

Welcome Back Home to the:

FEBRUARY 2023

ONLINE ONLY

BARNES NOTES AND NEWS

Volume 4, Issue 2

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 barnesnotesandnews@gmail.com or call 715-795-2775.

Find our link on the NEW Town of Barnes Website : TownOfBarnesWl.gov / Community / Barnes Notes and News / 2023

We are one step closer to spring, but we can't complain about the winter we've had !!! WHAT GREAT SNOW !!! Snowmobiling, snowshoeing and skiing are fantastic. Please enjoy but be courteous to others on the trails and be SAFE.

February Reminiscing - I'm working on an extended story so I won't have a new piece this month. I have added an article from a past issue that I hope you enjoy once again.

We are always looking for help with our information gathering so we can have the most accurate information with our stories.



SUPER BOWL LVII

February 12, 2023 5:30 p.m. State Farm Stadium, Glendale

Eagles vs Chiefs

FEBRUARY HAPPENINGS: **Moonlight & Luminary Party Drummond Bar Stool Races**

Duluth Sports Show

Check with local establishments for new menus, specials & hour changes

NEW TRANSFER STATION INFO

In this Issue:

SUPER BOWL

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

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

barnesnotesandnews@gmailcom

THANK YOU TOWN CREW YOU'VE KEPT UP WITH THIS CRAZY SNOW AND WEATHER THE ROADS HAVE BEEN FANTASTIC

MOONLIGHT & LUMINARY Snowshoe & Ski Party



Tomahawk Lake Park

Saturday February 4th at 5:30 to 7:30 p.m. Everyone is welcome * Refreshments * Fire * Warming House

Event by: Friends of Tomahawk Lake Park

DRUMMOND DIRT & SNO-JACKS 23RD ANNUAL

PRESIDENT'S DAY WEEKEND

DRUMMOND, WI

SATURDAY, FEBRUARY 18TH

FOOD & CHECK-IN STARTS AT 11:00

RACES START AT 12:00

2023 Races are at Drummond Lake Park

See page 20





BARNES AREA CALENDAR OF EVENTS: FEBRUARY 2023

	HAPPY VALENTINE'S DAY from Cedar Lodge Steakhouse and Grille: Special Menu served Saturday and Sunday night. Reservations recommended. 715-795-2223
Tues. Feb 14	GORDON BARNES GARDEN CLUB Meeting 1:30 p.m. at Barnes Town Hall. Call 715-835-3410
Thur. Feb 16	BARNES AREA HISTORICAL ASSOCIATION,INC. (BAHA) Meeting 6 p.m. via Zoom. 715-795-3065
Mon. Feb 20	REGULAR TOWN BOARD MEETING 6:30 p.m. at Barnes Town Hall: 715-795-2782 NOTE DATE CHANGE
Tues. Feb 21	SPRING PRIMARY ELECTION-if needed. Polls open 7a.m 8 pm. at Barnes Town Hall
Tues. Feb 28	VFW POST 8329 Meeting 6 p.m. at VFW Hall. VFW 715-815-7333

PLEASE KEEP OUR ROADS CLEAN

TAKE YOUR GARBAGE WITH YOU

Judy Bourassa, Town Clerk / Treasurer <u>clerk@barnes-wi.com</u>	TOWN OF BARNES BOARD MEMBERS
Phone: 715-795-2782 Fax: 715-795-2784 3360 County Hwy N – Barnes, WI 54873 Visit: <u>TownOfBarnesWI.gov</u> for town minutes	Chairman: Tom Renz - email: tRenz@TownOfBarnesWI.gov Supervisor: Dave Scully - dScully@TownOfBarnesWI.gov Supervisor: Jim Frint - jFrint@TownOfBarnesWI.gov
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	Supervisor: Seana Frint - sFrint@TownOfBarnesWI.gov Supervisor: Eric Neff - eNeff@TownOfBarnesWI.gov
required. By town ordinance, fireworks are only permitted one week before and one week after the Fourth of July	



Barnes Town Road Updates

Check the Town Website TownOfBarnesWI.gov

DID YOU KNOW



Anyone born on or after January 1, 1989 is required to complete a boating safety course to legally operate a motorized boat or personal watercraft on Wisconsin waters AND Paddle Boarders must have a life jacket on the board (preferably being worn).

WE ARE IN SAND COUNTRY HERE AND THE WATER DRIES UP QUICKLY - PLEASE BE AWARE OF YOUR SURROUNDINGS

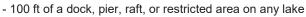
CHECK WITH THE DNR OR TOWN OFFICE FOR FIRE DANGER STATUS BEFORE BURNING



SAFETY REMINDER: A PWC (Personal Watercraft) may not be operated at faster than "slow, no wake speed" within:

- 100 ft of any other vessel on any waterbody

- 200 ft of shore on any lake





Let's be safe out there!

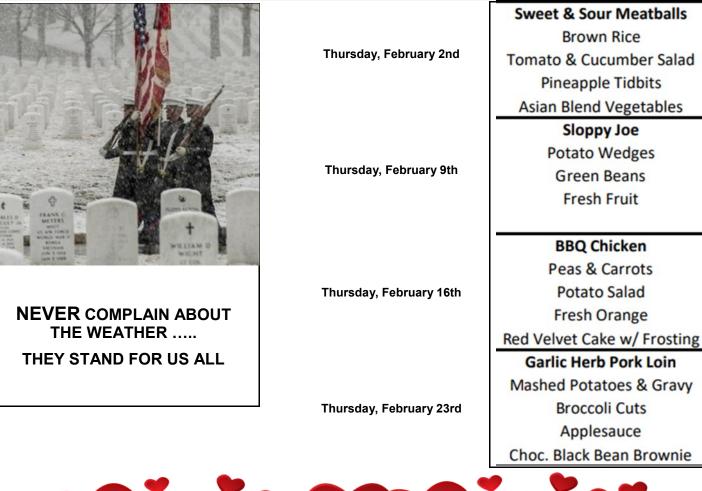
Source: WI Boating Laws and Responsibilities handbook. Questions? Call 1-888-936-7463 or visit dnr.wi.gov.



BARNES SENIOR MEALS - JANUARY 2023 MENU

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

3360 County Hwy N., Barnes, WI 54873 To reserve your meal please call 715-373-3396. Be sure to include your name, phone number, meal site location & date you are making the reservation for, and how many people it's for.





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". **<u>BIKE WITH</u>** traffic (ditch to your right). **MAKE SURE** your dog is always on the "ditch" side of you and <u>NOT</u> 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 <u>barnesnotesandnews@gmail.com</u>

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS

LIKE US ON FACEBOOK

Trivia Answer # 1: Sweethearts









DRUMMOND DIRT AND SNO-JACKS

"RIDE YOUR SIDE" signs are up!

We want everyone to **BE SAFE ON THE TRAILS !**

Trivia Answer # 5: 220,000

BARNESTORMERS TRAIL REPORT

January 12, 2023

The trails are great, plenty of snow. Get out and ride, we are hoping to see you in Barnes.

Be cautious as there are still some low hanging branches and an occasional tree may be on the trail.

Remember this is a volunteer sport, we won't mind if you stop and clean up some branches as you pass by.

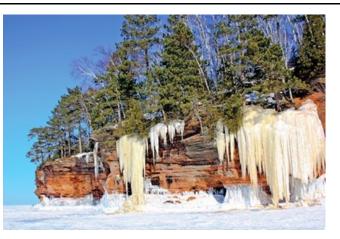
Thanks for your support.

PLEASE BE SAFE & COURTEOUS ON THE TRAILS

Barnes WI Snowmobile Club - Barnestormers







ICE CAVE TOURS ARE HERE !!! Duration: 2 Hours - Ages: 5+ Ice Line: 715-779-3398 x 3 Go to: Apostle Islands National Park Service for current conditions and closure information

The mainland ice caves have developed quite a reputation over the years as a "bucket list" winter activity. The unique beauty and temporal nature of these ice formations serves to make the event all the more memorable and desirable.

Everything has to be just right to create a good ice surface in front of the mainland sea caves. Cold is super important, because obviously that makes ice. Wind is a major component as well. Due to the caves position on the northwest side of the peninsula with a lot of open water in front of them (all the way to the North Shore of MN), the right winds can wreak havoc on ice formation. In the past, we've seen good ice start to build up and then disappear overnight, due to a strong north wind and the waves it can create.





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

BARNES COMMUNITY CHURCH

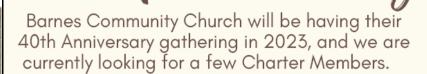
BARNES COMMUNITY CHURCH FOOD PANTRY

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

Please bring identification.

We are located at 3200 County Highway "N", Barnes, WI at the Barnes Community Church. For further information call: Dianne Hess at 715-795-2728

BARNES COMMUNITY CHURCH



If you have a current address for anyone of the Charter Members listed below, please email **Marcia Ritter** at **Ritter2194@outlook.com or call Glenda at the church office 715.795.2195**

CHARTER MEMBERS

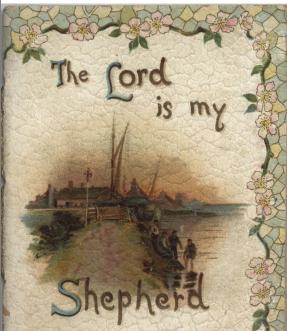
Rosemary Baker Alice Blood Dave Blood Mary Cook Robert Desrosiers Sherry Desrosiers Brenda Mortinson Donald Poquette Phyllis Poquette Natasha Ratzel Patrick Ratzel Virgil Schalis Brenda Stalbaum

OUR GOD IS LOVE

CREATOR, SOVEREIGN, LORD OF ALL, HELP US.

