









Welcome Home to the:

February 2018

BARNES NOTES AND NEWS

Volume 1, Issue 10

Free

The BARNES NOTES & NEWS is the new source of our area's community events and happenings, obituaries and other items of interest. We continue to welcome you to place your ads, submit events or articles, and stories. Please contact the owner/editor: Julie (Friermood) Sarkauskas at <a href="mailto:barnes:



Dear Family and Friends -

We made it through our first month of 2018! I hope you all came through unscathed and doing well. While we had a few weeks of bitter cold, we managed to get a few really nice days. This month, we have multiple *Reminiscing* stories that I think you will find to be of great reading. They are:

- A little history on local ice cutting back in the day. Ice would be cut out of the lakes to use throughout the year.
- The XXIII (23rd) Winter Olympic Games, starting February 9th.
- The "American Birkebeiner" started in 1973, however, the original Birkebeiner actually started in 1206.

I recently visited my puppy, Copper, and his pseudo mommy and daddy in Eagle River, WI. We had a wonderful lunch in town and then walked across the parking lot to see the construction happenings for this year's Ice Castle. The local fire department and volunteers were very hard at work, and it was already looking magical when we were there. I was in awe! The creating and construction of these ice castles has been taking place for 90 years. Even though I lived in Rhinelander for a couple of years, just 1/2 hour south of Eagle River, I never had a chance to go see these amazing structures. Every year brings a new idea and construction plan. If you have a chance, you MUST get over to Eagle River to see this in person before it starts to melt like Frosty the Snowman. If you can't make the trip, go on-line to check it out. The castle is now complete and is 30 feet tall with a final size of 25x30 feet. 2100 ice blocks were used to build it.









Visit the Eagle River Chamber of Commerce website: info@eagleriver.org and click on "Ice Castles".





May God Bless and Keep you Julie Sarkauskas

In this issue:

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- Town of Barnes

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Barnes Notes and News, LLC

50690 Pease Road Barnes, WI 54873 **715-795-2775**

SUPER BOWL "LII" 52

Sunday, February 4th, 2018 5:30 p.m. on NBC



Eagles vs Patriots



Enjoy the game at a local establishment

2018 WINTER OLYMPICS

Friday, Feb 9th to Sunday, Feb 25th on NBC.

NBC will be live across all time zones. Pyeongchang, South Korea, is 13 hours ahead of the East Coast.



Opening Ceremony February 9th Official start February 8 th



Most nights, coverage will begin at 8 p.m. ET and air live in each time zone. Primetime coverage of the games in all areas will be followed by the local news and then a "Primetime Plus" segment. The primetime coverage will re-air after the "Primtetime Plus" footage airs.







2018 Bar Stool Races President's Weekend Sat. Feb. 17th, 2018

New Extended Race Schedule
If you can put it on skis, you can race it!



SEE DETAILS IN THIS ISSUE



FOLLOW the DRUMMOND SCHOOL **
DISTRICT'S SPORTS & ACTIVITIES
through the BARNES NOTES & NEWS

Boys & Girls Basketball Schedules Coming soon—Boys & Girls Track, Baseball and Softball Schedules



BARNES AREA CALENDAR OF EVENTS: FEBRUARY 2018



Thur. Feb 1	POTAWATOMI PROPERTY OWNERS ASSOCIATION - Reservations begin for full island and week long rentals. Contact: Vern Wilcox 715-795-2542
Sun. Feb 4	SUPER BOWL PARTY at the Cabin Store 3:00 p.m. to ?? 715-795-2561
Tues. Feb 6	COMMUNITY DINNER 5:30 p.m. at Barnes Community Church. 715-795-2195
Fri. and Sat. Feb 9 and 10	HAPPY VALENTINE'S DAY from Cedar Lodge Steakhouse and Grill: Special Menu served Friday & Saturday night-reservations recommended. 715-795-2223
Sun. Feb 11	BARNESTORMERS SNOWMOBILE CLUB Regular meeting at Cabin Store 9:30 a.m.
Thur. Feb 15	POTAWATOMI PROPERTY OWNERS ASSOCIATION - Reservations open for all rentals. Contact: Vern Wilcox 715-795-2542
Thur. Feb 15	BARNES AREA HISTORICAL ASSOCIATION (BAHA) Meeting 9:00 a.m. at the Museum, corner of Lake Rd. & Cty. N. 715-795-2145
Sun. Feb 18	BARNESTORMERS SNOWMOBILE CLUB Meat Raffle at Trading Post 3:00 p.m.
Mon. Feb 19	REGULAR TOWN BOARD MEETING 6:30 p.m. at Barnes Town Hall: 715-795-2782 NOTE DATE CHANGE
Tues. Feb 20	SPRING PRIMARY ELECTION: polls open 7:00 a.m 8:00 p.m. at Barnes Town Hall
Tues. Feb 27	VFW POST 8329 Meeting 6:00 p.m. at VFW Hall. 715-795-2271

Judy Bourassa, Town Clerk / Treasurer

clerk@barnes-wi.com

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

FREE COMMUNITY DINNER



Tuesday, February 6th, 2018 Dinner: 5:30 – 7:00

Please join your neighbors & friends for A meatloaf dinner!!



Barnes Community Church 3200 County Hwy. "N" Barnes, WI



THANK YOU !!!!

THE RICE FAMILY would like to send a very heartfelt thank you to everyone who stopped by to wish Mike a happy 90th birthday.

He really enjoyed seeing everybody and can't wait for the next 10 years to go by so he can have another party!!

BARNES TOWN BOARD MEMBERS

Chairperson: Chris Webb
Supervisor: Donna Porter
Supervisor: Seana Frint
Supervisor: Tom Emerson
Supervisor: Zach Desrosiers

Visit: <u>Town of Barnes.com</u> for town minutes.

Foreman: Eric Altman Constable: Mike O'Keefe

THINGS TO DO:





- ICE SKATING at the Barnes Town Hall (check with the Town office for information and conditions)
- CROSS COUNTRY SKI/HIKE the upgraded trails around the area (visit the town website for updates)
- Annual Sno-Jack Fund Raiser-BAR STOOL RACES
 President's Day Weekend—Feb 17th.

 Food & Check in 11:00 / Races start at 12:00 noon
 Drummond, WI Behind the Black Bear—Brian Miller Hill
- 2018 AMERICAN BIRKEBEINER
 When: Feb 22nd thru Feb 25th.

• BIRKEBEINER SPAGHETTI FEED

CABLE COMMUNITY CENTER - SPONSORED BY: the CABLE AMERICAN LEGION Post 487

When: Friday Feb 22nd / 4:00 p.m. to 8:00 p.m. or until gone.

The Cable American Legion will be donating half the proceeds to the Northwoods Pre-school in Cable, WI



BARNES SENIOR MEALS - FEBRUARY 2018 MENU

How to Register for a Senior Meal at the Barnes Town Hall

Meals are served at the Barnes Town Hall Monday - Thursday at 12:00 p.m. To reserve a meal or cancel a meal, please call (or stop by) the Barnes Senior Meal Site at 715-795-2495 between 10:15 am to 1:15 pm Monday - Thursday.

If you are not able to call between 10:15 am to 1:15 pm Monday - Thursday to reserve a meal or cancel a meal, please call the Bayfield County Department of Human Services at 1-888-717-9700, press 178 and leave the following information by 3:00 pm, Monday through Friday:

Your name, phone number, date you would like to reserve a meal and the meal site (Barnes)

Week 1: 2/1 Week 2: 2/5 to 2/8 Week 3: 2/12 to 2/15 Week 4: 2/19 to 2/22 Week 5: 2/26 to 2/28

