITY

# FRIENDS OF TOMAHAWK LAKE PARK

### Please contact:

tomahawklakepark@gmail.com

for future events and information

### 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

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

The Town of Barnes will be hosting information and training sessions on Friday April 25, 2025, from 9:00 AM to 12:00 PM at the Barnes Town Hall, 3360 County Hwy N, Barnes WI.

Andy Teal, Bayfield County AIS Coordinator will focus on Clean Boats Clean Waters training, along with Aquatic Invasive Species and other plant identification.

The Clean Boats Clean Waters program educates watercraft users and the public about aquatic invasive species and tools to prevent the spread of invasive plants.

There will also be a session on the Stop Spiny Campaign. Spiny Water Fleas disrupt the food web and may lead to a drop in walleye population.

### Please come and see what it is all about!

# 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 RED HAT

Our next gathering is on August
The Buckhorn in Gordon
12:00 Noon

If you need a ride, please meet at the Town Hall by 11:15

## OBITUARIES: Remembering Loved Ones Lost



### ROGER EDWARD FRANK February 24, 1948 to July 20, 2025



Roger Edward Frank, age 77, passed away peacefully with his wife at his side on Sunday, July 20, 2025 at his residence in Barnes, WI. He was born on February 24, 1948 in Montebello, CA, the son of William and Virginia (Johnson) Frank. He was united in marriage to the love of his life, Linda Louise Stanwick, on September 18, 1971 in Eau Claire, WI.

Roger proudly served his country during the Vietnam War in the United States Navy. He was attached to the US Navy S.T.A.B.S. (Strike Assault Boat Squadron) operating in the Mekong River and Grand Canal areas of South Vietnam.

He later served with the Army National Guard in Chippewa Falls, WI. For seventeen years he was a trouble-shooting engineer for Cray Research in Chippewa Falls, WI. Roger had many passions; you could usually find him in his shop working on anything from electronics, HVAC, woodworking or welding.

He is survived by his beloved wife, Linda of Barnes, WI; his sisters, Kathie (David) Ambers, Jeanne (Elliot) Erickson-Schlimme, Chris (John) Weigeil and Judy Wold; his brothers, James Frank, Joseph Frank, William "Mike" (Mickey) Frank and Steven Frank; nieces and nephews, and many other family and friends. A special thank you to David Schiess and Linda Wekkin for their friendship and help.

In addition to his parents, Roger is preceded in death by his sisters, Paula Frank and Ann Przyblylski, and his brothers, Patrick Frank and John Frank.

A memorial gathering will take place from 1:00 P.M. until 5:00 P.M. on Thursday, August 7, 2025 at the Barnes VFW Post 8329, 52325 Lake Road in Barnes, where military honors will be presented at 2:00 P.M. Interment will be private.

To send flowers to the family or plant a tree in memory of Roger Edward Frank, please visit our floral store.

### **MEMORIAL GATHERING**

Thursday, August 7, 2025 - 1:00 PM to 5:00 PM Barnes VFW - 52325 Lake Road - Barnes, WI 54873

THANK YOU FOR YOUR SERVICE. WE AN NEVER THANK YOU ENOUGH OR REPAY YOU IN ANYWAY FOR OUR FREEDOMS AND YOUR SACRIFICES SO WE CAN BENEFIT FROM THEM



"What we once enjoyed and deeply loved we can never lose, For all that we love deeply becomes a part of us."

> -Helen Keller (1880-1968)



.....THAT'S WHEN I CARRIED YOU

## OBITUARIES: Remembering Loved Ones Lost



# STERLING J. STANDIFORD September 16, 1938 to February 11, 2025

Sterling J. Standiford passed away on February 11th, 2025 at the age of 86 in Eau Claire, WI. Born on September 16, 1938 in rural Hillsboro, WI to Barnett (Barney) Standiford and Leona (Gerving) Standiford as the youngest of two children. Raised on the farm and moved to Tomah, Sterling enlisted in the United States Marine Corps. After discharge, Sterling returned to Tomah where he married Kay Clay.

In the 1960's a Tomah company was hired to survey a new project in Barnes called Potawatomi and sent up Duke Marten to measure out the lots and roads. measuring out lots

Intrigued by the beauty and solidarity of the area, he convinced his hunting buddies, Dick Dana, Pat Levoir and Sterling, to make the long drive up for the 1967 deer hunting season. They stayed in an unfinished A-frame in Potawatomi. That next summer the friends purchased a few acres from Floyd Wilkenson and purchased a late model camper that was used as a roadside egg sales stand. They worked on cleaning up the trailer in Pat's front lawn and hauled it up with a borrowed truck. The Tomah Gang had a home

Sterling started with the Tomah Police Department and within a short time took the entrance exam for the Wisconsin State Patrol entered the 11th recruit class. By the 1970's he was an instructor at the State Patrol Academy at Fort McCoy. Sterling and Kay moved to Eau Claire in the early 1980's when Sterling was promoted to Captain of the Northwest District. While in Eau Claire, Sterling became a Mason and served as Master of the Lodge and Commander in Chief of the Scottish Rite Valley of Eau Claire. Sterling became a 33rd degree in 2002.

After retirement from the State Patrol, Sterling continued his public service at Chippewa ValleyTechnical College in law enforcement education. Sterling was the last original member of the Tomah Gang.

He is survived by his sons Daniel Standiford and his joy Robin Martelli of Hugo, MN; Jon Standiford and wife Jocelyn Standiford of Eau Claire; his grandchildren Allix Hayden (Brandon), Jared Standiford and Megan Standiford all of Eau Claire.