THAT YOU BLESS THIS COUNTRY WE DEARLY LOVE.

Though we do not deserve it, We humbly ask for Your mercy



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

(For a map to the food shelf visit: <u>www.barneswi.com</u>)

nniversary



BLESSED ARE WE

AND OUR NEIGHBORS





Every Tuesday at 10:00 a.m.

Everyone Welcome

BARNES AREA HISTORICAL ASSOCIATION (BAHA)

THE BARNES MUSEUM

CLOSED FOR THE SEASON—OPEN BY APPOINTMENT ONLY

WE ARE STILL LOOKING FOR VOUNTEERS !! Please feel free to stop by the museum

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: <u>lupeet101343@gmail.com</u>

SPONSORED EVENTS: Stay tuned for Dates

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

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

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

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

www.stcroix360.com

https://www.stcroix360.com/2022/07/follow-in-famousoutdoors-writers-footsteps-through-st-croix-headwatersregion/





BAHA MUSEUM GIFT SHOP CALL FOR APPOINTMENT

NEW GIFT SHOP COORDINATOR: Deb Soar

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

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

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

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

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



Trivia Answer # 4: Richard Cadbury

BARNES AREA HISTORICAL ASSOCIATION NEWS



Greetings!

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

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

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

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

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.







PLACE YOUR AD HERE



BARNES AREA HISTORICAL ASSOCIATION NEWS

bahamuseum.org

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

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

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

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

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

Three new books by Dave Evenson

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

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

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

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

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

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

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

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

WHAT'S UP



Duluth Entertainment

Convention Center

Mark your calendars! The Duluth Sport Show is back February 16th-19th at the Duluth Entertainment Convention Center.

If you can't fit all the fun in on one visit, no problem! Starting this year, you can return to the show a 2nd day, for FREE! Just bring a photo ID to our return ticket booth to sign up for a free return entry. Please note that you must sign up before you leave the show.

Discounted tickets are available online until the end of the show at <u>duluthsportshow.co</u>m Full priced tickets available at the door.

Trivia Answer # 3: 1415

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 Genealogy

TRUST ME IT'S WORTH IT !

PRINTING YOUR FAMILY TREE - MORE TO COME - STAY TUNED

GORDON - BARNES GARDEN CLUB

The club started the year 2023 with a meeting at the Barnes Town Hall Tuesday January 17th. Our hostesses, Mia Mueller and Julie Overom treated us to an amazing cheesecake concoction and other goodies.

During the meeting we discussed our spring potting party in April, the greenhouse tour in May and various garden tours planned for the summer months. We also made plans to give some memorabilia from the club's long history (over 80 years) to BAHA for display.

After the business part of the meeting was concluded, Cathy Nieckula shared a You-tube video from P. Allen Smith, a garden expert, who highlighted gardening in small spaces, planting successful pots, and some kitchen gardening hints. His recipe for a dried herb seasoning was worth writing down, and some of us did.

Talking about gardening on a gray snowy day helped remind us that summer and gardening season is coming......eventually.

The meeting in February is set for Valentine's Day February 14th at 1:30 at the Barnes Town Hall. It will be open to newcomers, and we hope you will join us.



Follow us on Facebook:

gordonbarnesgardenclub@facebook.com

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

OUR COMMUNITY



CHECK OUT OUR SPECIALS BAKED GOODS HOMEMADE SOUPS

HOURS 7:00 a.m. to 3:00 p.m. Closed Tuesdays Bloody Marys, Sea Salt Carmel Liqueur,

Mimosas, Peppermint Schnapps

Find us on Facebook: The Koffee Kup Look forward to seeing you !!!

Rae and Angie

ANCHOR YOUR BOATS HERE



J&M Storage Jeff Johnson

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

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

Del Jerome DBA Jerome Excavating, LLC

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

> 715-739-6245 or 715-580-0216 9185 Cty Hwy N Drummond, WI 54832 Email: deljerome@cheqnet.net

> > FREE ESTIMATES BONDED & INSURED

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





James Gilmore 2/1 Claudia Dragonowski 2/9 Pat Stein 2/15 Brandon Friermood 2/16 Patty Mix 2/16 Frank Govekar 2/20 Sandy Collins 2/23 Linda Stone 2/24 Rick Friermood 2/25 Chris Ann Best 2/26 Ryan Sarkauskas 2/26

CONGRATULATIONS TIM HASKINS HAPPY RETIREMENT --

Happy Birthday, Happy Anniversary and Congratulations to everyone we missed

OBITUARIES: Remembering Loved Ones Lost



CHRISTOPHER MALLORY

May 23, 1971 to January 6, 2023

BARNES, WI

Christopher Mallory, 51, died Friday, January, 6th in his home.

CECIL HEHL

December 30, 1948 to January 3, 2023

Cecil J. Hehl, 74, of Barnes, WI, formerly of Chippewa Falls, passed away peacefully on Tuesday, January 3, 2023, at Mayo Clinic Health System - Eau Claire.

He was born December 30, 1948, in Eau Claire to Eihlert and Bonita (Hutton) Hehl.

On March 29, 1969, he married Darlene A. Fetter at First Lutheran Church in Eau Claire. They lived in Chippewa Falls for over 30 years, Boyd for the next 10, and Barnes the last 8 years. Cecil loved fishing, woodworking, "putzing" around, Saturday morning coffee with the Barnes guys, and was Mr. Fix-it. He would drop everything to help others.

Cecil is survived by his wife of 53 years, Darlene "Dolly"; daughter, Michelle (Mark) Wenta of Chippewa Falls; sons, Tony (Carrie) Hehl of Eau Claire, and Matthew (Jessica) Hehl of Epping, NH; 5 grandsons, Nathanial, Bryce, Jordan, Payton, and Jacob; 8 siblings, Rebecca (Glen) Bublitz, Dennis (Pam) Hehl, Suzette (Bill) Oberle, Aimee (Ben) Wentzel, Patricia (Mark) Thalacker, Sara (Mark) Gindt, Alcinda Streveler, and Benjamin (Teri) Hehl; sister-in-law, Theresa Hehl; and many nieces, nephews, relatives, and friends. He was preceded in death by his parents, and brother, Christopher Hehl.

To order memorial trees or send flowers to the family in memory of Cecil Hehl, please visit our flower store.

Pederson-Volker Funeral Chapel, Chippewa Falls, WI

OUR THOUGHTS AND PRAYERS TO THE FRIENDS AND FAMILIES

SOMETIMES OUR LOVED ONES HAVE PAWS



OUR DEEPEST SYMPATHIES FOR THE LOSS OF YOUR FURRY FRIEND



Our sincerest apologies for anyone we may have missed.

Those we love don't go away,

Www.irelandcalling.ie

They walk beside us every day,

Unseen, unheard, but always near, Still loved, still missed and very dear.

80

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



RUTH MARIE RUZZIO

May 7, 1923 to January 19, 2023



Ruth Marie Muzzio, age 99, of Solon Springs, WI, passed away Thursday, January 19, 2023, at Twin Ports Health and Rehab in Superior, WI.

Ruth was born in Solon Springs on May 7, 1923, to parents Nels and Margaret (Olson) Westerlund. Ruth graduated from Solon Springs High School in 1945 and moved to Chicago, IL where she worked for the Treasury Department as a file clerk.

In 1953 she moved to Los Angeles, CA and met Carl Ray Muzzio and the couple were married in 1960 and had their only child, Louise, a few years later. The family moved back to Solon Springs permanently in 1964.

Ruth loved to volunteer and would often be found helping out at Middle River, the Library, and the Historical Museum where she held the title as president and at Our Savior's Lutheran Church. Ruth also had a passion for quilting and would donate her quilts to the church groups.

Ruth is survived by her daughter, Louise (Karl) Meitzner; grandchildren, Sunshine Meitzner and Jet Meitzner; and many nieces and nephews. She is preceded in death by her husband, Carl; parents; two brothers; and two sisters.

A funeral service was held at the Solon Springs Funeral Home on Thursday, January 26, 2023



RUTH MARIE RUZZIO May 7, 1923 to January 19, 2023



Helen Lillian (Norton) Stange, age 80 of Alexandria, Mn. died on Friday January 6, 2023. Helen was born in Barnes, Wi. to Charles and Julia Norton. She grew up in Barnes and graduated from Drummond High School. She later moved to Minnesota and raised 3 children.

Helen is survived by her children: Wendy (Shane) Fairchild of St. Clair, Missouri, Mark Ratzel of Meza, Arizona and Lori Fern of Champlain, Minnesota. Her sister Florence (Jim) Prickett of Grantsburg, WI and many nieces, nephews, grandchildren and great grandchildren.

Helen is preceded in death by her parents Charles and Julia Norton, husband Curt Stange, siblings: brothers: Charles, Earl, John and Henry. Sisters: Gladys Eder, Virginia Davis, Genevieve Campbell, Mary Lindbergh and Edna Beanblossom.

There will be a celebration of life at a future date in Barnes.



LEGEND LOST



BOBBY HULL

1939 to 2023

Legendary hockey player Bobby Hull has died at the age of 84, the NHL Alumni Association announced on Monday.