Monday	Tuesday	Wednesday	Thursday
			Beans & Wieners, Seasoned Potato Wedges, Steamed Carrots, Melon, Potato Roll w/ butter, Milk, Veg Alt: Beans & Tofurky Wiener
Chicken Breast w/ Mushroom Sauce, Parslied Buttered, Brown Rice, Steamed Spinach Cranberries, Pineapple Tidbits, Whole Wheat Roll w/ butter, Milk	Meatloaf in Brown Gravy, Herb Sliced Potatoes, Mixed Vegetables, Lemon Fruit Salad, Black Bean Brownies, Milk, Veg Alt: TVP Meatballs	Hearty Beef Barley Soup , Egg Salad Sandwich on, WW Bread, Pickled Beets, Pumpkin Pie Squares, Milk, Veg Alt: Hearty Veg. Barley Soup	Sliced Pork on a buttered Bun, Baked Yams & Apples, Mandarin Oranges, Milk, Veg Alt: Tofu Cutlet on a buttered Bun
Salisbury Steak w/gravy, Mashed Potatoes, Sweet Peas, Peach Delight Dessert Whole Wheat Bread w/butter, Milk	Chicken Cacciatore Over Garlic Buttered Egg Noodles, Green Beans, Fruit Cocktail, Milk, Veg Alt: Italian Bean Cacciatore	Broiled Lemon Dill Fish w/ tartar sauce, Au Gratin Potatoes, California Veggies, Apple Crisp, WW Roll w/ butter, Milk	Baked Hawaiian Ham, Steamed Baby Red Potatoes, Glazed Carrots, Jello w/ Pineapple chunks, Chocolate Chip Bean Cookie, Milk, Veg Alt: Baked Hawaiian Tempeh
Tuna Salad Sandwich on WW Bread, Broccoli Cheese Soup, 3 Bean Salad, Lemon Blueberry Trifle, Milk	Hot Beef Tips over Mashed Potatoes & Gravy, Steamed Broccoli, Peaches, Whole Wheat Bread w/butter, Milk, Veg Alt: Hot Tofu Bites	BBQ'd Chicken, Potato Salad, Baked Beans, Grapes Whole Wheat Roll w/butter, Milk, Veg Alt : BBQ Tempeh	Spaghetti with Meatballs, Romaine & Iceberg Salad w/ Tomato, Green Peppers, Onion, Apple, Italian Bread w/ butter, Chocolate Birthday Cake, Milk, Veg Alt : Spaghetti & TVP Balls
Cranberry Glazed Pork Cutlet, Candied Yams, Peas Applesauce, Whole Wheat Roll w/butter, Milk	Beef Stir Fry Over Brown Rice, Steamed Asparagus, Pears, Milk, Veg Alt: Tempeh Stir Fry	Cheeseburger on a buttered Bun w/lettuce, tomato, onion & peppers, Tomato Spoon Salad, Whipped Fruit Salad, Milk, Veg Alt : Cheesy Veggie Burger	Baked Chicken, Mashed Potatoes & Gravy, Steamed Red Cabbage, Cherry Cream Dessert Salad, Whole Wheat Roll w/butter, Milk, Veg Alt: Roasted Garbanzo Loaf

ACTIVITY REMNDER.... If you're walking, walk against traffic (ditch to your left). If you're biking, ride with traffic (ditch to your right). If walking your dog, *PLEASE* make sure he/she is always on the "ditch" side of you for their safety, and <u>not</u> on the road side of you.

THANK YOU!! (It's for your safety, your pet's safety and 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 barnesnotesandnews@gmail.com

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

Donations are welcome and appreciated. Your generous donation will be applied as sponsorship to our community pages.

Employment Opportunity Town of Barnes

Clean Boats Clean Waters Boat Landing Monitor Positions

The Town of Barnes in Bayfield County is seeking applicants for Boat Landing Monitors for the summer of 2018. Start date for all positions will be the weekend of Friday, May 4, 2018 and continue through Labor Day, September 3, 2018. Positions will be 20 hours per week @ \$10.00 per hour Friday evenings, 4:00 p.m. -8:00 p.m., Saturdays and Sundays 8:00 p.m. - 4:00 p.m., Memorial Day, Fourth of July, and Labor Day, 8:00 a.m.-2:00 p.m. Must be 18 years of age or older by May 4, 2018. Substitute positions will also be available for those interested in working fewer hours/weekends as needed.

Responsibilities will include, but not limited to:

- informing and educating boaters
- inspecting boats, trailers and personal watercraft for AIS(Aquatic Invasive Species)
- collecting and recording watercraft data
- reporting any suspect specimens

Necessary Skills:

- ability to approach citizens with courtesy and clarity
- communicate well with others
- pay attention to detail
- accurately record data.
- work outdoors
- drive a vehicle or engage adequate transportation

Training:

Monitors will be trained by Town of Barnes AIS Committee prior to the beginning of the season.

Applications can be picked up at the Barnes Town Hall, 8:00 a.m. to 12:00 noon every day but Wednesdays, or on the website: Town of Barnes WI.

Deadline for applications is April 2, 2018 at 4:30 p.m. Mail application to: Barnes Town Hall, 3360 County Hwy N, Barnes, WI 54873.

Interviews for positions to held mid-April. Town retains the right to accept or reject any or all applications.

Equal Opportunity Employer



BARNES BOOK CLUB

The February meeting for the Barnes Book Club will be held on Monday, February 26 at 9:30 A.M. in the library of the Barnes Community Church. The book is Lincoln in the Bardo by George Saunders. The book was a New York Times best seller in 2017 and winner of the 2017 Man Booker Prize.



THE WINDSOR JOIN US FOR SUNDAY FUN-DAY 3:00 P.M.

THE LAST SUNDAY OF EVERY MONTH **MUSIC - DRAWING - SNACKS**

BUTTONS ARE STILL AVAILABLE!!!!!

"YES! THERE IS A BARNES, WISCONSIN"



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

Recently, long time resident and friend, Tom Van Delist, came across one of the buttons in his mothers belongings and decided it was time to bring them back. A GRAND gesture, they will be 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.



Thank you Tom!

The buttons are \$ 4.00 each or 3/\$10.00. You can purchase the buttons at many local establishments.





THANK YOU FOR YOUR SUPPORT IT IS SO GREATLY APPRECIATED



WISH SOMEONE



A HAPPY BIRTHDAY, HAPPY ANNIVERSARY, HAPPY **RETIREMENT, OR JUST A HAPPY DAY!**

SUBMIT TO: barnesnotesandnews@gmail.com

BARNES RED HAT



The Barnes Red Hat Ladies will next meet on

Wednesday, February 21st, 2018 12:00 noon - Doorn's Inn

BARNES VFW - APRIL FISH FRY **COMING APRIL 6TH, 2018**

PLEASE JOIN US ONCE AGAIN FOR FANTASTIC FISH AND TO HELP SUPPORT LOCAL SCHOLARSHIPS



EVERY FRIDAY IN APRIL 5:00 P.M. TO 7:00 P.M. **Barnes VFW Post** Lake Road, Barnes, WI

The Barnes Area Historical Association (BAHA) Museum is closed for the season however, open by appointment.

Please keep the Museum on your list of places to visit in 2018.

The Museum is located at the corner of County Hwy N & Lake Rd.

Donations are appreciated to help us maintain and expand the exhibits.

Obituaries - REMEMBERING LOVED ONES LOST



PATRICIA ANN BOTT (KNUDSEN)

Patricia Ann Bott (Knudsen) age 86, passed away on January 18th, 2018, surrounded by her family at Hayward Health Services.



Pat is survived by her two sons, Michael (Irene), Kenneth (Sandra) and daughter Cynthia (Tim), all of Barnes, WI. 9 Grandchildren and many Great Grandchildren.

Pat was born on July 2nd, 1931 to Leonard and Mabel Knudsen (Kaske) in Chicago, IL. She is preceded in death by her parents, siblings and husband Matt. Pat enjoyed and excelled at art. She had a scholarship to the Art Institute of Chicago, where she learned many wonderful skills that she continued to use and improve on, all of her adult life.

Pat married Mathias Bott on September 30th, 1950 at St. Barholomews Catholic Church, in Chicago, IL. They celebrated their 50th anniversary with a trip to Alaska, always a dream of theirs. Both Pat and Matt enjoyed landscape photography and spent many autumns during their retirement traveling out west to capture some wonderful photographs and share their love for nature.

Pat loved nothing more than preparing wonderful dinners for her family and sharing good times. Some of her artistic talents led to many special pieces of ceramics, and paintings that her family will always cherish.

There will be a private family service at a later date.

HARRY L. JACOBSEN

July 24, 1930 - Dec. 19, 2017

Harry Jacobsen, 85, passed away Tuesday, December 19th in his home in Barnes, WI. The service was held on Sunday, Jan. 14, at the Barnes Community Church.



SCOTT MEINKE

Scott was born on November 21, 1962 and passed away on Friday, November 17, 2017. Scott was a resident of Rice Lake, Wisconsin at the time his of passing. Fresh from graduating from Rice Lake High School in May 1981, Scott entered into the United States Army where he found his true calling. Services were held on Saturday, November 25, 2017 at the Barnes Community Church, Barnes, WI



RAYMOND "RAY" D. ELIASON

Raymond "Ray" D. Eliason, 68, longtime Superior resident, died Sunday, January 14, 2018 at Essentia Health St. Mary's Hospital in Superior. He was born on September 24, 1949 in Berlin, Germany to Donald and Gerda (Scherra) Eliason.

He was a 1968 graduate of Superior Senior High School and was a self-employed carpenter for many years. He was an excellent hockey player from Superior Senior High School, a lifelong accomplished musician and master carpenter. Ray enjoyed his time as the Superintendent for Habitat for Humanity and also held various managerial construction positions throughout his lifetime.