He was preceded in death by his parents, sister, and loving wife and mother Kay (Clay) Standiford.

A Celebration of Life will be held September 20th at the Barnes Trading Post from 1:00-4:00.



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:

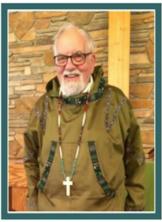
Julie (Friermood) Sarkauskas at: barnesnotesandnews@gmail.com

### OBITUARIES: Remembering Loved Ones Lost

### In Memory of LeMoyne Boleman

Pastor LeMoyne (Lee) Charles Boleman, 89, left his earthly life on January 31, 2025, at The Homestead Care Center of Anoka, MN. He was surrounded by family, prayer, songs, stories, laughter, tears and love.

Lee was born on August 31, 1935, in Grand Rapids, MN, to LeMoyne and Lucille Boleman. He grew up on a farm on the St. Croix River, outside of Taylors Falls, MN. Later his family moved to another farm, a few miles away, in Shafer, where Lee helped build the barn. He graduated from Taylors Falls High School in 1953, where he made the first regulation basket in the new gym. He often reminisced about childhood days swimming, fishing, operating a corn stand and "milking cows twice a day by hand". When he started college, his dad bought a milking machine.



He attended the University of Minnesota – St. Paul campus and then joined the US Army. Thanks to getting the measles, along with several fellow soldiers, he missed graduation and orders to Missouri, and happily took another soldier's orders to be based in Germany. There he met the love of his life, Erika (Ricky) Waack at a Youth for Christ meeting on base. They were married on June 1, 1957, and began their 67-year journey together.

Back in the United States, Lee attended Augsburg College and Seminary in Minneapolis and then Augustana Seminary in Rock Island, IL, where he received his Master of Sacred Theology degree. He did his internship at Emmanuel Lutheran in Manchester, CT. Once ordained, he served at Peace Lutheran in Poplar, WI; Trinity Lutheran in Lake Nebagamon, WI; Peace Lutheran in Belmont, WI; Bethany Lutheran in Republic, MI; United Lutheran in Gilbert, MN; Stockholm Lutheran in Stockholm, MN and, again, at Trinity Lutheran in Lake Nebagamon, WI. During his "retirement" he also served several congregations in Alaska, including Fairbanks, Shishmaref, Palmer, Anchorage and Unalakleet. His wife, Ricky, was a partner in these ministries, as was his well-loved puppet Tex, who was renamed Al by children in Alaska. Another puppet, Ricky's Auktweena, joined the team, making them quite a hit during children's sermons!

Lee and Ricky loved traveling and the many friends they made along the way. Lee and Ricky visited 20 foreign countries and all fifty states, their last one being Delaware which, ironically, is nicknamed "The First State". Whether it was a north woods "short cut", or one of their many trips overseas, their favorite place was always their "cabin" on Pickerel Lake at Barnes, Wisconsin. Lee and Ricky built and designed every aspect of this one-of-akind retreat. When Lee wasn't doing carpenter work, he could be found doing yard work and life guarding his children and grandchildren as they completed their coming-of-age swim across the lake. Lee loved reading, carpentry and "any kind of cake as long as it was chocolate!" The Vikings, Twins and Gophers lost a loyal fan, and Dairy Queen lost a loyal customer.

Throughout their marriage, Lee and Ricky prayed every night for every family member by individual name. Lee was also proud to perform the weddings of all his children and grandchildren and baptized all his grandchildren and almost all of his great grandchildren! Lee was always kind and put others ahead of himself.

Lee will be missed deeply by his wife Erika (Ricky) Boleman, and his four children, Kerstine (Tom) Niebler, Annette (Jim) Bocchi, Erik (Elly) Boleman, and Jeffrey Boleman. He is also survived by grandchildren Dan (Ashley) Bocchi, Andrew (Amanda) Bocchi, Erika (Scott) McLain, Dana (Kyle) Vossen, Shawn (Whitney) Niebler, Adam Boleman, Bradley Boleman, Hunter Boleman, and Great Grandchildren Chase Bocchi; Oliver, Ezra and Aristotle Bocchi; Clara and Kersti McLain; Jordan and Bennett Boleman, Maci Fitzgerald; Jax and Asher Vossen; and twins Eluise and Oslo Niebler. Lee is also survived by sisters Norma Strand and Wilma Kennedy, brother Roger (Joan) Boleman, brother in-law Lloyd McIntire and many other relatives throughout the US and around the world. Lee was preceded in death by his parents LeMoyne and Lucille Boleman, Sister Carol McIntire and brother in-laws Clifford Saari and Fred Kennedy.

A Celebration of Life will be held Friday, May 2, 2025, at 2:00 p.m., at First Evangelical Lutheran Church, 561 Chestnut Street, Taylors Falls, MN. There will be a visitation an hour before the service. All are invited to attend a dessert reception following the service.

"Well done, good and faithful servant." Matthew 25:23

### **OUR COMMUNITY**



### Gordon-Barnes Garden Club

Twenty-one garden club members plus one husband and one grandson arrived at Sara Balbin's Dragonfly Studio and Art Gallery July 14 th for a tour and a fascinating demonstration of Sara's metal artwork.

Sara is not only a fine artist, but she is involved in serving the community with her art. She teaches classes in metal crafting to handicapped students, and she and her husband host tours of her studio and property where metal sculptures are blooming everywhere in her sculpture garden.