Hull spent 15 seasons with the Blackhawks, where he remains the team's all-time leading scorer with 604 goals. The "Golden Jet," as he was known, is also the father of Hockey Hall of Famer Brett Hull.

Bobby Hull ranks third overall for the Blackhawks with 1,153 career points, fifth with 549 assists and sixth with 1,036 games played.

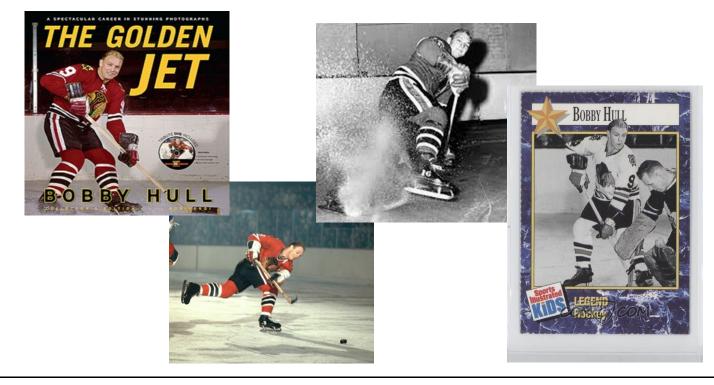
In 1961, Hull helped Chicago win its third Stanley Cup title. His name was forever etched into the fabric of the Blackhawks franchise when his No. 9 was retired in '83, the same year he was inducted into the Hockey Hall of Fame. In 2011, the United Center dedicated a statue of Hull outside of the arena.

Because of his huge impact on the Blackhawks franchise, the team issued a statement about Hull's death on Monday.

"The Chicago Blackhawks are saddened by the passing of Blackhawks legend Bobby Hull, a superstar for our franchise between 1957 and 1972," the team's statement read. "Hull is part of an elite group of players who made a historic impact on our hockey club. ... Generations of Chicagoans were dazzled by Bobby's shooting prowess, skating skill and overall team leadership that led to 604 career goals, a franchise record that remains to this day. We send our deepest sympathies to the Hull family."

The Canadian joined the World Hockey Association's Winnipeg Jets in 1972. He earned the league's MVP award twice, and he also broke his personal best by scoring 77 goals in one season with the upstart league.

You had quite the life outside the arena, but what a great player you were to watch.



OUR COMMUNITY - DRUMMOND SCHOOLS





Above:

Earlier this week the fifth grade had their reward party for making their reading and music goals! Sledding, hot cocoa, and cookies made for a pretty special day!

Below:

Jack Attack took the show on the road to New London in January, and represented Drummond very well! Judges were impressed with the unique style and storyline of their set "Front Porch", and the group won the Spirit Award for their effort in the contest!

Above and below:

Mr. Larson's Lumber Club students learned all about Drummond Fire and Rescue. Get them interested in volunteering when they're young.



THANK YOU FOR SUPPORTING OUR STUDENTS AND THEIR ENDEAVORS.

ADVENTURE IS KEY TO WELL ROUNDED SOULS



COMMUNITY - DRUMMOND SCHOOLS



Our students are the bees knees! ...and the winners of the spelling bee are... Rory Krueger- 7th Grade Sybilla Horowitz- 3rd Grade Liam Horowitz- 6th Grade (Alternate)

The winners will compete at CESA 12 on Wednesday, February 1st.

CONGRATULATIONS !!!!!!



CREATE A CRAFT CENTER FOR THEM

REMINISCING

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

AREA SUGAR BUSH's

Tracks (Doorn's; Sages; Grilley's)

Robinson Lake Bar (Fahrner's Resort)

Sand Point Supper Club

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

Barnes Town Hall

Sunset Resort

Ellison's Resort & Sylvia's Tavern

Tiffany's Salon (Debbie's Hair Design)

Jim Johnson Construction

Christenson Construction (5 Generations)

Georgia's (Skoglunds) Lyndale Bay Resort

Tall Pines Bar and Grocery

Traut's Resort

Frontier Supper Club

Cheesie's Lakeview Resort







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.

LOCAL VET INFORMATION: KEEP YOUR VET'S NUMBER HANDY AT ALL TIMES.

NORTHSTAR VETERINARY CLINIC/HOSPITAL
Dr. Sammi Pumala # 715-739-6823

52545 Old 63N, Drummond

SEELEY VETERINARY CLINIC Dr. John Mundel # 715-634-5996

12942W County Rd OO, Hayward (Seeley)

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.

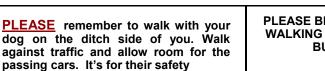
PLEASE REMEMBER...

Pets are not just presents,

THEY ARE A LIFETIME

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

HAYWARD ANIMAL HOSPITAL # 715-634-8971 15226W Cty Rd B, Hayward NEVER FORGET OUR VETERAN CANINES AND THEIR SACRIFICES



PLEASE BE CAREFUL OF YOUR PETS WHEN WALKING THEM, THEIR PAWS CAN GET ICE BURNS AND FROST BITTEN



MAKE SURE THE ICE

MELT YOU'RE USING

IS SAFE FOR

WINTER TIPS FOR TAKING CARE OF OUR BABIES Some of you may have cats that go out too

- Limit the time your pet spends outside
- Keep them indoors as much as possible
- Bundle them up
- Consider your pets age
- Protect your pets paws from cold and ice
- Invest in a heated beds
- Trim foot fuzz so snow & ice don't get bunched
- Clean your pets feet



ADOPT !!!

If it's too cold for you to stand at the door without your coat, it's probably too cold for your dog too, so pay attention to her behavior while she's out-doors.

If you notice your dog whining, shivering or appearing anxious, or she stops playing and seems to be looking for places to burrow, then it's time to bring her in.

Once temperatures drop **under 20°** F, all owners need to be aware that their dogs could potentially develop cold-associated health problems like hypothermia and frostbite. The best way to monitor dogs when it's cold is to keep a close eye on their behavior.

THANK YOU TO EVERYONE FOR YOUR SUPPORT OF OUR VETERANS (AND THEIR CANINE PARTNERS) TO HONOR THEIR SACRIFICES AND SERVICE.



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...... **SO GIVE LOVE BACK TO THEM**



18

PET PAGE EXTRA



ESSENTIAL OILS FOR YOUR DOGS & CATS



Trivia Answer # 2: 1901

Developed with Janet Roark, DVM



When used correctly, Essential Oils can be beneficial for our pets and without negative side effects or unnatural additives

In general, it's best to start with a more diluted Essential Oil when introducing them topically to your pet. You can always increase the concentration if the desired effect is not reached, but it is difficult to remove and essential oil once it has already been absorbed. As always, each animal is unique and your pet may be more sensitive than others. Observe their behavior and they will tell you.

Here are some general guidelines to help you when starting out using essential oils topically with your pet...**always** observe your pets when diffusing or using the oils.

CARRIER OIL (i.e. Coconut or Olive oil)	ESSENTIAL OIL	AROMATIC Diffusion (allow your pet to roam around freely, or keep the door open)		
Puppies under 8 Weeks and cats 250 Drops	2 Drops	 Spray into the air (usually diluted) Direct inhalation: Put a drop of oil on your hands and allow the animal to inhale On a cloth, cotton ball, or tissue near the animal, or on bedding 		
Doges under 20 LBS & elderly Dogs 85-100 Drops	1 Drop	 Hot Water/Steam: 1—2 Drops of oil in hot water Humidifier: be sure to use one that is safe to apply essential oils into Fan/air filter: place a drop of oil on a cotton ball and insert into a fan near the 		
Dogs over 20 LBS 50 Drops	1 Drop	animal or directly on the air filter in your home <u>TOPICAL</u>		
Hot Oils 100 Drops	1 Drop	• Dilute with a carrier oil before applying topically. Never apply in or near genitals, nose, eyes or face as it can be too overwhelming for their senses		
		• Direct Application: place a drop of oil on your hands and rub them together, then pet along the spine of the animal or even pet the hair backwards		
INTERNAL Oils that indicate they are for inter be given internally. It is generally in give more than 1—2 drops interna	not recommended that you	 Massage: circular motions or massage techniques after applying an oil to your hands Reflexology points: between the paw pads on the back paws 		
 1-2 drops in a capsule with a 		Apply to the tips of ears (no for long eared dogs		
Mixed with food (wet food wo	rks best)	Apply directly to the area of interest		
• Place a drop on your finger		Mix a drop in their shampoo to apply during a bath		
 rub the residue on the pets' gums 1 drop essential oil per 2 cups of drinking water (not recommended for cats) 		 Apply 1 drop of essential oil in 2 cups of ice water for a cold compress or hot water for a hot compress, soak a natural cloth in the water, wring out then ap to the area of interest 		
 In a natural toothpaste (not drop essential oil, 2 tablesp enough water to make a pas to brush teeth to maintain ora 	oons of baking soda and ste. Only use a dab of this	STOP if you notice any reactions. <u>Avoid the following</u> if your pets is epileptic or has seizures: Basil, Camphor, Eucalyptus, Fennel, Rosemary, Sage, Wintergreen <u>and the blends that contain any of these oils.</u>		



<u>GEORGIA'S</u>

"HAPPINESS IS HOMEMADE" Come in and enjoy

Tuesday & Wednesday open at 3PM Monday, Thurs, Friday & Saturday open at 11AM Closed on Sunday

> Ellison Lake Rd, Barnes, WI Phone: 715-795-2121

NEW MENU



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

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

BARNESTORMERS

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



BARNES BOOK CLUB

February Book Wuthering Heights by Emily Bronte

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

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

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

WHY?