He was a loving father and loved spending time with his two sons and family members. He also enjoyed spending time at his cabin on Island Lake in Barnes, WI. Ray was an avid skier and was a ski instructor and on the ski patrol for many years. He also enjoyed fishing; golfing and you could always find him at the Superior Speedway on Friday nights.

Ray is survived by his twin sons, Andrew and Jaeden Eliason, both of Superior, WI and their mother, Amy Eliason, Pleasant Hill, CA; Ray's mother, Gerda; two brothers, Ed (Chelle) and Steve Eliason, both of Superior, WI; one niece, Cristie (Darren) Gordon and one nephew, Brent Eliason. He is preceded in death by his father Donald.

A Celebration of Ray's Life was held on Friday, January 26, 2018 which included a Time of Remembrance Service at the Lenroot-Maetzold Funeral Home, 1209 E. 5th Street, Superior.

To leave an online condolence please visit www.lenroot-maetzold.com.

Obituaries - REMEMBERING LOVED ONES LOST



JAMES CONRAD HARDY

On Wednesday, January 17, 2018, James "Jim" Conrad Hardy (77), passed from this life in Barnes, WI, his beloved home and retreat for the past 20 years. Jim will be deeply missed by his wife and best friend of 17 years, Janet (Johnson) Hardy of Barnes. Jim is survived by the mother of his children, Myrna Mae Berg of Menomonie, WI, and their four children Kristan Louise Bourestom (Robert Bourestom) of Carrollton, TX; Karla Ann Hardy of Menomonie, WI; Michael James Hardy (Michelle Odden) of Corvallis, OR; and Heidi-Mae Wilkins (Kamau Wilkins) Rochester, MN; as well as their six grandchildren Sarah Claire Bourestom, Emily Margaret Bourestom, Payten Mae Wilkerson Hardy, Kira Elise Hardy, Mateo Ajani Wilkins and Aviella Makena Wilkins; Brenda Milimkovich (Denny) and family; Rick Benedickt (Kathy) and by his extended family and beloved friends.

He is preceded in death by his parents. Thelbert Theodore Hardy (Father), Anna Torgarina (Anderson) Hardy (mother), Theda Fredick (sister) Linus Fredick (brother-in-law) and Janet's two children who recently passed away, Rhonda Benedickt and Karl Benedickt Jr. A memorial service was held Saturday January 27, 2018 at the Barnes Community Church, County Road N. in Barnes, WI. A celebration of Jim's life will take place at a later date this summer at Camp Phillips in Haugen, WI. Leave your condolences for the family online at www.brately-nelsonchapels.com.

MARK SCLAVI

Mark A. Sclavi, 64, of Barnes, WI, passed away January 13, 2018 at St. Luke's Hospital, Duluth, MN. He was born in Superior, WI on July 3, 1953 to Jean "Gino" and Jean (Legard) Sclavi. Mark owned Sclavi Building and built many homes in the area. He was preceded in death by his parents; brother Richard Sclavi, and his brother-in-law Gene Nordquist.

Mark is survived by daughter Jennifer (Marc) Makela and their children Halie (Nathan Van Meter) and Jake, his son Joe (Amanda Olson) and his daughters Carmen and Ella; sisters Sandra Nordquist, Brenda (Joe) Granquist, and numerous nieces and nephews; and life long friend Richard (Dick) Shaul. Private services will be held.

Our sincerest apologies for anyone we may have missed.



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

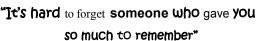
If you have any information you would like us to share, please send to:



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

OUR LOVED ONES HAVE PAWS.

OUR SYMPATHIES IN THE LOSS OF YOUR FURRY FRIEND





SUPPORT YOUR LOCAL HUMANE SOCIETY



BARNES COMMUNITY CHURCH



Pastor Jon Hartman 10:30 a.m. Sunday Worship

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



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



HELP US "GO GREEN"

Thank for your support in our efforts to save on paper and costs. Please contact us if you'd like to receive your copy of the Barnes Notes and News via email. **THANK YOU!**

Email: barnesnotesandnews@gmail.com



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: Donna at 715-795-3139 or Dianne at 715-795-2728

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



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



2018 BAHABIG CA\$H WINTERFEST

JOIN US AS WE CHASE WINTER AWAY!

Winter Break NOON LINE COST 2018

NOON UNTIL 6:00PM

RAFFLE DRAWING AT 4:30pm

PRIZES 1ST PRIZE \$2,000 2ND PRIZE \$1,000

15 PRIZES @ \$100 10 PRIZES @ \$50

BINGO @ 1PM FOOD & BEVERAGES AVAILABLE Silent Auction-Door Prizes every half hour-Meat Raffles all afternoon-50/50 Raffle

HELD AT THE VFW HALL ON LAKE ROAD IN BARNES Tickets \$20.00 each

Raffle License # R0027498A-47134 (Do not need to be present to win)

ALL PROCEEDS GO TO BAHA HISTORICAL CENTER & MUSEUM FUND FOR TICKETS OR INFORMATION CALL 715-795-2145

BARNES AREA HISTORICAL ASSOCIATION, INC.

Sharing the history of the Barnes Area through education and preservation Website: bahamuseum.org

TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER 2017 HOURS OF OPERATION EFFECTIVE: APRIL 1 THROUGH NOVEMBER 1

WINTER HOURS: Wednesday 8:00-2:00 and Sunday 8:00-2:00

Bagged garbage fees: LARGE BAGS: \$ 3.00 / SMALL BAGS: \$ 2.00

There are brush and leaf pits for these types of disposal. Brush pit now accepts stumps.

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

DISPOSAL FEES

- EMPTY REFRIGERATORS, FREEZERS, COMPRESSORS, DEHUMIDFIERS \$ 20.00
- · PROPANE TANKS; \$10.00
- STUFFED CHAIRS; \$10 OR \$15
- COUCHES; \$15 OR \$20
- · MATTRESS/BOX SPRING-QUEEN OR KING; \$10.00 EACH
- · MATTRESS/BOX SPRING-SINGLE OR DOUBLE; \$5.00 EACH
- · HIDE-A-BED COUCH: \$25.00
- · TIRES; \$5.00 EACH
- · LARGE TIRES:TRUCK/TRACTOR-BASED ON SIZE DETERMINED BY ATTENDANT
- · TV'S/ COMPUTERS, LAPTOPS; \$25.00
- MISC. FURNITURE; \$5.00
- CARPETING, PADDING, RUGS, DEPENDING ON SIZE; \$10.00 AND UP
- 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; FREE**
- STOVES; FREE
- WASHER/DRYERS; FREE

NON - RECYCLABLE ITEMS:

Pizza Boxes (because of the grease) Paper Plates and Cups (with wax coating)

Paper Towels

Egg Cartons (Styrofoam)

Kleenex **PVC Pipe**

Over sized plastic items

Oil Containers Solo Cups Plastic Plates

Flower pots or trays over 8"

Salt Tabs bags Top soil bags Window glass Rubber products Mirrors

Fabrics Wood Drinking glasses Stvrofoam LED light bulbs Large plastic toys

Aerosol spray cans Containers that stored pain and chemicals

RECYCLE ITEMS:

All Rinsed Plastic Bottles (No Food Residue Allowed)

Water bottles Mouthwash bottles Beverage bottles Food jars Food containers Milk & water jugs Detergents Household cleaners Shampoo bottles Cooking oil Salad dressing Yogurt containers

Margarine tubs Ketchup bottles Soap dispenser containers

Plastic bags must be put inside one bag

Misc Items

8" max flower pots clean

Aluminum, steel, tin food/beverage containers Clear, green, brown glass food/beverage bottles

Newsprint, magazines, catalogs Corrugated cardboard

Aseptic Packaging Cartons

This list does not include all items but is a reference of what can and cannot be recycled

NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE

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

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

EVERY TUESDAY

9:50 Leaves the Barnes Community Center

10.10 Leaves the Drummond Library and Senior Housing

Leaves the Cable area/Rondeau Market 10.45

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







Wilderness Inn

Wine - Dine - Recline

Anytime Fish Fry Featuring Samuel Adams Lager Fish



- SPECIALS -

Monday - Burger Night Tuesday - Tacos Wednesday - Wings Thursday - Pizza Night

New Specials & Prizes!

Check our Facebook page for New Monthly Specials! (Omelets, Burgers & Pizzas)

- ATM - Credit Cards - WIFI Available -

Restaurant Hours: Open 7 Days a Week at 7:00 a.m. www.barnestradingpost.com * Find Barnes Trading Post on Facebook 4170 Cty. Hwy. N, Barnes, WI 54873 * 715-795-2320

FEBRUARY SPECIALS

Omelet: Chili Cheese (our homemade chili and cheese)

Burger: Grilled Cheese burger (on Texas Toast with

extra cheese)

Drink: Coffee & Honey (coffee & Jack Daniels Honey Whiskey)

Pizza: Buffalo Chicken (hot sauce, chicken & cheddar cheese)

Also featuring: Gluten Free Pizza Crusts

- BREAKFAST-

Everyday—All you can Eat Biscuits & Gravy

Saturday & Sunday

Eggs Benedict Pair with a Mimosa or Bloody Mary!