After getting to see several sculptures and touring the gallery, Sara gave a demonstration of her work and then invited garden club member, Cindy Hollis, to try her hand at making something. Both Sara and her husband, Gary, made everyone feel very welcome.

If anyone is interested in visiting the gallery, it is on Picture Lake in rural Drummond.

Our garden club will be doing more touring on August 19 th in the Cable area, so if you're interested in joining us, check the Town of Barnes website for a contact number.







Follow us on Facebook: gordonbarnesgardenclub@facebook.com

For more information please contact:

Bonnie Dealing at: bonniedealing@gmail.com

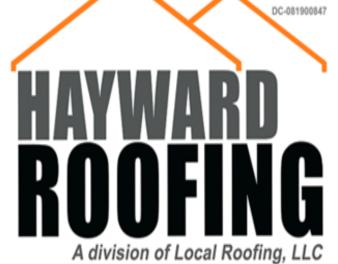
### **UFO CRAFTERS**

Sorry folks, we don't have any updates for our great crafters...

Always ready and waiting for information.

715-558-2017

Call today for a new roof!







Licensed. Insured. Awesome. We also appreciate referrals!



### OUR COMMUNITY







Tuesday, September 2, 2025 at 2 PM

### **OPEN HOUSE**

52440 Eastern Ave POBox 40, Drummond, WI, United States, Wisconsin 54832

Join us for our Open House on September 2nd 2:00 PM to 6:00 PM
Enjoy a picnic-style dinner 4:00 PM to 6:00 PM
generously provided by the
Drummond Area School District Board Education.

Come meet your teachers, tour the school, and kick off the year together!

ARE YOU READY FOR BACK TO SCHOOL?

Supplies?
New Clothes?
Sports stuff?
Shoes?

### OUR COMMUNITY



### **AUGUST BIRTHDAYS**

Marcia O'Brien 8/1
Cass Krob 8/5
Butch Sarkauskas 8/8
Julie (Horn) Friermood 8/8
Gaylon Heise 8/10
Danielle Boswell 8/12
Diane Rupnow 8/16
Penny Gustafson Pierce 8/24
Theresa Kietzman 8/25
Bernice Haskins 8/26
Alyssa (Manthey) Friermood 8/29

### **SEPTEMBER BIRTHDAYS**

Tom Van Delist 9/2
Paula (Pease) Greenspan
Diane (Ritter) Dawson
Tammy Friermood (Bill) 9/16
Chuck Jerome 9/17
Del Jerome 9/27

### Del Jerome - Salt of the Earth



Happy Birthday
Happy Anniversary
and
Congratulations
to everyone we missed

HAPPY 44th ANNIVERSARY

Gary & Julie Friermood





HAPPY 39th ANNIVERSARY
Rob & Kelly Lynch

# HAPPY 40th ANNIVERSARY Mike & Mary Cleary



### STAY TUNED FOR OUR NEXT REMINSCING

# WE'RE WORKING ON OUR NEXT REMINISCING STORY BUT NEED YOURS!



JULY CROSSWORD ANSWERS														
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### 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 (Northwoods Tap, 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

Georgia's (Skoglunds)

Lyndale Bay Resort

**Tall Pines Bar and Grocery** 

Traut's Resort

Frontier Supper Club

Cheesie's Lakeview Resort





**Nadia and Elliott Hough** 

WE HAVE A LOT GOING ON CHECK US OUT ON FACEBOOK Wilderness Inn
Come stay with us!!!

Family owned & operated for over 40 years

### Wilderness Inn

8 Units Available
Wine - Dine - Recline

Trails..ARE..Open

Join us for Breakfast Lunch Dinner & Drinks

- 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



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



### CLOSED IN FEBRUARY

### 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

FREE ESTIMATES
BONDED & INSURED

# SAVING SPACE FOR **YOU**



HONOR ALL VETERANS

# Town of Barnes Aquatic Invasive Species Projects

Aquatic Invasive Species (AIS) Projects for 2024 are underway. The projects are planned and managed by volunteers on the AIS Committee, the Clean Boats Clean Waters (CBCW) Coordinator, BAISS and Diver Coordinators, and Social Media Coordinator.

The BAISS boat is the town-owned diver-assisted-suction-harvester (DASH) used on the Eau Claire Chain of Lakes to harvest plants known to be invasive species such as curly-leaf Pondweed and Eurasian watermilfoil.

The work for 2024 has been completed on the Headwaters of the Eau Claire Chain: Sweet, Shunenberg and Smith Lakes. There were 48 bags of curly-leaf Pondweed harvested though the efforts of certified divers and volunteer deckhands.

**Upper Eau Claire Lake** currently holds the "honor" of being the heaviest laden with invasive weeds such as curly-leaf Pondweed. It is critical to get these invasive weeds under control and/or eradicated as much as possible. New beds of CLP have been discovered this year. The BAISS pontoon boat is already stationed on Upper Eau Claire and will remain there until June 27<sup>th</sup>. Divers are working Monday to Thursday to harvest as much as possible.

**Lower Eau Claire Lake** has smaller beds of curly-leaf Pondweed but it is essential to keep it from spreading to the river leading to Gordon and beyond. The divers will begin harvesting here on July 1<sup>st</sup>. **Middle Eau Claire Lake** harvesting will begin July 15<sup>th</sup>. Curly-leaf Pondweed beds are abundant in bays near the public boat ramp, with smaller beds found intermittently in the lake.