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

I'M MAKING SURE IT STAYS THAT WAY

LAKE COUNTRY ATV CLUB

3025 East Shore Road Barnes, WI 54873



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

Paul Solberg, President Vice President: Jeff Johnson Treasurer: Bill Webb Secretary: Kelly Webb IT'S TIME TO TAKE AN INTEREST IN OUR TOWN !

GET INVOLVED JOIN & 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

OURCOMMUNITY

NIGHTLY SPECIALS

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
	TRACKS

OFFICIAL ANNOUNCEMENT

Due to construction site challenges at the Black Bear, the Dirt & Sno-Jacks have made the decision to move the 2023 race LOCATION to Drummond Lake Park. We will start working on the race hill immediately and will have everything ready by Presidents Day Weekend!

Same great food, expanded beverage selection, races, bling, raffles, music heated tents and maybe a few new surprises . You won't want to miss the 2023 Races on February 18th!

Head straight down Wisconsin Ave in Drummond and turn left past KD's Bear Den. Watch for the Darty!!

ATTN SNOWMOBILERS: plenty of lake parking for sleds right on Trail 63!

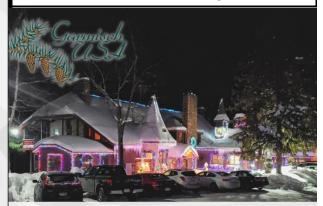
More car parking and details coming soon.



TRACKS INN

BREAKFAST BUFFET

Saturdays & Sundays 9:00 a.m. to 11:00 a.m. Follow us on FB for updates



BREAKFAST AT GARMISCH **8AM-11AM** SATURDAY & SUNDAY MORNINGS



Music - Food - Beer - Heated Tents

SATURDAY, FEBRUARY 18TH LIMITED TO 64 RACERS- REGISTER EARLY FOOD & CHECK-IN STARTS AT 11:00 RACES START AT 12:00

RAFFLE TICKETS

ON SALE NOW!

DRAWING HELD AFTER RACE

ONLY 175 TICKETS SOLD

S7500 IN

PRIZE

MONEY! SEE A CLUB MEMBER OR VISIT US AT

WWW.DIRTANDSNO-JACKS.COM

IT'S A DARTY (DAY PARTY)!

\$30 REGISTRATION ENTRY FEE

TWO 50/50 RAFFLES, FIRST & SECOND HALF

100% CASH PAYBACK OF REGISTRATION FEES FOR WINNER IN EACH CLASS

ENTRY FORMS AND MORE INFORMATION AVAILABLE AT WWW.DIRTANDSNO-JACKS.COM

FOLLOW US ON FACEBOOK!

PROCEEDS SUPPORT LOCAL TRAILS & BAYFIELD COUNTY SNOWMOBILE ALLIANCE

2023 TAI JI QUAN

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



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

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

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

This class is for anyone. No prior experience in Tai Ji Quan is necessary. Dates: February 3 – April 28, 2023 (12-week class; Mon and Fri.)

Time: 10:45-11:45 AM

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

Leader: Mia Mueller-Alston

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

All can participate regardless of ability to pay.

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

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

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



Brought to you by:



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

We are now an authorized licensed "Recreational Vehicle Registration Center"

WINTER 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

CHECK US OUT COFFEE BAR

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.

Trivia Answer # 7: Finland



TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER Winter Hours: Open Wednesday and Sunday 8:00 a.m. to 2:00 p.m.

NO HAZARDOUS DISPOSALS/ITEMS

Call the site at 715-795-2244 before bringing in large items. SORRY—WE CANNOT ACCEPT TRASH OR RECYCLING FROM BUSINESSES

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

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

BRUSH AREA OPEN ACROSS CTY HYW N FROM THE TRANSFER STATION

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

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.

Myth: 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

- <u>Myth:</u> 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
- <u>Myth:</u> 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.

EVERY TUESDAY

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

NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE

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

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



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

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

FIRE DEPARTMENT:

Fire Chief - Brock Friermood brockFriermood@TownOfBarnesWI.gov

Volunteer Members: Richard Renz

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



AMBULANCE SERVICE:

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

Full Time EMT's:

Kaylee Silverness and Jake Coleson

Volunteer Members:

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



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

Friends of Tomahawk Lake Park

Grooming update -

The Yellow & Blue trails were both groomed today. The skate deck is good but a bit soft with the new snow. Classic tracks were set on both trails.

The snowshoe trails are getting much use this winter. They have been tracked after the recent snow. Come on out for the moonlit snowshoe & ski event on February 4th from 5:30 to 7:30pm.

Thank you for your continued support and contributions !



BAYFIELD COUNTY

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

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

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

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

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

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

Carrie Linder, CSW Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

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

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



THANK YOU

DRUMMOND FIREFIGHTERS

Sitting top: Addie Arens

Back Row left of cab:

Dan Johnson
 Mark Jerome - Fire Chief
 Roy Bloom

Front Row Left of Cab:

- 1. Richard Dahl
- 2. David Todus
- 3. Klara Gierczic
- 4. Amy Kohlwey
- 5. Jim Mortenson
- 6. Jeff Hurula (Kneeling)

Back Row Right of Cab

- 1, Wade Spears
- 2. Tim DeChant
- Dean Johnson
 Kyle Willamson

Front Row Right of Cab:

- 1. Del Jerome
- 2. Rodger Larsen
- 3. Mike Arens
- 4. Lester Watters
- 5. Zach Manthey



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, <u>the Wisconsin Working Caregivers Strategies and Resources</u> <u>for Employers</u> 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 http://wisconsincaregiver.org/alliance

Carrie Linder, CSW Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

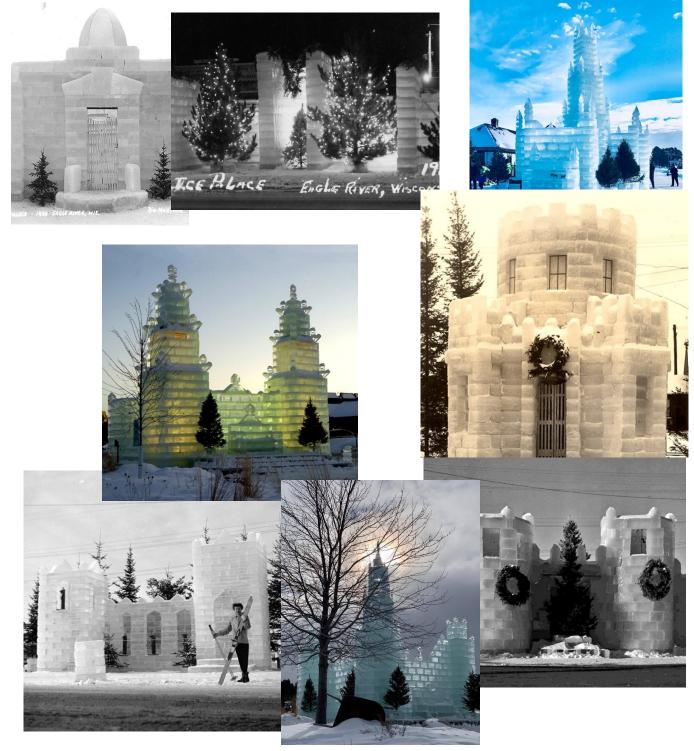
Fluorescent Lamp recycling			LL HAVE BUTTONS !! A BARNES, WISCONSIN"
Wisconsin's Focus on Energy has sponsored a fluorescent lamp (curly type) recycling program. Residential bulbs can be recycled at the following participating local retailers:		Back in the 70's, the Barnes Homemakers Club sold these buttons for fundraisers.	
Hayward - Ace Hardware and Co-op Hardware Poplar - Poplar Hardware Solon Springs - Solon Springs Mercantile		Tom Van Delist came across one of the buttons in his mothers belongings and decided it was time to bring them back.	
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.		The buttons were sold to help raise funds to support the new storage building for the Barnes ATV and Snowmobile clubs. Also, for the Barnes Notes and News.	
		The buttons are \$ 3.00 each or 4/\$10.00 We don't want the remaining buttons to sitso let me know when you're ready to get some more!!!	
Focus on Energy has set up a program to facilitate the take back recycling of fluorescents at over 250 retailers throughout the stat web page has a locater for these businesses <u>www.FocusOnEr</u> (Under 'Store Type', choose the listing for 'CFL Recycler'.)	te. Their		OU FOR YOUR SUPPORT FREATLY APPRECIATED
Eau Claire Lakes Conservation Club		ADRC of Operation:	Medicare Vitamin D
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	8:0 Monday Phone: Visit the 117 Washb Appointme sary bu	00 - 4:00 7 through Friday 1-866-663-3607 ADRC office: E. 5th Street urn, WI 54891 ents are not neces- ut are helpful. www.adrc-n-wi.org	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: <u>http://bayfield.uwex.edu/</u>
Iocal funding sources, Bayfield County Health Department has installed three medication drop boxes and three sharps containers throughout the county. The medication drop box- es 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; medica- tion samples; vitamins; medicated ointments or lotions; inhal- er. 3 Sharps Boxes are also stationed in the area. Contact Bayfield County for locations.		w so it's b	nes out of 10 hen I lose mething ecause I put a safe place.
"GOING GREEN" Find us at:			
TownOfBarnesWI.gov / Community / Barnes Notes and News / 2022 Email: barnesnotesandnews@gmail.com			

OUR NEIGHBORS

EAGLE RIVER HISTORICAL SOCIETY

Although there won't be an Eagle River Ice Castle this winter because pf bad ice and up and down weather, we can still enjoy ice castles of the past! We have an extensive collection of ice castle pictures, memorabilia, and history, but here is just a snippet of some of the past creations! Notice all the unique details from each year! What year is your favorite?