NOTES FROM A MASTER, GARDENER. WILL BE BACK LATE



WINTER/EARLY SPRING

J & K'S HALFWAY HOUSE Bar & Grill

"WE ARE HERE"

Open 7 days a week Mon. - Fri. 9:00 a.m. to 10: 00 p.m. Sat. - Sun. 9:00 a.m. to 12:00 Midnight

> Gordon, WI Phone: 715-376-4285 (On and Off Sale)



THURSDAY NIGHTS

BINGO BANGO

STARTING FEBRUARY 15TH, 2018

6:00 p.m. Start

the WINDSOR 50750 Outlet Bay Road

Barnes, WI



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GEORGIA'S IS OPEN

NEW OWNER: GEORGIA'S SON BRYAN





Friday, Saturday & Sunday 11:00 to Close

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



AMERICAN LEGION **BIRKEBEINER SPAGHETTI FEED**

CABLE COMMUNITY CENTER

FEBRUARY 22ND Time: 4:00 p.m. to 8:00 p.m. or until gone



America Legion will contribute half the proceeds to the Northwoods Pre-School in Cable, WI

The Drummond Library - The Drummond Public Library and Historical Museum has become a popular destination for not only library services, but for a visit to the roots of the town of Drummond. The library also has local maps to assist visitors find the many natural wonders in the area. Visitors enjoy activities such as hiking, cross country skiing, biking, fishing, bird and wildlife watching and much more. The staff is knowledgeable about the local activities and can help you find the best activities while visiting the area.



HOURS: Monday: Closed Tuesday: 10-5 Wednesday: 10-5 Thursday: 10-6 Friday: 10-5 Saturday: 9-1 Sunday: Closed **ADDRESS:** 14990 Superior St, Drummond, WI 54832 **PHONE:** (715) 739-6290

A Weather Note: We've had snow, nice weather, cold and wind. Just another winter in Barnes, WI. As the story goes, if you don't like the weather, wait 5 minutes.

Last week we had another 5" - 8" (depending on your side of town) and on Sunday, Jan 28th we had about 1" of fluff. Nothing that got in our way. Hope the trails are still snow covered. Be safe and courteous while you're out.

Stay Warm !!

REMEMBER TO THANK A VET, EVERYDAY





PROPERTIES FOR SALE BY OWNER: Pat Iverson

8950 Co. Hyw N and 8810 Co. Hyw N Drummond, WI

My husband passed away a year ago and I'm selling our two properties to move closer to family. Both properties will be placed with a realtor in April, 2018. Please contact me if you are interested: Home: 715-739-6281 or Cell: 715-413-1721

Pat Iverson

8950 County Hwy N:

This ranch style home with an attached two car garage is on the North side of Co. Hyw N and is situated on 30 acres which joins the National Forest. It has an open kitchen, dining and living room area with 3 bedrooms, 2 full baths and laundry room all on the main floor. The basement is unfinished with a full bath. There is a $30' \times 60'$ pole building which includes a $30' \times 25'$ shop area that has a cement floor, water and heat. Asking \$ 250,000.

8810 Co. Hwy N:

2 bedroom, 1 full bath cabin with a wood burning stove, situated on a 10 acre parcel. It includes a 32' x 50' pole building with a cement floor. Asking \$ 79,000.

KEEPING YOUR PETS WARM AND SAFE THIS WINTER

- Use "PET SAFE" products when salting your walkways & driveways.
- The cold can reek havoc on your pets paws! When walking, the snow and ice can actually burn them. You can get boots at local pet supply stores, Vet supply stores or pet pharmacies. (Foster & Smith, Pet's Mart, Pet Depot)
- Do not leave your pets tied up outside in the cold.
- Please keep an eye on your pets when out on the lakes

Keep shots up to date and have your vet's number handy at all times.

NORTHSTAR VETERINARY CLINIC/HOSPITAL

Dr. Sammi Pumala # 715-739-6823 52545 Old 63N, Drummond

HAYWARD ANIMAL HOSPITAL # 715-634-8971 C 15226W Cty Rd B, Hayward

SEELEY VETERINARY CLINIC

Dr. John Mundel # 715-634-5996 12942W County Rd OO, Hayward (Seeley)

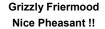
NORTHLAND VETERINARY SERVICES

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



Beautiful Baby

Maple Fullington





ZUMBA classes now being offered!

Barnes Town Hall

Wednesdays 4:30pm

\$5/Class or \$25 for 6 Classes

*Please bring a water bottle and tennis shoes

*Contact Beth at Beth k00@yahoo.com

with any questions.

ZUMBA

Wednesdays
1/17/2018 to 2/7/2018
*No Class 2/14 or 2/28/2018
3/7/2018 to 5/2/2018



UFO CRAFTERS

The February meetings will be held on Monday the 12th and Monday the 26th.

As always, everyone is welcome to join us to do a project or just come for a visit to chat and look at other projects going on.

Judy Wilcox



Shhhhh...IT'S STILL A MYSTERY!!

Rumor has it that a "special guest" will arrive in Barnes sometime in the spring or summer of 2018, at which time a grand "Homecoming Party" will be held in his honor.

CAN YOU "GUESS WHO'S COMING TO BARNES" ?



Clue # 4: No need to "hunt for it".

Clue # 3: He has always been known for having rather amazing headwear.

Clue # 2: He still has a number of relatives in the area

Clue # 1: He last visited our area back in 2005.

Send your guesses to:

barnesnotesandnews@gmail.com

Watch for Clue #5 in the March issue of the Barnes Notes and News







Bar Stool Races President's Weekend Sat. Feb. 17th, 2018

New Extended Race Schedule

If you can put it on skis, you can race it!

RACES START AT 12:00

DRAWING HELD AFTER RACE

Big Cash Drawing Only 125 Tickets Sold (Win Up To \$7500,00)

Brats By Lynn's Meats, Hayward, WI

It's An Annual Drummond Sno-jack Fund Raiser With Food, Drinks And Lots Of Fun

I'm Sure You Won't Want To Miss!!!

D.J. Chad Jaeger At MJ's Millpond 5:00pm

Vince Lombardi - The Legend

Vincent Thomas Lombardi (June 11, 1913 – September 3, 1970) was an player, coach, and executive in the NFL. He is best known as head coach of the Green Bay Packers during the 1960s, where he led the team to 3 straight and 5 total _Championships in seven years, in addition to winning the first two Super Bowls in 1966 and 1967. Following his sudden death from cancer in 1970, The Super Bowl trophy was named in his honor. He was enshrined in the Pro Football Hall of Fame in 1971, the year after his death. Lombardi is considered by many to be the greatest coach in football history, and he is more significantly recognized as one of the greatest coaches and leaders in the history of any American sport.

Lombardi began his coaching career as an assistant and later as a head coach at St. Cecilia High School in Englewood, NJ. He was an assistant coach at Fordham, at the <u>United States Military Academy</u>, and with the <u>NY Giants</u> before becoming a head coach for the Packers from 1959 to 1967 and the <u>Washington Redskins</u> in 1969. He never had a losing season as a head coach in the NFL, compiling a regular season winning percentage of 72.8% (96–34–6), and 90% (9–1) in the postseason for an overall record of 105 wins, 35 losses, and 6 ties in the NFL.

SUPERBOWL SNACKS

CHIPS & SALSA

From: Julie (Friermood) Sarkauskas

- * 1 jar Great Value Black Bean & Corn Salsa
- *Tomatoes, onions & cilantro

Chop fresh ingredients and add to salsa. Best with Tostitos Scoops or Hint of Lime chips. I usually double the recipe.

DILL DIP Shirley (Friermood) Heise ** Best Dill Dip Around"

- *1 cup sour cream
- *1 cup mayo
- *2 Tbls chopped onion
- *Dash garlic salt
- *Dill Weed to taste (I always add extra)
- *1 Tbls Accent
- *1/2 tsp Worchestershire sauce

Combine and chill before serving. Great with all veggies

RANCH PRETZELS

From: Shirley (Friermood) Heise

- *2 bags knotted pretzels (standard size)
- *1 bottle Orville Redenbacher popping oil
- *1 2 pkg Hidden Valley Ranch dressing
- *2 Tbsp Dill Weed (or more to taste)

Mix all together in a microwavable dish (except pretzels.) Microwave for 2 minutes. Put each bag of pretzels in gallon size Ziploc bags.

Divide mixture between bags and turn upside down and shake till all coated.

Pour onto waxed paper on cookie sheet and let dry. (Takes a couple hours or so.)