### The divers cannot dive without at least one volunteer on the pontoon.

Could you please find time to donate at least one 4-hour shift this summer?

### What does a BAISS pontoon volunteer do?

When divers harvest the weeds, they insert them into a vacuum tube that shoots the weeds back up into the pontoon.

Weeds land into a screened rectangle in which the volunteer simply scoops them out, tries to get water out of them, and then inserts them into a garbage bag hung next to the screen.

When a garbage bag gets full, the volunteer changes out the bag.

After returning to the dock the volunteer helps to carry the bags to the property owners' designated roadside spot for pick up by another volunteer.

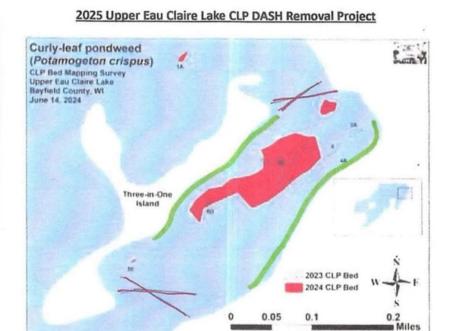
To learn more about the Barnes Aquatic Invasive Species please visit the Town of Barnes website and click on Committees/Aquatic Invasive Species. https://Townofbarneswi.gov

Click on Committees/Aquatic Invasive Species/Volunteer to register as a Volunteer to be kept informed of AIS Projects and to find the BAISS Schedule for 2024.

You can also email AIS Coordinators at townofbarnesais@gmail.com.

### Jim's Bait of Barnes, Wisconsin

So many times we hear people say, "I've been coming here since I was a kid and can't wait to share the area with my kids". For that to happen, our lakes and woods need your help. We have local volunteers who spend their summers trying to keep our lakes healthy. Please respect their efforts and do your part by cooperating with our boat landing monitors and by steering clear of known areas of invasive weeds. (And, if you'd really like to help out, we're always looking for volunteers!)



### Figure 1: Upper Eau Claire Lake Curly-leaf Pondweed Beds – East of Three-in-One Island

- Please avoid boating on the East side of Upper's "Three in One" Island, to help prevent the spread of invasive Curly Leaf Pondweed.
- The CLP infestation is found throughout the center of the bay. (See map)
- Boats that need to access properties on the East side of the Island should drive at "Slow- No Wake" within 75 feet of the shore or the island to avoid the CLP.
- Thank you for your help controlling the CLP! ~The Town of Barnes, BAISS Divers and Volunteers.



## 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 Time to start planning for ice burned paws and weather that is too cold for them to stay outside. Also, even this time of year you should.....

### **NEVER**

- Leave your dog unattended in direct sunlight or in a closed vehicle
- Leave your dog unattended in a hot/cold, parked car

### **ALWAYS**

- make sure your dog has access to fresh cool water.
- All dogs should have proper identification at all times.
   (Tags: name, address, phone number, rabies shots, etc.)
- It's best to have your dog chipped—IT'S WORTH IT



OUR DEEPEST SYMPATHIES TO THOSE WHO HAVE LOST THEIR BELOVED PET.



PAY ATTENTION TO YOUR BABIES NEEDS - Colder weather is upon us and like when it's hot, the cold can do some damage to your puppies paws when walking on the ice and snow.

Leaving animals outside is nice during mild weather, but PLEASE, do not leave them out in the cold. If you feel you don't have a choice.....

YOU DO! FIND ONE



### 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





















THE OLDER ONES, THE FRAIL ONES.

THEY HAVE NOT GIVEN UP.

THEY JUST NEED YOU.

AND MAYBE YOU JUST NEED THEM TOO.



### **ANCHOR YOUR BOATS HERE**

## BARNESTORMERS

Barnes WI Snowmobile Club We would love to have you!!!!

Check us out on Facebook

# 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



### Lake Country ATV Club - New Building / Location

We are sending out a post on where the club is at regarding the construction of the new storage building. We have purchased 2.7 acres of land from the Town of Barnes in the Industrial Park and had JG Excavation of Barnes, WI do the site prep.

We have put a down payment down on a 30 x 64 pole building from Northland Builders from Superior, WI. We submitted the building permit this week and are planning on starting to build this spring. We are still talking with the concrete contractors and the electric company. We will keep you posted when everything comes together.

### **THANK YOU**

for supporting the Lake Country ATV Club



# LAKE COUNTRY ATV CLUB

3025 East Shore Road Barnes, WI 54873



Dues:

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

Kelly Webb, President Vice President: Jeff Johnson Treasurer: Bill Webb Secretary: ITS 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 Pat & Kara Foat - Owners Jct. County Y & Lake Road Barnes, WI 54873 715-795-2561

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

# P.J.'S

# CABIN STORE

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

### TRAIL PASSES AVAILABLE

WELCOME HUNTERS & FISHERMEN



### **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 waxies—nice assortment of tackle.

# **BUYING OR SELLING?**



Elliott Hough Cell: 715-979-1267

Office: 715-634-6237

AN<sub>R</sub>

**Area North Realty** 

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Your Trusted Barnes And Surrounding Area Realtor

## TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER Summer Hours: 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

Transfer Site passes are 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. Credit/debit cards only.

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

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

### **RECYLCLING MYTHS AND FACTS:**

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

Mvth: Any plastic can be recycled

Fact: Only plastic bottles, jars, jubs, 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/

USPSshipping 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.