Hopefully, we will have another ice castle in the winter of 2024 !! Visit the Eagle River Historical Society website: https://eagleriverhistory.org



Trivia Answer # 10: Al Capone

FUN AND GAMES

14

25

29

50

58

59

21

30

31

54

64

17

34

53

63

67

70

24

38

43

28

37

49

Across

- 1. Capital of Ghana
- 6. Spirit
- 10. S&L offerings
- 13. Kindled anew
- 14. Choice for night owls
- 15. With-it
- 16. Badmouth one of a bluegrass duo?
- 18. Musical output
- 20. Title in British India
- 21. Nourish a senator?
- 23. Loud laugh
- 24. Friendly bite
- 26. Looks after
- 27. Smoking and nonsmoking, e.g.
- 29. Difficulty, to the Bard
- **32**. Primp
- Reebok rival
- 34. Bickle portrayer
- 36. Dogg's one-time Dr.
- 37. Entreat a "Batman" actress?
- 40. Get-up-and-go
- 43. Admiration
- 44. Pocket finds
- 48. Encompassing everything
- 50. Legend on the ice
- 51. Microwave emissions
- 52. Napoleon relative
- 54. It's Big in California
- 56. Item in an alley
- 57. Emulate a suffragist?
- **60**. More than diets
- 62. Cheesy Dutch town?
- 63. Make quick use of an actor?
- 66. Seventh Greek letter
- 67. Element in most meteorites
- 68. Is hardly energetic
- 69. Domestic retreat
- 70. Atlantic Division team
- 71. Prepare, as tea

VALENTINES DAY TRIVIA

- 1. What Valentine's Day candy was first created on equipment made for lozenges?
- When did Sweethearts first get 2. their shape?
- 3. When was the oldest known Valentine's Day message written?
- 4. Who invented the first Valentine's Day candy box?
- 5. On average, how many marriage proposals happen on Valentine's Day?
- When was February 14 first 6 declared to be Valentine's Day?
- In what country is Valentine's Day 7. known as "Friends Day?"
- What major invention was patented 8. on Valentines Day?
- 9. The oldest living love poem was written on what?
- 10. What notorious gangster orchestrated the St. Valentine's massacre? Day

Down

13

16

23

27

33

40

48

52

57

62

20

41

66

69

42

- 1. Biblical transport
- 2. Harsh rebuke
- 3. Hidden
- 4. Calorie-laden
- 5. Diet guru
- 6. Construction extra
- 7. Lettuce layer
- 8. Attachment to a date?
- 9. Journalist's scribblings

- 28. Fanged menace
- 30. Big name in racing
- **31**. Some gang members 34. Paris' Jardin Tuileries
- 35. Part of a crater
- 38. It's often found in ruins
- 39. Boot part
- 40. Musical output
- 41. Ciphered
- SEARCH FOR TRIVIA ANSWERS BY NUMBER IN THIS ISSUE

- 42. Diagnose by touching
- 45. Cold-blooded vertebrate
- 46. Long letter
- 47. Common ID
- 49. One of the flock
- 51. Sluafests
- 53. Peace Prize winner with Arafat

12

19

11

36

45

56

46

47

65

15

18

39

44

61

22

32

51

68

71

26

35

55

60

- 55. Saturnian ship, e.g.
- 58. Rushed
- 59. Western gait
- 61. Pickle
- 64. HMO employees



The oldest surviving poem is:

the Epic of Gilgamesh, from the 3rd millennium BC in Sumer (in Mesopotamia, now Iraq), which was written in cuneiform script

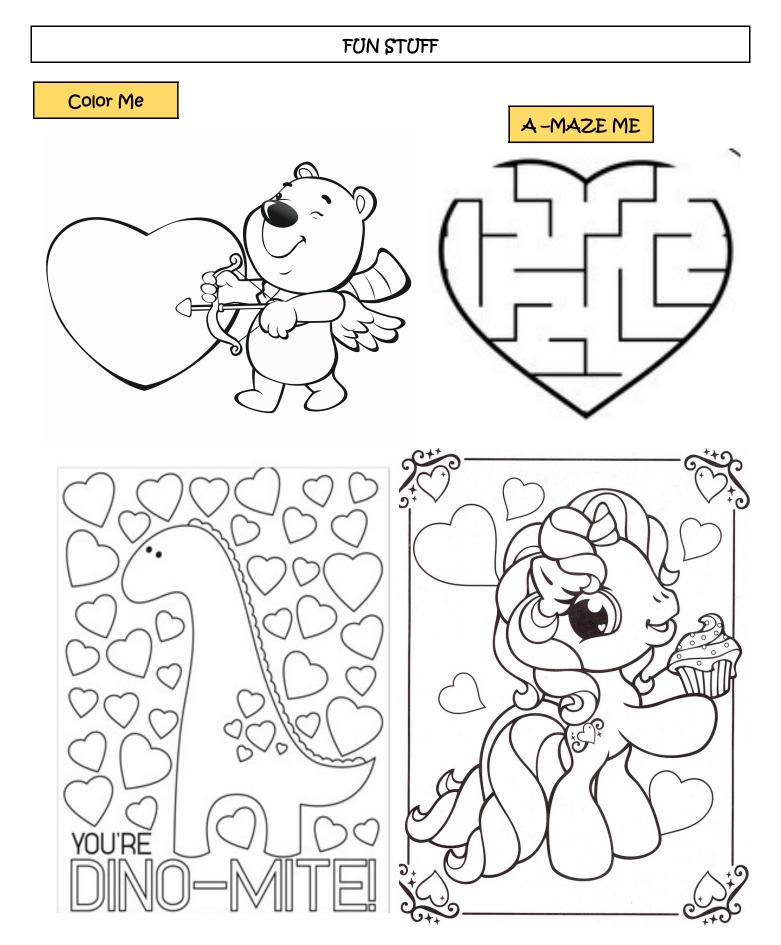
- 10. Irritability **11**. Ousted
- 12. Worrisome engine sound
- 19. Word with Yellow or brown
- 22. Stop on the line
- 23. Shaggy Tibetan
- 25. Lively tempo

FUN AND GAMES SUDOKU - Medium SUDOKU - Easy 2 5 4 7 9 5 6 1 4 1 7 2 5 2 3 2 7 1 8 6 4 7 7 5 8 9 8 7 2 8 1 4 2 5 9 2 3 3 8 6 4 3 8 4 1 7 4 9 6 5 3 2 8 5 6

JANUARY CROSSWORD ANSWERS **REMINDER:** Please have your ads, articles or stories to the paper by the 20th of each month to Ρ Е S н 0 т S В Т А L А Α ensure placement in the next month's issue. Ρ S Е т Е т А L L А Ι 0 М We will try to accommodate items received after the 20th. (please note that we do have Ρ Ι D Е Α R Е Α А Ν т А L certain items that cannot be received until just before issuance and spots are R I Ν Υ 0 U R Е S G D G А R reserved for these monthly entries.) Email any items you may have to: Е Е S Е Υ R U Ν Α Y Julie (Friermood) Sarkauskas at: Ρ 0 Ρ н Е Е L А Ρ L barnesnotesandnews@gmail.com Е or call: 715-795-2775 U D Ι 0 т А R S А L 0 А Y Е S т А L L 0 U R Е Ν G Ι Ν Ρ А v Е U R Ν S Е А S Е L THE 5 SECOND RULE DOES S S н Е R 0 М Ι Т Ι PPLY WHEN YOU Ν 0 R М В Е G R С А S Ρ I Y 0 U W н Е S Ν R Е L Е С 0 L Е т R Е Е А М 0 Κ S Е R А R Е R т S А R R Ι Be My Valentine т R 0 κ S S т Е W Е Ν Υ А

FUN GAMES LEARNING





Trivia Answer # 5: 220,000

VALENTINES & POETRY - JUST FOR FUN



Grab some time and do some searching to see what you find built into the history of poems and Valentines

Who started poetry first?

Poetry itself probably dates back to **cavemen and the earliest shamans**, who chronicled events in picture-stories, symbols, songs, and tales to chronicle hunts and features of the land on which these people survived. Poetry also took nomads into altered or supernatural realms.

Though hardly anyone knows it, the first person ever to attach their name to a poetic composition is not a mystery. Enheduanna was born more than 4,200 years ago and became the high priestess of a temple in what we now call southern Iraq.

Who created the first poetry?

The oldest known "poems" are anonymous - such as the Rig Vedas of Hinduism, the Epic of Gilgamesh, and the Song of the Weaver by an unknown Egyptian of the Second Dynasty. The psalms and The Iliad are "attributed" to **David and Homer**, respectively - but painstaking scholarship has never given them exclusive credit.

Who is the most famous poet? I'M SURE WE ALL GUESSED THIS ONE !