My sister shared with me that this is better with more ranch dressing and dill so I pour both bags back into a large bowl and add more ranch dressing and dill. Then spread out to dry.





The Lombardi Trophy



HAPPY FEBRUARY BIRTHDAYS

Happy 60th Birthday to my wonderful brother, Rick Friermood
Tiffany Mallory
Linda and Roger Frank



HAPPY BIRTHDAY TO ANYONE WE MAY HAVE MISSED



****** Barnestormers Building Thank You



The Barnestormers Snowmobile Club building is rapidly becoming a reality. The shell is up and we now just need to finish the interior. We have the materials required to complete the building and are working on ways to raise the funds needed to install these materials.

The Barnestormers want to say thank you to the individuals who donated either money or their time to help us in achieving our goal. We also want to thank the Town for the support it provided in this project. In addition, we need to thank the organizations who donated, and the businesses who have hosted and/or supported our fund raisers and have donated funds.



SU	SUDOKU (Answers in this issue)													
			6	9			1	2						
6	9			5		4								
				7	4									
2		8				6								
1	3		9											
					3		7	6						
9						1								
	2			8										





DRUMMOND HS BOYS BASKETBALL

Feb. 2 nd V. Mellen	5:45 pm
Feb. 6 th @ Mercer	4:30 pm
Feb. 9th V. Solon Springs	5:45 pm
Feb. 13 th @ South Shore	5:45 pm
Feb. 16 th @ Shell Lake	5:45 pm
Feb. 19 th @ Northwood	5:45 pm

Regionals Feb. 27th, March 2nd, 3rd Sectionals March 8th, 10th State March 15th, 16th, 17th @ Madison



This puzzle contains 22 words that begin with "snow-." Find the words, then write them at the bottom of the page.

C	S	S	S	Ν	0	W	M	0	В	1	L	Ε	Е	M	S
Y	-	Ν	Ν	L	Ρ	L	Ν	L	Χ	Ε	S	S	Ν	S	Ν
S	Μ	S	0	Ο	Υ	Υ	L	M	U	Ε	Ν	W	S	Ν	0
N	R	Z	Ν	W	W	Α	Ο	S	Κ	R	0	S	Ν	Ο	W
0	Χ	S	Ο	0	В	S	Ε	Α	J	G	W	Ν	0	W	М
W	V	Ν	Ν	W	W	R	L	G	Χ	Ε	В	0	W	D	Α
S	S	Н	0	Ο	I	F	Ε	I	Ρ	Υ	L	W	Ρ	R	Κ
U	J	Ν	G	Т	W	Ν	Α	Α	D	Κ	О	1	L	1	Е
	S	S	W	Ο	Α	S	С	L	Κ	Е	W	Ν	Ο	F	R
T	Ν	Ο	Ν	M	Ρ	S	Т	L	L	Н	Ε	G	W	Т	В
R	Ν	S	W	Υ	W	Q	L	0	Ε	Н	R	Ν	Κ	G	U
S	Ρ	Ο	S	Ο	Υ	Ο	W	Υ	R	Е	W	Κ	Κ	L	L
Q	Ν	S	Ν	Ο	W	L	Ε	S	S	Μ	Т	Ζ	S	U	В
S	Ρ	S	Κ	S	Ν	Ο	W	S	Н	0	Ε	S	Z	Ν	C
S	Ν	0	W	Е	D	S	Ν	0	W	В	0	Α	R	D	z
L	W	D	0	S	Ν	0	W	Α	Ν	G	Е	L.	W	Ν	X



Word Search Answers in March Issue

REMEMBER YOUR VALENTINE AND DO A LITTLE MORE THIS YEAR

DO THE DISHES - CLEAN THE HOUSE - DO THE LAUNDR'. WALK THE DOG - DO THE GROCERY SHOPPING & COOK DINNER TAKE THE KIDS TO PRACTICE - MAKE YOUR HONEYS LUNCH



BUT REMEMBER THE FLOWERS!!!!

Medicare 101

Beginning in January 2018, the Bayfield County Elder Benefits Specialist, Sheila Mack, will be providing "Medicare 101" presentations once per month, January through September, throughout Bayfield County. These presentations will introduce you to the basics of Medicare and give you the information you need to know before making any decisions about whether you want to enroll in all parts of Medicare at age 65, some parts of Medicare, or none of them; and the possible consequences of not enrolling when you are first eligible to enroll. You will also learn about the three types of insurance that supplement Medicare because Medicare only pays 80% of hospital and medical costs, and the need for creditable prescription drug coverage either through Medicare Part D or Wisconsin SeniorCare.

If you will be turning 65 this year, attending one of these trainings is strongly encouraged. The time available for the Elder Benefit Specialist to work with you in the office is becoming more and more limited due to the increase in assistance being requested. To provide prompt and efficient service to as many clients as possible, this presentation will provide basic information on Medicare in a group setting rather than one on one in the Elder Benefit Specialist office. This training will give you enough information to understand your options and be ready to make decisions when it is time to do so.

Below is a list of the dates and towns/cities that Medicare 101 presentations will be offered. All presentations will start at 6:00 pm and last up to 2 hours, depending upon the information reviewed and questions asked by those attending the presentation. If you plan to attend, please register by the day before the presentation is held, by calling **Karen Bodin at 715-373-6144**, **ext.115**. Registration is necessary to prepare enough materials for everyone who attends.

February 13, at the Iron River Community Center in Iron River, WI

March 13, at the Cable Community Center in Cable, WI

April 10, at the Benoit Community Center in Benoit, WI

May 8, at the Immanuel Lutheran Church in Cornucopia, WI

June 12, at the Barnes Town Hall in Barnes, WI

July 10, at the Washburn Public Library in Washburn, WI

August 14, at the Iron River Community Center in Iron River, WI

September 11, at the Drummond Public Library in Drummond, WI

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

Sponsored by:



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

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

ADRC

Hours of Operation:

8:00 - 4:00 Monday through Friday Phone: 1-866-663-3607

Visit the *ADRC* office:

117 E. 5th Street Washburn, WI 54891

Appointments are not necessary, but are helpful.

Website: www.adrc-n-wi.org

BILL'S GARAGE AUTO & TRUCK REPAIR ASE CERTIFIED & INSURED

48670 US Highway 63 - Drummond, WI Phone: 715-739-6969 HOURS: MONDAY— FRIDAY 8-5 SATURDAY 8-12

BATTERIES + TIRES + TIRE REPAIR + TUNE UPS BRAKES + EXHAUST + COOLING SYSTEM FLUSHING OIL CHANGE + LUBRICATION COMPUTER DIAGNOSTICS + STEERING + SUSPENSION TRANSMISSION REPAIRS

> FOR THOSE OF YOU IN THE BARNES AND EAU CLAIRE LAKES AREA

TAKE THE SHORT DRIVE TO DRUMMOND, JUST SOUTH ON US 63

TALK TO BILL KOKAN OVER 30 YEARS EXPERIENCE CARS-VANS-LIGHT TRUCKS

KEEPING THE WHEELS TURNING IN SOUTHERN BAYFIELD COUNTYONE CAR AT A TIME

DRUMMOND HS GIRLS' BASKETBALL SCHEDULE - 2017-18

Nov. 6 th – Practice Begins	
Nov. 27th th V. Winter	5:45 pm
Nov. 30 th V. Butternut	5:45 pm
Dec. 5 th V. Northwood	5:45 pm
Dec. 8 th @ Hurley	5:45 pm
Dec. 19 th @ Mellen	5:45 pm
Dec. 22 nd @ Gogebic College V. Ewen/Trout Creek	5:00 pm CST
Jan. 2 nd @ Frederic (DH w/Girls)	5:45 pm
Jan. 4 th V. Mercer (DH w/Girls)	5:45 pm
Jan. 5 th @ Solon Springs	5:45 pm
Jan. 9 th V. South Shore	5:45 pm
Jan. 12 th V. Washburn	5:45 pm
Jan. 15 th @ Butternut	5:45 pm
Jan. 18 th V. Bayfield	5:45 pm
Jan. 22 nd V. Hurley	5:45 pm
Jan. 25 th @ Ironwood	5:45 pm
Jan. 30 th V. Mellen	5:45 pm
Feb. 1 st V. Siren	5:45 pm
Feb. 5 th V. Solon Springs	5:45 pm
Feb. 6 th @ Mercer (DH w/Girls)	5:45 pm
Feb. 8 th South Shore	5:45 pm
Feb. 12 th @ Washburn	5:45 pm
Feb. 16 th @ Shell Lake (DH w/Girls) 5:45 pm	

Regionals Feb. 20th, February 23rd, 24th Sectionals March 1st, 3rd

State March 8th, 9th, 10th @ Madison



M&M'S Y-GO-BY BAR-GRILL-CAMPGROUND

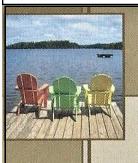
Your hosts Mark and Marilyn Yule email: marilynyule@yahoo.com

OUR FAMOUS FRIDAY NIGHT FISH FRY
BROASTED CHICKEN
LP GAS EXCHANGE * ATM * ICE
ON/OFF SALE
CONVENIENTLY LOCATED ON
ATV/SNOWMOBILE TRAIL # 17 TO DOOR

Meat Raffle first Sat of the month—3:00 p.m. 13889 S. County Rd Y—Gordon, WI 54838 Phone: 715-376-2333

Kitchen Hours: Tuesday, Wednesday & Thursday Noon to 8:00 p.m. Friday & Saturday Noon to 9:00 p.m.