<u>All</u> 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

landfill and fines will be

### **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

Washburn, WI 54891 Phone: 715-373-3350



### DRUMMOND FIRE DEPARTMENT AND RESCUE



Pending new picture

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 (wisconsincaregiver.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 <u>Harvard Business</u> 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 <u>Wisconsin Family and Caregiver Support Alliance</u> 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 <a href="http://wisconsincaregiver.org/alliance">http://wisconsincaregiver.org/alliance</a>

Carrie Linder, CSW Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov



# **Join Us**

# Alzheimers and Dementia Caregiver Support Group



### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions
- · Talk through issues and ways of coping.
- · Share feelings, needs and concerns.
- · Learn about community resources.

This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



Designed for anyone who is caring for someone who has Alzheimer's or related dementia.



Last Thursday of Each Month 1:00-2:30pm

Washburn Public Library

307 Washington Avenue Washburn, WI

Contact the ADRC of the North at 1-866-663-3607 and ask to speak to the Bayfield County Dementia Care Specialist with any questions

www.alz.org/wi 24/7 Helpline 800.272.3900 Hablamos Español 414.431.8811

ALZHEIMER'S<sup>®</sup>
ASSOCIATION

### 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 locater for these businesses <a href="www.FocusOnEnergy.com">www.FocusOnEnergy.com</a>. (Under 'Store Type', choose the listing for 'CFL Recycler'.)

### 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

### **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.

### 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: <a href="http://bayfield.uwex.edu/">http://bayfield.uwex.edu/</a>



## THANK YOU FOR "GOING GREEN"

Find us at:

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

# WANTED: 1970 Arctic Cat Panther with Montana Pipes Contact Jack @ 715-580-0415

### WE HAVE ROOM FOR YOUR AD

GARAGE SALE

# OLD BARN WOOD WANTED

Email: barnesnotesandnews@gmail.com

YARD WORK

?

PET CARE

### SEND YOUR INFO TO

Give me a call:

Julie (Friermood) Sarkauskas

715-795-2775

Follow us on Facebook

### FUN & GAMES

#### Across

- 1. Game summary
- 6. Fly-by-night
- 11. Buck Rogers portrayer Gerard
- **14**. Toughen or harden
- 15. Netherlands seat of government (with "The")
- 16. A Gabor
- 17. Poodle breeder's ad?
- **19**. Pop top
- 20. Guarantee
- 21. Self-interested governor?
- 22. Sicilian volcano
- 23. "All My Children," et al.
- 25. Jazz fan?
- 27. A Costanza, on "Seinfeld"
- 30. Union member
- 31. British time
- 32. D-Day town
- 34. Make a new proposal
- 37. Sulu of classic TV
- 40. La's lead-in
- 41. Battery terminal
- 42. Words with bend or lend
- 43. "Indeed!" overseas
- 45. Flamenco accolade
- 46. Large land area
- 48. Part of a shop
- 51. The Parthenon is dedicated to her
- **53**. Conserve, in a way
- 54. Told a story
- 55. Fifth day of Kwanzaa
- 57. Tower Bridge river
- 61. Seaman
- 62. Clock store's ad?
- 64. Man-mouse link
- 65. Hit musical and film
- 66. Keepsake
- 67. Spring runner
- **68**. Pine product
- 69. Noisy inhalation

1	2	3	4	5		6	7	8	9	10		11	12	13
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51	52		+				53		+	+				
54	+				55	56			57	+	+	58	59	60
61				62				63						
64				65						66				
67	+	+		68	1			+		69	+			+

### Down

- Latvian capital
- Slaughter of baseball lore 2.
- Reduces
- Wake up
- 5. Gas, to Brits
- 6. Eve was the first
- 7. God of the underworld
- 8. Very excited
- Indian canoe 9.
- 10. Survey choice, perhaps
- 11. Shoe store's ad?
- 12. Donald's ex
- 13. Father of Rachel and Leah
- 18. Convalesces
- 22. What most baked goods are?
- 24. Mind the pooch, in a way
- 26. Skating Star Lipinski
- 27. Singer James
- 28. First name in Bonds
- 29. Record store's ad?
- 30. Comfort
- 33. Part of UCLA
- 35. Kin of chatter
- 36. Big bucks?
- 38. Like some seals
- 39. Neighbor of Turkmenistan

- 44. Early days
- 47. Boxer, for one
- 49. Ballpark figures
- 50. Spruce up
- 51. Some choristers
- 52. Papal headgear
- 53. Diameter fractions
- 56. Places to stay **58**. Otis' pal
- 59. Eastern title
- 60. Faction
- 62. Distant
- 63. Word that has ended many fights



### FUN AND GAMES - COLOR ME







### 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

Life humbles you. As you grow old, you stop chasing the big things and start valuing the little things. Alone time, enough sleep, a good diet, long walks, and quality time with loved ones. Simplicity becomes the ultimate goal.



In a couple of years, it won't matter how long it took. You'll just be glad you took a chance on yourself and didn't give up.

Keep going.

Cheryl Pease Coaching

We have more coming from Cheryl soon

Coming in 2026

"getting healthy" and "staying healthy"

P.J. McCaughn

Take Good Care of YOU Wellness

### CANNING YEAR ROUND

### 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 proc3essed 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 us the specific type of pectin called for.