William Shakespeare (1564–1616, England) William Shakespeare is arguably the world's most famous poet and playwright. His works have been translated into every major language, and his plays have been performed more often than those of any other playwright.

Who made the first poetry in America?

Anne Bradstreet's The Tenth Muse Lately Sprung Up in America (1650) may be the earliest collection of poetry written in and about America, although it was published in England. She was a reluctant settler in America, A Puritan who migrated from her beloved England in the 21600's. She became America's first poet.

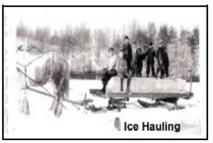


REMINISCING REPLAY

Ice Cutting in the Good ol' Days

Submitted by Paula Greenspan - BAHA (Barnes Area Historical Association)

Following are some memories of ice cutting as passed down in my family, the Peases. I know that others cut ice and may have done so differently. The BAHA museum would love to have your memories and pictures to add to these! Contact us through our website or Facebook page, or give them to any BAHA member. www.bahamuseum.org



When my grandfather L.D. Pease arrived on the Upper Eau Claire Lake in April 1916, the first thing he constructed was a hastily built ice house of rough lumber which he filled with ice cut from the lake and packed in wagon loads of sawdust from the nearest sawmill. Then he was ready to keep food cool for his first resort guests who arived in mid or late summer.



Of course, a better ice house was eventually built up by the main lodge. It was cleaned out about Christmas time each year: chopping out all the frozen sawdust/ice mixture and shoveling it out of the way. Ice cutting started when the ice got about fourteen inches thick. If there was a lot of snow, they shoveled off some areas so the ice would thicken there. They always cut 12" x 14" cakes to fit nicely into the ice boxes.

**

About 300-500 cakes were put up each year for Pease Resort use and then the crew (Pease family and neighbors) would move around the lake putting up ice for Lyndale Bay resort, Call of the Wild, and the Island house used by the Waukesha club.

Originally, blocks were cut with hand saws and hauled away by horse and sleigh. Around 1948, LD's stepson Erwin Tesch rigged up an ice cutting machine using the engine from a Model T and a circular saw blade. It would cut to about 2" from the water and the blocks could then be broken off with a crowbar. The blocks were hauled away by pickup truck. Erwin was pretty handy. He also created strap-on spikes to be worn over their boots on the slippery ice while working.

One family anecdote that has been retold many times concerns a little girl who attended Pease School when it was held in one of the cabins. Her parents were often late picking her up and one day while she was waiting for them, she wandered down to watch the men cut ice on the lake. This little eight-year old was very curious and went running over to the hole where they had cut out blocks. She was warned to stop and stay back but when heads were turned, a "plop" could be heard and she was gone. When she popped back up, someone grabbed her by the collar, hauled her out, and quickly carried her up to the house. Her wool coat left a trail of red dye on the snow all the way. When she got inside, Elizabeth Pease got her some warm dry clothes but since there were only boys in the household then, she had to wear boy's clothing. Her parents picked her up on time after that!

By the time I was around, we had electricity and there was no more ice cutting but I do clearly remember the small room off the kitchen which was used as a pantry. My dad explained that originally it was a walk-in cooler. There was a trap door in the roof which could be opened for blocks of ice to be placed in a shallow metal tray overhead. A drain pipe got rid of the melt water and the cold from the ice settled downwards, keeping the room cool. As children in the family got big enough to climb a ladder, refilling the cooler tray was one of their household chores. Another chore was to pull a little wagon to each cabin and fill the smaller ice boxes in each one which had guests. Dad didn't mention whether kids tried to spend time in the cool room on hot days– I'm sure I would've. But with the refreshing spring-fed lake and a thrilling water toboggan ride on hand, perhaps they preferred other ways to keep cool.

The homemade ice cutting machine is long gone but the BAHA museum has tongs for grabbing the ice and several pictures. Stop by this summer and see them.







Erwin Tesch & Dave Pease

Ice Cutting

ЪĊ

Ice Cutting - George Martin Sr.

WINTER CANNING

TRY STORING IN CANNING JARS TO KEEP LONGER (helps to take fruit out of containers you bought them in)



Don't have eggs, but want to bake? 1 Tbls. of corn starch mixed with 3 Tbls. of water can be substituted for each egg.

Trivia Answer # 6: 1537



BEFORE YOU START

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

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.)

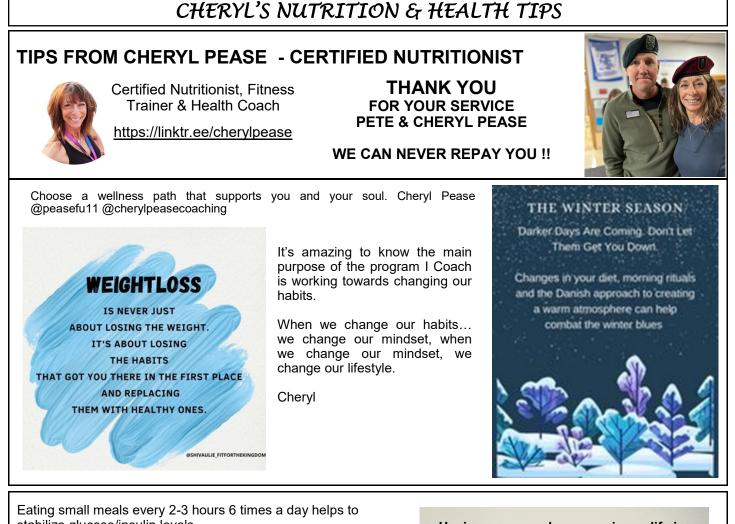
You may ask, why do the jars have to be hot before hand? The liquid/food you're putting in them is boiling hot, thus if the jars are hot (besides the obvious sterilization) you aren't putting hot product into cold jars and taking a chance of them breaking either when the product goes in the jars or when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





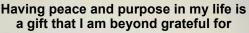
stabilize glucose/insulin levels.

Here is one of my favorite easy morning breakfast bowl recipes

- 1 Large Egg
- 1/4 C Egg Whites
- 1/4 C Black Beans •
- 2 Tbl Salsa (1g sugar) •
- Pinch of Cumin
- Directions: •
- Whisk egg + egg whites and cumin .
- Cook in cast iron or non-stick skillet place in bowl
- Warm beans in microwave add to top of scrambled eggs.
- Add salsa and ENJOY!!

Calories- 162 / Protein- 15g / Fiber- 2.5g / Carbs- 20g

#breakfastbowl #healthyeating https://linktr.ee/cherylpease





BE STRONG - BE HAPPY - BE GOOD TO YOURSELF



CHERYL'S NUTRITION & HEALTH TIPS

BLT CAULIFLOWER SALAD WITH RANCH DRESSING

From the Desk of Cheryl Pease

How about a healthy swap for potato salad?

Ingredients:

- 1 large head cauliflower
- 1 tbsp olive oil
- 5 strips cooked Turkey bacon chopped
- 1/2 cup shredded spinach
- 1 avocado chopped
- 1 pint cherry tomatoes cut in half
- 1/4 cup thinly sliced red onion

Ranch Dressing

- 1/3 cup NF Greek yogurt
- 1 tbsp apple cider vinegar
- 1 tbsp white wine vinegar
- 1/2 tsp dried dill
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp pepper
- 1/4 tsp salt
- Options to modify this BLT Cauliflower Salad:
- Make it vegan: swap the NF Greek yogurt for vegan mayo and omit the bacon to make it vegan.
- Don't have spinach? Use another green such as arugula, watercress or shredded lettuce.
- Add extra protein: try shredded chicken, ground Turkey, or a sliced hard boiled egg. Or add an Impossible Burger or Morningstar Farms Crumbles for a vegetarian protein boost!

Ready to clean up your eating? <u>https://linktr.ee/cherylpease</u>

One of the #1 causes of "globesity" & "diabesity"! Open your eyes & ears, & be aware of what will prevent both & will allow you to THRIVE! "An ounce of prevention is worth a pound of cure," & the key to prevention lies in your daily CHOICES & DECISIONS!

https://linktr.ee/cherylpease

When you are resting because you're exhausted, you need to remember that you are not wasting the day doing nothing. You are doing exactly what you need to do. You are recovering.





Preheat the oven to 350° Fahrenheit

Cut the cauliflower into bite-sized florets and place them on a sheet pan. Drizzle with olive oil and bake for 20 minutes, or until the cauliflower is tender. Set the cauliflower aside to cool.

To make the dressing in a bowl whisk together the mayonnaise, vinegars, dill, parsley, onion powder, garlic powder, salt and pepper.

Add the cooled cauliflower florets to a a bowl along with the chopped bacon, spinach, tomatoes, avocado and red onion. Before serving pour the ranch dressing overtop and toss until well coated. Serve.