CLOSED SUNDAY and MONDAY



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

Del Jerome DBA Jerome Excavating, LLC

Small loads of gravel, topsoil & rock
Stump Removal
Mini Excavator, Skidsteer, Small Dump Truck

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

FREE ESTIMATES BONDED & INSURED

R-C's DeCoy



53025 State Hwy 27, Barnes WI 715-795-2556

Super Bowl Party

Door Prizes and Lots of Fun !!! Sunday, February 4th - 5:30 p.m.



Hot Dish Cook Off

Saturday, February 24th Starting at 2:00 p.m.

LOOK FORWARD TO SEEING YOU THERE!





Offering the following services -

at reasonable rates:

Lawnmowing * Dock Entry & Removal
Tree Service * Firewood
Landscaping * Garage Cleaning
Raking * Light Carpentry * Snowplowing

14538 S. Lidberg Bridge Road Gordon, WI 54838 email: ljchandler58@gmail.com



Justin Christenson

General Contractor

CHRISTENSON CONSTRUCTION

New Homes • Remodeling • Roofing • Siding • Decks
Fully Insured - License #1163070

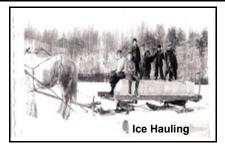
(715) 580-0367 • jchristensonconstruction@gmail.com www.jchristensonconstruction.com

FEBRUARY REMINISCING: ICE CUTTING at PEASE RESORT

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 quests 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.









Ice Cutting

Ice Cutting - George Martin Sr.

FEBRUARY REMINISCING: HISTORY OF THE OLYMPICS

The ancient **Olympic Games** were originally a festival, or celebration of and for Zeus; later, events such as a footrace, a javelin contest, and wrestling matches were added. The Olympic Games were a series of athletic competitions among representatives of city-states. Held in honor of Zeus, the Greeks gave them a mythological origin. The first Olympics is traditionally dated to 776 BC. They continued to be celebrated when Greece came under Roman rule, until the emperor Theodosius I suppressed them in AD 393 as part of the campaign to impose Christianity as the State religion of Rome. The games were held every four years, or *olympiad*, which became a unit of time in historical chronologies.

During the celebration of the games, an Olympic Truce was enacted so that athletes could travel from their cities to the games safety. The prizes for the victors were olive leaf wreaths or crowns. The games became a political tool used by city-states to assert dominance over their rivals. Politicians would announce political alliances at the games, and in times of war, priests would offer sacrifices to the gods for victory. The games were also used to help spread Hellenistic culture throughout the Mediterranean. The Olympics also featured religious celebrations. The statue of Zeus at Olympia was counted as one of the seven wonders of the ancient world. Sculptors and poets would congregate each olympiad to display their works of art to would-be patrons.

The ancient Olympics had fewer events than the modern games, and only freeborn Greek men were allowed to participate, although there were victorious women chariot owners. (some contradictions exist on this as some counts state that women were allowed to participate and would compete for position.) The games were always held at Olympia rather than moving between different locations as is the practice with the modern Olympic Games. Victors at the Olympics were honored, and their feats chronicled for future generations.

To the Greeks, it was important to root the Olympic Games in mythology. During the time of the ancient games their origins were attributed to the gods, and competing legends persisted as to who actually was responsible for the genesis of the games. These origin traditions have become nearly impossible to untangle, yet a chronology and patterns have arisen that help people understand the story behind the games.

The earliest myths regarding the origin of the games are recounted by the Greek historian, Pausanias. According to the story, the dactyl Heracles (not to be confused with the son of Zeus and the Roman god Hercules) and four of his brothers, Paeonaeus, Epimedes, Iasius and Idas, raced at Olympia to entertain the newborn Zeus.







As noted above, there are contradictions as to women competing in the games. One count, is that the first games began as an annual foot race of young women in competition for the position of the priestess for the goddess, Hera, and a second race was instituted for a consort for the priestess who would participate in the religious traditions at the temple.

The Heraean Games, the first recorded competition for women in the Olympic Stadium, were held as early as the sixth century BC. It originally consisted of foot races only, as did the competition for males.

The Olympic Games were held at four-year intervals, and later, the ancient historians' method of counting the years even referred to these games, using the term *Olympiad* for the period between two games. Previously, the local dating systems of the Greek states were used (they continued to be used by everyone except the historians), which led to confusion when trying to determine dates. For example, Diodorus states that there was a solar eclipse in the third year of the 113th Olympiad, which must be the eclipse of 316 BC. This gives a date of (mid-summer) 765 BC for the first year of the first Olympiad. Nevertheless, there is disagreement among scholars as to when the games began.



LEFT: The Exedra (room with seats) reserved for the judges at Olympia on the north embankment of the stadium.

RIGHT: The Parthenon in Athens, one of the leading city-states of the ancient world.



FEBRUARY REMINISCING: AMERICAN BIRKEBEINER



The Birkebeiner actually started in 1206. Birkebeiner skiers, so called for their protective birch bark leggings, skied through the treacherous mountains and rugged forests of Norway's Osterdalen valley during the winter of 1206, smuggling the son of King Sverresson and Inga of Vartieg to safety. The flight taken during the Norwegian Civil War took the Birkebeiners and prince from Lillehammer to safety in the town of Trondheim. Norwegian history credits the Birkebeiners' bravery with preserving the life of the boy who later became King Haakon Haakonsson IV and forever changed Northern Europes' history by his reign.

To this day, Norwegian skiers still carry a pack, symbolizing the weight of an 18-month child, in the Worldloppet's Norwegian Birkebeiner Rennet race from Rena – Lillehammer. Thousands of skiers commemorate the journey with annual Birkebeiner races in Norway, Canada, and the United States.

The name Birkebeiner was given by the Baglers, and originally intended to be offensive - referring to their leggings of birch bark, indicating that they were poor and incapable. They proved the Baglers wrong, and today the name Birkebeiner carries a sence of pride, strength and endurance - something thousands of people, participating in the historical race every year, keep striving for.

In the fall of 1930 author and forester, Haakon Lie, published an article launching the idea of a ski race in honor of the 1206 rescue. The story and painting of the flight were the inspiration for the first Birkebeinger ski race held in Norway in 1932.

So, 6 men - Fredrik Grundtvig, Agnar Renolen, Peder Olsen, Lars Høgvold, Halvor Kampen and Olaf Larsen, met on the mountain Raufjellet, and formally decided to arrange the very first Birkebeinerrennet. In 1932, 147 men completed the then 59 km long trail - first among them was Trygve Beisvåg, finishing with a respectable 4:51:40.

The race is known today as the American Birkebeiner which began in 1973 as the dream of the late Tony Wise. Thirty-four men and one lone woman were on the starting line clad in woolen sweaters and knickers for the 50-kilometer race from the Lumberjack Bowl in Hayward to Telemark Lodge in Cable, Wisconsin. Nineteen more women and juniors would ski a shorter race from "OO" to Telemark. Few knew they were going to make history. There were no U.S. Ski Team members or foreign skiers, just a handful of enthusiasts from a couple of midwestern states, out to try something new. Many of the entrants were on cross-country skis for the first of the season - some for the first time.

The American Birkebeiner is the largest, and one of the longest cross country ski races in North America. Since it's debut in 1973, it has been a part of Worldloppet as long as Worldloppet has been around. The two premier events are the 55 km classic and the 51 km freestyle race from Cable to Hayward, Wisconsin. Each year over 13,000 skiers participate in the Birkie. Around 20,000 spectators from around the world gather to watch the events and celebrate "The Birkie". The race has become a legend in the cross-country ski world.

2018 SCHEDULE OF EVENTS

Thursday, February 22nd:

- Birkie Adaptive Events
- Barkie Birkie Skijor
- Barnebirkie
- Junior Birkie
- Giant Ski
- Birkie Expo

Friday, February 23rd:

- Korte Skate and Classic 29K
- Prince Haakon 15K
- Birkie Expo

Saturday, February 24th:

Birkie Skate 50K/Classic 55K

Sunday, February 25th:

Sunday Ski Demo

VOLUNTEER!!!