-Taste of Home Test Kitchen



## HERE WE GO - LET"S GET CANNING !!!

### **BLACKBERRY JAM**

#### Ingredients:

- 2.5 quarts fresh or frozen blackberries (about 8 cups)
- 2 Tablespoons Lemon juice
- 7 cups granulated sugar
- 1 packet Sure Jell Certo liquid fruit pectin

#### **Directions:**

- (If you are planning to can the jam, prepare water bath and sterilize jars).
- Clean berries just before using.
- Add the blackberries and lemon juice to an extra-large saucepan.
- Mash with a potato masher and simmer for a few minutes, to break down the fruit.
- (Optional, but recommended:) Use a food mill, or press mixture through a fine mesh strainer, into a bowl, to remove seeds.
- Measure out 4 cups of berry juice and add to an extra-large heavy bottomed stock pot. Add 2-3 spoonfuls of the leftover seeds for blackberry "jam". (Jelly uses the juice only).
- Add sugar and stir to combine. Turn burner to medium low, stirring occasionally, cooking for several minutes until sugar has dissolved.
- Increase the heat to medium high, and cook, stirring constantly, until the mixture comes to a full boil (a rolling boil that can't be stirred down).
- Add the pouch of pectin, stirring continuously, and allow to return to a full boil. Set a timer for 1 minute, stirring continuously, and remove from the heat after 1 minute.
- Pour jam into prepared jars and seal with lids.

### For Freezer Jam:

- Allow the jam to cool at room temperature for 24 hours
- Store in the fridge for up to 1 month, or the freezer for up to 1 year.

### If Canning:

- Process in a boiling water bath for 10 minutes (or longer if at high altitude\*).
- Allow to rest on your counter for 24 hours, to ensure the jars settle and seal properly.
- Check seals, and store jam in a cool, dry place for up to one year.

### RHUBARB MARMALADE

**Joyce Friermood tried and true! (Taste of Home)** I've made this every year since mom found the recipe. It has **NEVER** disappointed

### Ingredients:

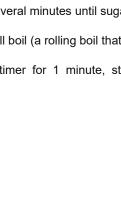
- 6 cups chopped fresh or frozen rhubarb
- 6 cups sugar
- 2 medium oranges

#### Directions:

- Combine the rhubarb and sugar in a Dutch oven.
- Grind oranges, including the peels in a food processor and add to the rhubarb mixture
- Bring to a boil
- Reduce heat and simmer, uncovered, stirring often until mamalade sheets from a spoon. About 1 hour
- Remove from heat and skim off foam
- Carefully ladle hot mixture into hot half-pint jars, leaving 1/4 " headspace
- Remove air bubbles, wipe rims and adjust the lids.
- Process for 10 minutes in a boing water canner

Note: IF using frozen rhubarb, measure the rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press the liquid out. ENJOY!





### ROB'S CULINARY CHRONICLES

### **BURGERS:**

### By Rob Lynch

Summer means burgers on the grill. But, so does Spring, Fall, and Winter! Burgers can be made from a variety of ground meats, each offering its own unique flavor, texture, and nutritional profile. Ground beef is the classic choice, known for its rich taste and juicy texture. Bison makes a lean, flavorful alternative to beef in burgers, offering a slightly sweeter, richer taste with less fat and cholesterol.

Ground turkey and chicken have a lighter flavor and lower fat content, though they can dry out more easily without proper seasoning and care. For a bolder option, ground lamb brings a slightly gamey, savory flavor that pairs well with Mediterranean spices and toppings. Ground pork offers a mild, slightly sweet taste and works well when blended with

other meats for added moisture. SuperOne in Superior has a Butcher's Blend of beef and pork that provides for a unique grilled flavor.

Since most folks go with ground beef, grilling the perfect burger starts with choosing quality ground beef—an 80/20 blend (80% lean, 20% fat) provides the ideal balance of flavor and juiciness. Form patties gently without overworking the meat, and make a small indentation in the center of each patty with your thumb to prevent it from puffing up while cooking. Always preheat the grill to medium-high heat and oil the grates to avoid sticking; a hot grill sears the meat, locking in flavor and creating a delicious crust. Resist the urge to press down on the burgers with a spatula, as this squeezes out flavorful juices and can dry them out.

Ground beef should be cooked thoroughly to an internal temperature of 160°F (71°C) to ensure safety, as harmful bacteria can be mixed throughout the meat during processing. Finally, let the burgers rest for a couple of minutes after grilling so the juices redistribute—this simple step makes every bite more flavorful and satisfying.

I used to spend a lot of time in Washington, DC. One of my hangouts was an authentic Irish pub located in the Doyle Hotel on Dupont Circle. That pub was shipped piece by piece from Dublin and the atmosphere was genuine. My favorite burger recipe comes from that little pub, and I have copied it at home many times. I can still remember drinking a Guinness, listening to Whiskey in the Jar, and devouring that burger.

### ENJOY!!!!!





Rob Lynch got his start in the supper clubs of Barnes, Wisconsin in the 70's and 80's. His restaurant career spans 30 years in Wisconsin, Minnesota, North Dakota and Florida.