Trivia Answer # 6: 1537



GOOD OL' COMFORT FOOD

CHEESY GARLIC GREEN BEANS

Cheesy Garlic Roasted Green Beans with mozzarella cheese is the best side dish to any meal! Low Carb, Keto AND the perfect way to get your veggies in! Tastes so amazing that the whole family gets behind this one. Prep Time 5 mins / Cook Time 25 mins / Total Time 30 mins / Servings: 4 - 6 people / Calories: 238kcal

Ingredients

- 1 pound (500 g) green beans, ends trimmed
- 1/4 cup olive oil
- 2 tablespoons fresh parmesan cheese shredded
- 1 tablespoon minced garlic (or 4 cloves garlic, minced)
- 3/4 teaspoon Kosher salt
- 1/4 teaspoon fresh cracked black pepper
- 1 1/4 cup mozzarella cheese shredded

Instructions

- Preheat oven to 425°
- Lightly grease a baking sheet with nonstick cooking oil spray
- Arrange green beans on baking sheet in a single layer. Set aside
- In a small bowl mix together olive oil, parmesan, garlic, salt and pepper. Drizzle the oil mixture over the green beans and toss to evenly coat
- Bake for 20 minutes until vibrant and tender-crisp
- Remove from oven and top with the mozzarella cheese
- Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes)
- Season with salt and pepper, if desired. Serve immediately

CREAMY BUTTERY TUSCAN GNOCCHI

Facebook Recipes

Prep Time10 mins / Cook Time 15 mins / Total Time 25 mins / Servings: 4 serves / Calories: 450kcal

Ingredients

- 2 tablespoons butter, (or olive oil)
- 1 brown shallot, chopped (or 1 small onion)
- 4 cloves garlic, minced
- 1 pound uncooked potato gnocchi, (the dry packaged gnocchi -- not fresh)
- 1/2 cup jarred sun dried tomato strips in oil, (reserve 2 teaspoons of the jarred oil for cooking)
- 1/2 cup chicken broth
- 1 1/4 cups heavy cream, (thickened cream or half andf half)
- 1 teaspoon dried Italian herbs
- Salt & pepper, to taste
- 1 1/2 cups fresh baby spinach
- 1/2 cup fresh grated parmesan cheese
- 2 tablespoons fresh chopped basil, (or parsley)

Instructions

- Heat a large skillet over medium-high heat. Melt the butter and sauté shallots until transparent, about 2 minutes. Sauté garlic until fragrant, about 30 seconds.
- Add the gnocchi and let sear in the butter for a minute. Add the sun dried tomatoes and reserved oil. Cook for a further minute to release flavors into the gnocchi.
- Pour in the chicken broth, cream and Italian herbs. Scrape up any browned bits from the bottom of the pan.
- Season with salt and pepper to taste. Mix everything together and reduce heat to medium. Cover pan with lid and let cook for 5 minutes.
- Stir in the spinach leaves and cook until wilted, about 1 minute.
- Stir through parmesan cheese and chopped basil. Let simmer for a further minute or until gnocchi is soft, cooked through and the sauce has thickened to your liking.
- Season with a little extra salt & pepper, if needed, to suit your taste.
- Serve immediately.*
- Notes Add uncooked dry gnocchi as it cooks right in the sauce! The starch released from the gnocchi thickens the sauce perfectly while cooking.





GOOD OL' COMFORT FOOD

RUNZA CASSEROLE

Facebook Recipes

Ingredients:

- 2 pkgs refrigerated crescent rolls (do not separate rolls)
- 2 lbs ground beef
- 2 tablespoons butter
- 4 cups green cabbage, shredded
- 1 large yellow onion, finely chopped
- 1 1/2 cups Mozzarella cheese, grated
- Kosher salt and freshly ground pepper, to taste'

Directions:

- Preheat oven to 350°F and grease a 9x13-inch baking dish with nonstick spray. Set aside.
- Unroll one tube of crescent rolls but do not separate, and place sheet in bottom of prepared baking dish. Bake 5 minutes.
- In a large skillet over medium-high heat, season ground beef and cook until no longer pink. Drain fat as needed and push meat to outer edges of skillet.
- Add butter to center of skillet. Once melted, add onions, salt and pepper, and cook, stirring for 2 minutes.
- Add cabbage and let cook down until wilted, about 5 minutes. Adjust seasoning as needed.
- Spread mixture over baked crescent rolls. Top with mozzarella and remaining sheet of crescent roll dough.
- Bake until top is golden brown, 20-25 minutes. Let rest 5 minutes before serving. Enjoy!

REMINDS ME OF MOM'S OLD FASHIONED COCONUT CREAM PIE

IMPOSSIBLE COCONUT PIE

Easy Recipes

All the ingredients are mixed together and poured into a pie tin, but when it cooks it forms its own crust with filling.

Ingredients

- 2 cups milk
- 1 cup shredded coconut
- 4 eggs
- 1 teaspoon vanilla extract
- 1/2 cup all purpose flour
- 8 Tablespoon butter 3/4 cup sugar

1/4 teaspoon ground nutmeg

Directions

Place milk, coconut, eggs, vanilla, flour, butter and sugar in blender. Mix well. Pour into a greased and floured pie plate. Sprinkle nutmeg on top. Bake at 350 degrees for 45 minutes.

MILLION DOLLAR CHICKEN CASSEROLE

Sandy Collins - Facebook Recipes

Ingredients:

- 4 cups cooked chicken, chopped
- 4 oz cream cheese, softened
- 1 cup cottage cheese
- 1/2 cup sour cream
- 1 (10.75 oz) can cream of chicken soup
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried parsley
- 1 sleeve Ritz crackers, crushed 6 tablespoons butter, melted

Directions:

Preheat oven to 350°F and grease a 9-inch baking dish with nonstick spray.

In a medium bowl, beat cream cheese until smooth. Add cottage cheese, sour cream, garlic powder, onion powder, parsley, and cream of chicken soup and stir to combine.

Stir in chicken and pour into prepared baking dish. Stir together cracker crumbs and butter and sprinkle over the top. Bake until bubbly and golden brown, 30-40 minutes.







SWEETS FOR YOUR SWEETS

CHOCOLATE CHEESECAKE STUFFED STRAWBERRIES

Facebook Recipes

Prep Time30 mins | Cook Time2 mins | Total Time 32 mins Servings: 20 - Calories: 91kcal

Ingredients

- 2 pints strawberries tops off and hulled/cored
- 8 ounces cream cheese softened
- ¹/₂ cup chocolate syrup cold
- ¼ cup powdered sugar
- 2 Tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 1 cup whipped topping
- Optional garnishes: mini chocolate chips chocolate sprinkles

Instructions

- Prepare the strawberries by washing them and removing the stem. Use a strawberry corer or knife to hollow out each
- strawberry.
- Cut off a small slice of the bottom of each strawberry to create a flat surface for the strawberry to stand up on. Set aside for
- now.
- Using a mixer on medium high speed, whip the cream cheese, chocolate syrup, powdered sugar, unsweetened cocoa
- powder, and vanilla until completely smooth with no lumps.
- Mix in whipped topping and beat until fully incorporated and the mixture is light and fluffy.
- Remove the filling from the mixer and place into a piping bag with a star tip.
- Pipe the filling into each strawberry.
- Top off with optional mini chocolate chips or chocolate sprinkles.
- Serve immediately or refrigerate the strawberries until ready to serve.

Notes

To store, place your strawberries in a container with enough height so that the frosting doesn't reach the top. They are best on the same day but will still be good for another day or so. You can also freeze these by individually wrapping them in foil or plastic wrap for a few weeks for a yummy frozen treat.

STRAWBERRIES AND CREAM MIMOSA

Myheavenlyrecipes.com/strawberries-and-cream-mimosa Servings12

Ingredients

2 bottles of sparkling champagne 24 oz frozen raspberries 1½ cup fresh or frozen strawberries ¾ cup sugar

1 tbsp honey 1 cup half and half 1 tsp vanilla extract

Instructions

- In a medium saucepan, pour raspberries and diced or frozen strawberries in pot. Turn temperature to medium/low heat. Allow berries to soften and become soupy. This takes about 8-10 minutes.
- Pour in sugar to sweeten berries. Once sugar is dissolved add in honey and stir to combine.
- Remove from heat and puree berries in a blender. Using a fine mesh strainer over a measuring cup and pour liquid through. Tap the strainer gently to push liquid through, working in small batches.
- Put seeds from the strainer into a small bowl and continue to use the strainer to separate the liquid from the seeds.
- Once all berries have been pushed through the strainer, pour some of the half & half cream through the strainer. This will allow some more of the juice from the berries to come through.
- Pour remainder of cream into the measuring cup and stir to combine.
- Add in vanilla extract and stir.
- Pour berry mixture into an ice cube tray and freeze.
- When ready to serve, add berry cubes into the champagne glass and pour champagne over the cubes. The cubes will melt making a delicious mimosa.





Trivia Answer # 8: The Telephone



SWEETS FOR YOUR SWEETS

VALENTINE'S BROWNIE TRUFFLES

BalancingMotherhood.com

Prep Time25 mins Chill time1 hr 26 mins Total Time1 hr 51 mins Servings: 30 servings



Ingredients

- 19 oz 13x9 in pan size Brownie Mix
- 2 Tbsp chocolate syrup
- 2 Tbsp corn syrup
- ¹/₄ cup water
- 1 cup Valentine's sprinkles

Instructions

- Place dry brownie mix in a large microwave safe mixing bowl. Place in microwave and heat in 30 second increments stirring between each for about 1 ½ minutes or until temperature is 160.
- Remove from microwave and add in corn syrup, chocolate syrup and water.
- Stir until well mixed and smooth.
- Place sprinkles in a shallow dish.
- Scoop out 1 tbsp of brownie mixture at a time and roll into a ball. Slightly dampening your hands for rolling keeps the batter from sticking to them.
- Roll in sprinkles to coat. Place on plate or baking sheet.
- Repeat until all batter has been made into truffles.
- Chill for at least 1 hour before serving.
- Store in an airtight container and serve chilled.