* KEEP UP TO DATE *
CHECK LOCAL SCHEDULES &
POSTINGS FOR FULL DETAILS
OR CHANGES



1973 Race - Telemark Lodge Cable, Wisconsin







Enjoy the Trails
And
Have a Safe Race
GOOD LUCK
TO YOU ALL

CAR CARE WITH SPARKEY



Brought to you by Bills Garage MAINTENANCE RECOMMENDATIONS



BASIC OIL CHANGE....3000 MILES OR MANUFACTURES RECOMMEND ATIONS SYNTHETIC OIL CHANGE....5000 MILES OR MANUFACTURERS RECOMMENDATIONS

ENGINE AIR FILTER....DIRTY AND CONTAMINATED AIR FILTERS CAN RESTRICT PROPER AIR FLOW RESULTING IN REDUCED ENGINE PERFORMANCE AND POOR FUEL ECONOMY.

CABIN AIR FILTER....A DIRTY OR CONTAMINATED FILTER CAN RESTRICT THE AMOUNT OF AIR FLOWING THROUGH THE VENTILATION SYSTEM, RESULTING IN POOR HEATING AND COOLING . IN SOME CASES THE FILTER CAN START TO GET MOLDY CAUSING ODORS IN THE PASSENGER COMPARTMENT.

BRAKE FLUID FLUSH....BRAKE FLUID ABSORBS MOISTURE FROM THE ATMOSPHERE WHICH WILL LOWER THE BOILING POINT OF THE FLUID. THIS WILL RESULT IN A SOFT BRAKE PEDAL AND LONGER STOPPING DISTANCES. OLD BRAKE FLUID CAN ALSO CAUSE INTER-NAL CORROSION ON THE MASTER CYLINDER AND ANTI-LOCK BRAKE PARTS.

FUEL INJECTION / INDUCTION CLEANING....REGULAR CLEANING AND REMOVAL OF CARBON BUILDUP IN THE MANIFOLD AND INJEC-TORS WILL ENSURE THE ENGINE PERFORMS AND RUNS AS EFFICIENT AS THE DAY IT WAS BUILT.

TIMING BELTS.... TIMING BELTS ARE MADE OF RUBBER AND CAN DEGRADE OVER TIME, RECOMMEND REPLACEMENT IS USUALLY 100.000 MILES OR EVERY 6 YEARS

I HAVE SENT MORE CARS TO THE JUNK YARD BECAUSE OF TIMING BELT FAILURE THAN ANYTHING ELSE , SOME TIMES YOU GET LUCKY BUT NOT OFTEN

COOLANT EXTENDED LIFE (ORANGE) 60,000 MILES OR 4 YEARS COOLANT (GREEN) 30,000 MILES OR 2 YEARS

BATTERY'S....AAA STATES THAT THE AVERAGE LIFE OF A BATTERY IS 3-4 YEARS. A WEAK BATTERY CAN CAUSE THE ALTERNATOR TO WORK HARDER THAN IT WAS ENGINEERED FOR, CAUSING THE ALTERNATOR TO WEAR OUT PREMATURELY . A WORN OUT BATTERY CAN CAUSE ALL KINDS OF CRAZY PROBLEMS, TRUST ME ON THAT.

FUEL FILTERS....A RESTRICTED FILTER WILL CAUSE THE FUEL PUMP TO WORK HARDER THAN NEEDED CREATING EXCESSIVE HEAT IN THE PUMP RESULTING IN PREMATURE PUMP FAILURE AND DRIVE ABILITY COMPLAINTS.

TRANSMISSION FLUID....TRANSMISSION FLUID LIKE ENGINE OIL BREAKS DOWN OVER TIME, AND CAN CAUSE PREMATURE FAILURE. HAVE YOU PRICED A TRANSMISSION LATELY, BETTER SIT DOWN - - 2 TO 4 THOUSAND DOLLARS PLUS LABOR.

ALWAYS BACKIN' THE PACK - STAY TRUE TO THE GREEN & GOLD

AGING GRACEFULLY

A low impact, moderate intensity exercise class designed to improve strength, flexibility, and balance is open and free to adults of all ages and fitness.

Sessions will be held at the Barnes Community Church Gym on Thursdays at 10:00 a.m. January 18th through March 22nd.

Sponsored by:

the Barnes Parks & Recreation Committee





Tai Chi: Moving for Better Balance is an evidence based program that has been shown to:

- Improve measures of functional balance and physical performance
- Reduce the frequency of falls



Sponsored by: ADRC of the North

Class led by Suzanne Rooney starting March 19th, 2018. The class will continue every Monday and Wednesday through June 4th.

> The class will be held at 10:30 -11:30 am at the Cable Community Center and 12:30 -1:30 pm at the Drummond Community Center.

> > To register call RSVP 715-292-6400 x2.

For more information on this class or other classes including Stepping On, Healthy Living with Diabetes, Living Well with Chronic Conditions and Powerful Tools for Caregivers call: Bayfield County DHS 715-373-6144 x115

Winter cleaning is on all of our agendas. Please consider donating your items to:

Local folks that may need a hand Salvation Army Local Thrift Stores





THIS MONTH IN HISTORY

February 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle *Columbia* broke apart in flight over west Texas, killing all seven crew members. The accident may have resulted from damage caused during liftoff when a piece of insulating foam from the external fuel tank broke off, piercing a hole in the shuttle's left wing that allowed hot gases to penetrate the wing upon re-entry into the Earth's atmosphere. This was the second space shuttle lost in flight. In January 1986, *Challenger* exploded during liftoff.

February 3, 1865 - A four-hour peace conference occurred between President Abraham Lincoln and Confederate Vice President Alexander Stephens at Hampton Roads, Virginia. The meeting was unsuccessful as President Lincoln insisted there could be no armistice until the Confederates acknowledged Federal authority. The Confederates wanted an armistice first. Thus the Civil War continued.

Birthday - Aviation pioneer Charles Lindbergh (1902-1974) was born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.

February 6, 1788 - Massachusetts became the sixth state to ratify the new U.S. Constitution, by a vote of 187 to 168.

Birthday - Legendary baseball player George Herman "Babe" Ruth (1895-1948) was born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

Birthday - Ronald Reagan, (1911-2004) the 40th U.S. President, was born in Tampico, Illinois. Reagan spent 30 years as an entertainer in radio, film, and television before becoming governor of California in 1966. Elected to the White House in 1980, he survived an assassination attempt and became the most popular president since Franklin Roosevelt.

Birthday - British novelist Charles Dickens (1812-1870) was born in Portsmouth, England. He examined social inequalities through his works including; *David Copperfield*, *Oliver Twist*, and *Nicholas Nickleby*. In 1843, he wrote *A Christmas Carol* in just a few weeks, an enormously popular work even today.

Birthday - American inventor Thomas Edison (1847-1931) was born in Milan, Ohio. Throughout his lifetime he acquired over 1,200 patents including the incandescent bulb, phonograph and movie camera. Best known for his quote, "Genius is one percent inspiration and ninety-nine percent perspiration."



Birthday - Abraham Lincoln (1809-1865) the 16th U.S. President was born in Hardin County, Kentucky.

He led the nation through the tumultuous Civil War, freed the slaves, composed the Gettysburg Address, and established Thanksgiving.

Birthday - American artist Grant Wood (1892-1942) was born near Anamosa, Iowa. Best known for his painting *American Gothic* featuring a farm couple.

February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

February 14, 1849 - Photographer Mathew Brady took the first photograph of a U.S. President in office, James Polk.

February 14, 1929 - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

Birthday - Astronomer and physicist Galileo Galilei (1564-1642) was born in Pisa, Italy. He was the first astronomer to use a telescope and advanced the theory that the sun, not the earth, was the center of the solar system.

Birthday - Inventor Cyrus McCormick (1809-1884) was born in Rockbridge County, Virginia. He invented the horse-drawn mechanical reaper, a machine that freed farmers from hard labor and contributed to the development and cultivation of vast areas of the American Great Plains.

February 20, 1962 - Astronaut John Glenn became the first American launched into orbit.



Birthday - George Washington (1732-1799) was born in Westmoreland County, Virginia. He served as commander of the Continental Army during the American Revolution and became the first U.S. President.

February 24, 1582 - Pope Gregory XIII corrected mistakes on the Julian calendar by dropping 10 days and directing that the day after October 4, 1582 would be October 15th. The Gregorian, or New Style calendar, was then adopted by Catholic countries, followed gradually by Protestant and other nations. *(interesting after the notations I previously found when doing the New Years article)*

Birthday - American frontiersman "Buffalo Bill" Cody (1846-1917) was born in Scott County, Indiana. He claimed to have killed over 4,000 buffalo within 17 months. He became world famous through his Wild West show which traveled throughout the U.S. and Europe for 30 years.