You can get more grilling, smoking and beverage tips at his website: www.beercheesesoup.com

### ROB'S CULINARY CHRONICLES





### MY FAVORITE BURGER by: Rob Lynch

### Ingredients:

- 1/2 lb. ground bison (80/20 ground beef will work, too)
- 1 ea. peeled red onion
- 2 oz bleu cheese (sliced, not crumbles)
- 2 oz garlic aioli
- 1 ea. round bolillo roll (or your favorite roll)
- Kosher salt and freshly ground pepper to taste

### **Directions:**

- Prepare garlic aioli by mixing 1/3 cup mayonnaise, 1 tsp Dijon mustard, 1/2 tbsp minced garlic, a
- squeeze of lemon juice and a dash of kosher salt.
- Set aside.
- Preheat your grill to medium-high heat.
- · Clean and oil the grates.
- Prepare ground bison into a 1-inch-thick oval patty, salt and pepper both sides.
- Cut red onion into two or three 1/2 inch slices.
- Horizontally slice the bolillo roll into 2 equal halves and brush with butter.
- Place the bison patty on the hottest part of the grill and cook to your preferred doneness, flipping as needed.
- While the bison is grilling, carefully lay the onion slices on the grill and cook thoroughly.
- Lightly toast the bolillo bun on the grill surface.
- When the bison is almost grilled to your liking, top with bleu cheese and allow to melt.
- Assemble your burger as follows:
- toasted bun bottom, garlic aioli, burger topped with bleu cheese, grilled red onions, toasted bun top.
- Serve while hot.



Don't forget to check out Robs website: <u>www.beercheesesoup.com</u>

### APPETIZERS & STARTERS

### **ROASTED FRESH TOMATO SALSA**

#### Dice:

- 5 lbs very ripe tomatoes
- · green peppers
- 1/2 Serrano or Jalapeno pepper
- One red onion

#### Chop:

- One bulb of garlic cloves (about 8 cloves)
- Drizzle EVOO (Extra-Virgin Olive Oil) over the mixture
- Sprinkle Kosher salt and fresh black pepper
- Mix together, then roast in oven at 350 for 1 1/2 to 2 hours
- Let cool
- Add the juice of one lime and about 1 Tbsp finely chopped cilantro. (add more to taste)

### **Enjoy or Freeze**



### **CHEESY ZUCCHINI BREADSTICKS**

### Ingredients:

- 2 medium zucchinis, grated
- 2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 large eggs, beaten
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh parsley, chopped

**Note:** For those with dietary restrictions, you can substitute all-purpose flour with gluten-free flour or almond flour. If you're lactose intolerant, try using dairy-free cheese alternatives.

### **Directions:**

- Preheat your oven to 425°F
- Line a baking sheet with parchment paper.
- Grate the zucchinis and place them in a clean kitchen towel. Squeeze out as much moisture as possible.
- In a large bowl, combine the grated zucchini, 1 cup of mozzarella cheese, Parmesan cheese, beaten eggs, flour, baking powder, garlic powder, oregano, salt, and pepper. Mix well until all ingredients are fully incorporated.
- Transfer the mixture onto the prepared baking sheet and spread it out evenly to form a rectangular shape, about 1/2-inch thick.
- Bake in the preheated oven for 15-20 minutes, or until the top is golden brown and the edges are crispy.
- Remove from the oven and **sprinkle the remaining 1 cup of mozzarella cheese** evenly over the top. Return to the oven and bake for an additional 5-7 minutes, or until the cheese is melted and bubbly.
- Once baked, let it cool slightly before cutting into breadstick shapes. Sprinkle with fresh parsley before serving.
- Make sure to squeeze out as much moisture as possible from the grated zucchini to avoid soggy breadsticks.
- If you prefer a spicier flavor, add a pinch of red pepper flakes to the mixture.



### APPETIZERS & STARTERS

### **GARLIC AIOLI**

### Ingredients:

- 1 cup Olive Oil Mayonnaise
- 1 Tbsp Garlic Paste
- 1 half Large Lemon squeezed
- 1/8 tsp Himalayan Salt
- 1/8 tsp Black Pepper
- Olive Oil (optional)
- Red Pepper Flakes (optional)
- Fresh Dill (optional)

### **Directions:**

- In a small bowl whisk together freshly squeezed lemon juice and garlic paste.
- Let the mixture stand for 10 minutes.
- In a medium-sized bowl add olive oil, mayonnaise, salt, black pepper, and garlic lemon paste.
- Whisk until completely blended.
- Before serving, drizzle with fresh olive oil if you would like. This is also where you can add additional herbs such as
  fresh dill, red pepper flakes, or even tabasco sauce.
- Chill for 30 minutes before serving.
- Store leftovers in an airtight container in the refrigerator

### **FAMOUS CRAB BOMBS**

Preparation Time: 15 minutes | Cooking Time: 25 minutes Servings: 4

### Ingredients:

- 1 LB jumbo lump crab meat (fresh or pasteurized)
- 1/2 cup mayonnaise
- 1 large egg, beaten
- 1 tablespoon Dijon mustard
- 1 teaspoon Old Bay seasoning
- 1 teaspoon lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 cup crushed saltine crackers or breadcrumbs
- 1 tablespoon fresh parsley, chopped
- Butter for greasing the baking dish
- Lemon wedges for serving

### **Directions:**

- Preheat the oven to 375°
- Grease a baking dish with butter or line it with parchment paper.

#### Mix the Binder:

- In a large bowl, combine mayonnaise, beaten egg, Dijon mustard, Old Bay seasoning, lemon juice, Worcestershire sauce, and chopped parsley. Stir until smooth.
- Add Crab Meat and Crackers:
   Gently fold in the crab meat and crushed crackers, being careful not to break up the lumps keep the mixture chunky.

### Form the Crab Bombs:

• Shape the mixture into 4 large balls and place them gently in the prepared baking dish. Make sure they are firm but not packed too tightly.