CHERRY BARS RECIPE

Facebook recipes

PREP TIME 10 mins COOK TIME 33 mins

Ingredients:

Bar

- 1 3/4 cup sugar
- 1 cup butter room temperature
- 1 tsp vanilla extract
- 4 eggs
- 3 cups all-purpose flour
- 1 1/2 tsp baking powder
- 21 oz cherry pie filling

Directions:

- Preheat oven to 350 degrees.
- Grease your 10 ½ x 15 ½ jelly roll pan
- Cream sugar, butter, and vanilla in a medium bowl until light and fluffy. Add eggs, beating well. Add flour and baking powder, stir just until blended

1 cup powdered sugar

1/2 tsp almond extract

1-2 tbsp milk

- Spread ²/₃ of the batter into the cookie sheet. Spread the pie filling over the batter. Drop remaining batter by teaspoonfuls over the pie filling
- Bake for 33-38 minutes or until toothpick inserted in center comes out clean
- Cool completely.
- For glaze, mix together the glaze ingredients in a medium bowl; drizzle over cooled bars. Let set until glaze is set

Glaze

Cut into bars

BLACKBERRY CRUMBLE

Facebook Recipes

Prep Time 10 minutes Cook Time 35 minutes Servings 6 servings

Ingredients

- 1 cup all purpose flour
 1 cup granulated white sugar
- 1 large egg
- ¹/₂ cup unsalted butter melted & cooled
- 4 cups blackberries washed & dried
- 2 Tablespoons lemon juice
- ¹/₂ tsp cinnamon
- 1 Tablespoons brown sugar

Instructions

- Preheat your oven to 375°F and butter the skillet. Set aside.
- To a large bowl, add the flour, white sugar, and egg. Blend well until it's a fine, coarse, powder.
- Melt the butter and set aside.
- Add washed blackberries to prepared skillet and cover with lemon juice.
- Top the berries with the flour mixture.
- Drizzle the top with the melted butter.
- Sprinkle the top with the cinnamon and brown sugar.
- Bake in the oven for 35 minutes.
- Serve warm with vanilla ice cream.

Note: Store covered for up to 3 days





APPETIZERS

OUTBACK STEAKHOUSE BLOOMIN ONION

Ingredients - Batter

- 1/3 cup cornstarch
- 1 1/2 cups flour
- 2 teaspoons garlic, minced
- 2 teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 24 ounces beer
- 4 Vidalia onions

Seasoned flour

- 2 cups flour
- 4 teaspoons paprika
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne

Outback Dipping Sauce

- 1/2 cup mayonnaise
- 2 tsp ketchup
- 2 tsp creamed horseradish
- 1/4 tsp paprika
- 1/4 tsp salt

- 1/8 teaspoon dried oregano
- 1 dash black pepper
 - 1 dash cayenne

Preparation

- 1. For the seasoned flour-combine flour, paprika, garlic powder, pepper and cayenne-mix well
- 2. For the Dipping sauce Blend everything together well and refrigerate for 2 hours or overnight
- 3. For the batter -Mix cornstarch, flour and seasonings until well blended
- 4. Add beer and mix well
- 5. Cut about 3/4 inch off top of onion and peel
- 6. Cut into onion 12-16 vertical wedges but do not cut through bottom root end
- 7. Remove about 1 inch of petals from center of onion (You can place the cut onions in cold water for a few hours to help "open" them up -- just make sure that you drain them well)
- 8. Dip in seasoned flour and gently shake to remove excess
- 9. Separate petals to coat thoroughly with batter
- 10. Gently place in a fryer basket and deep fry at 375-400 for 1 1/2 minutes
- 11. Turn over and fry 1 1/2 minutes more or until golden brown
- 12. Drain on paper towels

BACON WRAPPED SMOKIES

Prep Time10 minutes / Cook Time50 minutes / Total Time1 hour

Ingredients

- 1 14 Ounce Package Smoked Lil Smokies
- 15 Slices Bacon Uncooked, Cut Into Thirds
- 3/4 Cup Brown Sugar
- 1/4 Teaspoons Dried Cayenne Powder

Instructions

- Preheat oven to 350 Degrees. Line a rimmed baking sheet with aluminum foil. (For an alternate cooking method try bacon wrapped smokies in air fryer)
- Wrap each smokie with a bacon piece, overlapping ends, then securing with a toothpick.
- Mix brown sugar and cayenne pepper in a shallow bowl then firmly press each smokie in mixture, coating generously.
- Place in a single layer on prepared pan and bake in preheated oven for 30 minutes or until bacon is browned. Flip the sausages and continue to cook another 20-30 minutes or until bacon is browned on the second side.
- Remove from oven and serve.





THE "DIET COKE AND A BIG MAC" combo





BLT BALSAMIC CHICKEN AVOCADO FETA SALAD

cafedelites.com/blt-balsamic-chicken-avocado.../

Servings: 4

Ingredients

Balsamic Dressing / Marinade:

- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 2 tablespoons water (or more oil if you wish)
- 2 teaspoons Italian seasoning
- 2 teaspoons minced garlic
- 1 teaspoon honey
- 1/4-1/2 teaspoon salt (adjust to your tastes)
- 4 skinless and boneless chicken thigh fillets (or breast fillets)

Salad:

- 5 ounces bacon diced and trimmed of all fat
- 8 cups mixed salad lettuce leaves (or Romaine | Cos lettuce leaves)
- 2 tomatoes chopped
- 1 red onion thinly sliced
- 1 avocado sliced
- 1/4 cup crumbled feta cheese
- extra Italian seasoning
- salt and pepper to taste

Instructions

- Whisk balsamic dressing / marinade ingredients together until well combined. Pour 2-3 tablespoons into a shallow bowl. Add the chicken thighs and coat evenly. Season with salt and pepper; set aside for 10 minutes while the frying bacon.
- Fry bacon until crisp in a skillet over medium-high heat. Wipe pan over with paper towel.
- Cook chicken fillets until crisp and cooked through (about 7 minutes each side).
- Arrange all salad ingredients in a large bowl. Top with the bacon, chicken, avocado and sprinkle with feta, extra Italian seasoning and salt and pepper to your tastes. Drizzle with the remaining dressing and serve.



Cupid Floats

Ingredients

- 1 scoop Vanilla ice cream
- 8 oz Cherry soda
- 1 piece Red licorice

Instructions

Add a scoop or two of vanilla ice cream to a drinking cup or mug. Fill the cup with cherry soda. Cut the ends off of 1 strand of red licorice, then place into the cup to use as a straw.

Drink and enjoy!

Trivia Answer # 4: Richard Cadbury

GOOD EATS - SOMETHING DIFFERENT

BLUEBERRY BRIE GRILLED CHEESE SANDWICH

Prep Time 3 minutes Cook Time 6 minutes

Ingredients



- 2 slices Honey Wheat bread
- 1/8 cup Brie, sliced
- 3 tsp blueberry pie filling (or blueberry jam)

Instructions

- Spread butter on one side of each slice of bread.
- On the non-buttered side, add toppings and cover with other slice of buttered bread. The buttered side should be facing outwards.
- Heat a skillet to medium-high heat. Grill each side for 2 to 3 minutes or until desired doneness is reached. Cut in half and enjoy hot!

BREAKFAST SUNDAES

Facebook Recipes

Ingredients:

- Bananas cut in half
- 1/2 cup Greek yogurt to each .
- Almond slices .
- Granola
- Dried coconut .
- Blueberries
- Raspberries
- Blackberries

Instructions:

- Split bananas in half carefully with a knife. .
- Added 1/2 cup Greek yogurt to each
- Sprinkle on toppings.
- Make them YOUR own!

Enjoy!

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EASY HONEY GARLIC SALMON

Prep Time10 mins Cook Time10 mins Servings: 4 people

Ingredients

- 4 wild caught salmon fillets 1/2 pound each,
- skin off or on
- Salt and pepper, to season •
- 1/2 teaspoon paprika (mild, sweet or smokey)
- 2 tablespoons butter
- 4 cloves garlic, finely chopped or minced
- 4 tablespoons honey •
- 1 tablespoon water
- 2 teaspoons soy sauce
- 1 tablespoon fresh squeezed lemon juice, (plus extra to serve)
- Lemon wedges to serve •

Instructions

- Arrange oven shelf to the middle of your oven. Preheat oven to broil/grill settings on medium heat.
- Season salmon with salt, pepper and paprika. Set aside.
- Heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute, until fragrant. Pour in the honey, water and soy sauce; allow the flavours to heat through and combine. Add in the lemon juice; stir well to combine all of the flavours together.
- Add the salmon steaks to the sauce in the pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste (if desired).
- Optional -- Add the lemon wedges around the salmon (adds a stronger lemon taste).
- Baste salmon one more time then transfer the pan to your oven to broil / grill for a further 5-6 minutes, or until the tops of the salmon are nicely charred, and the salmon is cooked to your liking.
- To serve, drizzle with the sauce and a squeeze of lemon juice. Serve with steamed vegetables; over rice or with a salad.

I've not heard this one before, but why not. Would explain people telling me to run my hands under cold water whenever my eye water peeling and chopping onions.

The reason you cry when you chop onions, is that the chemical in the onion is attracted to the nearest source of water, which is usually the eyes. If you place a wet paper towel next to your onion while cutting the wet paper towel will absorb the chemical instead of your eyes... Now THIS is a tip you can use!... 🥘 🍾