#### Bake Until Golden:

- Bake for 20 to 25 minutes, or until the tops are lightly browned and the centers are set.
- Serve immediately with lemon wedges and a sprinkle of extra parsley.





### **OUR FAVORITE RECIPES**

### SOUTHERN WEST VIRGINIA HOT DOG CHILI SAUCE

### Shared by Ron Friermood

Prep Time: 10 minutes | Cooking Time: 2 hours 30 minutes | Servings: 6-8

### Ingredients:

- 1 LB ground beef
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 tablespoon dried minced onion
- 1 tablespoon garlic powder
- Pinch of red pepper flakes
- 2-3 cups water
- 1 cup ketchup
- 1/4 cup brown sugar
- 1/4 cup Worcestershire sauce



#### **Directions:**

- Brown the Beef:
- In a large skillet or saucepan, add the ground beef. Break it apart with a wooden spoon over medium heat.
- Add Seasonings and Water:
- Stir in the chili powder, paprika, cumin, kosher salt, black pepper, dried minced onion, garlic powder, and red
  pepper flakes.
- Pour in 2-3 cups of water, ensuring the beef is fully covered.
- Simmer Slowly:
- Bring the mixture to a gentle simmer.
- Let it cook uncovered on low heat for 1 to 2 hours, stirring occasionally. This allows the flavors to meld and the beef to soften into a fine texture.
- Add Ketchup, Brown Sugar, and Worcestershire Sauce:
- Stir in the ketchup, brown sugar, and Worcestershire sauce. Mix well.
- Final Simmer:
- Continue simmering for another 30 to 45 minutes, stirring occasionally until the sauce thickens to your desired
  consistency.
- Serve
- Spoon the hot dog chili sauce over freshly grilled hot dogs, topped with mustard, onions, and slaw for a true Southern WV-style hot dog.

### **OUR FAVORITE RECIPES**

### **CREAMY & CHEESY CAULIFLOWER CASSEROLE**

### **Secret Family Recipes**

Prep Time: 10 minutes | Cooking Time: 30 minutes | Total Time: 40 minutes

#### Ingredients:

- 1 large head of cauliflower, cut into florets
- 1 cup shredded cheddar cheese
- 1/2 cup cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1/2 cup breadcrumbs (optional)
- 1/4 cup grated Parmesan cheese (optional)

#### **Directions:**

- Preheat oven to 375°
- In a large pot, bring salted water to a boil and add the cauliflower florets. Cook for about 5-7 minutes, or until tender but still firm. Drain and set aside.
- In a mixing bowl, combine the cream cheese, sour cream, milk, garlic powder, onion powder, salt, and pepper. Mix until smooth and well combined.
- Add the cooked cauliflower to the cheese mixture and stir gently to coat the florets evenly.
- Transfer the cauliflower mixture to a greased baking dish. If desired, sprinkle breadcrumbs and grated Parmesan cheese on top for added crunch and flavor.
- Bake in the preheated oven for 25-30 minutes, or until the casserole is bubbly and the top is golden brown.

### STUFFED PEPPERS

### Ingredients:

- 6 medium green peppers
- 1 lb ground beef
- 1 chopped onion
- 1 (6 7/8 ounce) box of Rice-a-Roni mix, Spanish flavor
- 1 (16 ounce) can tomato sauce
- 1 teaspoon sugar
- 1 (14 1/2 ounce) can tomatoes (for use in making the rice)
   1 cup shredded cheddar cheese or 1 cup American cheese

### **Directions:**

- Remove tops and seeds from peppers; parboil peppers for 5 mins and drain.
- Place peppers in a baking dish.
- Combine ground beef and onion and cook together until done.
- Drain and set aside.
- Prepare Rice-A-Roni according to package directions.
- When rice is done, combine it with the beef and onion.
- Fill peppers with rice mixture.
- Mix the 1 teaspoons sugar with the tomato sauce and pour this AROUND the peppers (not over).
- Cover the baking dish.
- Bake at 350°F for 35 minutes and then uncover and top with the shredded cheese.
- Bake uncovered for about 5 mins more to melt cheese.

Serve with the tomato sauce.





### DESSERTS & TREATS

### **CREAM CHEESE LEMONADE PIE**

### Ingredients:

### For the Crust:

- 1-1/2 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 1/2 cup unsalted butter, melted

### For the Filling:

- 2 (8 oz) packages cream cheese, softened
- 3 cups whipped cream
- 1 box Instant Lemon pudding mix
- 1/2 cup Minute Maid lemonade concentrate
- 1 tsp vanilla
- 1/2 tsp coarse Sea salt
- Lemon Zest for finish



- Begin by adding 2 cups of whipped cream and the instant lemon pudding to a large bowl and mix with an electric mixer or stand mixer over medium/high speed until combined. The mixture will end up being thick and fluffy.
- Set aside
- Add cream cheese to a separate large bowl and mix on medium/high speed until the cream cheese is completely smooth creamy.
- Next, add the lemonade concentrate and vanilla into the cream cheese and beat on low until the mixture is completely combined.
- Slowly add the cream cheese mixture to the whipped cream and pudding mixture.
- Mix on low until the cream cheese mixture and the pudding mixture are combined.
- Transfer the mixture into the graham cracker crust. Spread the mixture out evenly.
- Place the pie in the refrigerator for at least 2 hours to set (the longer the better).
- When you're ready to serve, remove from the fridge and top it with the remaining 1 cup of whipped cream and sprinkle with coarse sea salt.







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