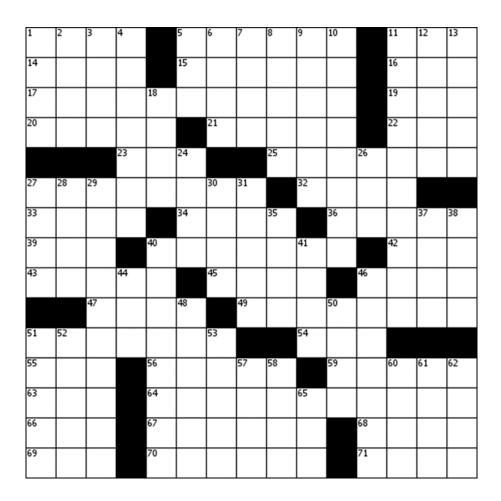
Across

- 1. Stare awkwardly
- 5. Pulitzer Prize contenders
- 11. H&R Block employee
- 14. Ardor
- 15. Aglow at dusk
- 16. 1963 March on Washington mo.
- 17. Be outrageous
- 19. SUV path
- 20. Smile sarcastically
- 21. Arrive, as darkness
- 22. Beat it
- 23. Orchestra's spot
- 25. Put into code
- 27. Instructional methods
- 32. Dennis the Menace's friend
- 33. Pig product
- 34. Young zebra
- 36. Closer to the door?
- 39. Paleozoic, for one
- 40. Wheel fasteners
- 42. Israeli-designed weapon
- 43. Ethnic prefix
- 45. New Orleans veggie
- **46**. Jiffy
- 47. River bottom substance
- 49. Ship captains
- 51. Like many soft drinks
- 54. First name in "The Producers"
- 55. Bobby of the Bruins
- 56. Bumbling
- 59. Artifices
- 63. Kimono cincher
- 64. Suffer a minor injury
- 66. None at all
- 67. Raven peer?
- 68. Assuage
- 69. Venusians, e.g.
- **70**. Bug

Down

- 1. Catches
- 2. Actor Arkin
- 3. Stop sleeping
- 4. Cushion for a cap?
- 5. Last of many a try
- 6. Is in arrears
- 7. Smoking, gambling or drinking
- 8. Greatly please
- 9. Fondness
- **10**. Sign-painter's patterns
- 11. Sing satisfactorily
- 12. Provide with lodgings
- 13. Celeb's hiree

FEBRUARY FUN



- 18. Calc kin
- 24. Trendy protein source
- 26. Cell messenger
- 27. Supplication
- 28. Clear
- 29. Hot rodders' hangouts
- 30. Type of dancer
- **31**. Winner of the 2000 "subway series"
- 35. Lie in wait
- 37. Kaiser kin
- 38. Targets for weight watchers
- 40. It gets a good licking
- 41. What a Manx is missing

- 44. Torched
- 46. Wedding acquisitions
- 48. Professor's goal
- 50. Cuzco's country
- 51. Staggering order?
- 52. Go around the world
- 53. Meat markets
- 57. Builder's purchase
- 58. Account
- 60. "Amscray!"
- 61. Otherwise
- **62**. Leak
- 65. Sea for Debussy

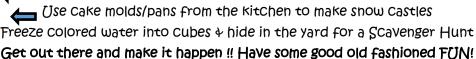




Winter Games

Snowball Fights - Ice Skating - Sledding - Snowmobiling - Skiing Snow Angels - Snowmen - Snow Critters (Make a Caterpillar)

Make squares in the snow and use sticks to play Tic Tac Toe











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BAHA RECIPES WANTED

Recipes wanted: If you've got recipes which are special to your family or you got from a family in Barnes, BAHA wants to include them in a cookbook. Please include any anecdotes or stories about when that food was eaten, the person who usually cooked it, or anything else interesting about the recipe.

PLEASE EMAIL THEM TO:

lupeet101343@gmail.com or call

#715-795-2145 to get her mailing address.

PLEASE SUPPORT THE BAHA COOKBOOK AND SEND IN YOUR RECIPES.



WE WELCOME ANY OLD TIME FAMILY RECIPES FOR WILD GAME AS WELL!

REMINDERS:

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

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

Email any items you may have to Julie (Friermood) Sarkauskas (Editor) at:

<u>barnesnotesandnews@gmail.com</u> or call Julie at: 715-795-2775



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HISTORY OF VALENTINES DAY



The history of Valentine's Day-and the story of its patron saint-is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.

But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. Other legends and stories are scattered about the internet.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife.





GOOD EATS - WINTER WARM UPS



CHEESE VEGETABLE SOUP

From the Kitchen of: Nancy Hunter

"The Northwoods Cookbook" —Barnes Church, 1998

Ingredients:

1 quart water

4 chicken bouillon cubes

1 cup celery, chopped

1 cup onion, chopped

1 (10 ounce pkg) frozen mixed vegetables

2 1/2 cups potatoes, diced

2 cans cream of chicken soup

1 lb. pkg Velveeta cheese

Directions:

- Heat bouillon cubes in water to dissolve
- Add celery and onion; cook 20 minutes
- Add frozen vegetables and potatoes; cook about 30 minutes until veggies are done
- Add cheese and heat just until the cheese is melted

NOTE: Freezes well

AUSTRIAN ONION SOUP

From the Kitchen of: Jo VeVea

"The Northwoods Cookbook" —Barnes Church, 1998

Ingredients:

2 very large Spanish onions, chopped

- 4 Tbsp butter
- 4 cups chicken broth
- 1 Tbsp parsley
- 1 cup cooked potatoes, diced
- 1 cup sour cream, room temperature



Directions:

- Sautee' onions in butter until tender
- Add broth. Salt and pepper to taste
- Add parsley and potatoes
- Bring to a boi and reduce heat
- In a small bowl mix 1/2 of the sour cream with a little of the broth. Add to soup. Repeat with remaining sour cream.
- Heat through and serve.

ON THE LIGHTER SIDE:







HEALTHY CHICKEN & RICE:

From: * Light and Delicious Low-fat Cooking

Ingredients:

Non-stick cooking spray

1 envelope onion soup mix

1 1/4 cups long grain rice, uncooked

6 boneless chicken breast halves

1 can Campbell's Healthy Request - Cream of Chicken Soup

1 can Campbell's Healthy Request - Cream of Mushroom Soup

1 1/2 cups nonfat milk

Directions:

- Spray a 16x11 baking pan with nonstick cooking spray.
- Sprinkle onion soup mix evenly over bottom of pan.
- Evenly distribute the rice over the bottom of the pan.
- Wash chicken breasts; pat dry and arrange over rice.
- Mix together the soups and milk; pour over chicken & rice. Cover with foil and bake at 350 degrees for 2 hours.
- * Jill Sweet-Gregory / Santa Paula High School Santa Paula, CA

PRETZEL NACHOS:

From: * Light and Delicious Low-fat Cooking

Ingredients:

4 cups Fat Free Pretzels

4 slices sharp Cheddar cheese, fat free

1 cup salsa

1/2 cup fat free sour cream

Directions: Place pretzels on a microware safe platter. Top with strips of cheese. Microware on medium power about 1 minute or until cheese melts. Top with salsa and sour cream

PARMESAN FISH FILLETS

From: * Light and Delicious Low-fat Cooking

Ingredients:

Non-stick cooking spray

4 fresh or frozen fish fillets (totalling1 pound)

1 egg white, beaten

2 Tbls water

1/2 cup sodium-reduced wheat wafers, finely crushed

2 Tbsp Parmesan cheese, grated

1 Tbls parsley, finely snipped

Directions:

- Thaw fish if frozen.
- Pat dry with a paper towel.
- In a small mixing bowl, stir together egg white and water. In another mixing bowl, stir together crushed wafers, Parmesan cheese and snipped parsley.
- Dip fish into egg white mixture, then into Parmesan mixture to coat.
- Spray large skillet with nonstick coating.
- Preheat skillet on medium-high heat.
- Cook crumb coated fish in hot skillet for 6 8 minutes or until fish flakes with a fork, turning once.
- * Sue Campbell / Chico Junior High School Chico, CA

JUST A SPOON FULL OF SUGAR HELPS THE MEDICINE GO DOWN, THE MEDICINE GO DOWN, THE MEDICINE GO DOWN, JUST A SPOON FULL OF SUGAR HELPS THE MEDICING GO DOWN, IN THE MOST DELIGHTFUL WAY!





GOOD EATS - WINTER WARM UPS



AVOCADO CHICKEN SALAD

From: Natasha's Kitchen

Ingredients:

2 large chicken breasts,* shredded or chopped

3 medium or 2 large avocados

1 cup corn (from 1 cooked cob)

6 ounce Bacon, cooked and chopped

1/4 cup Chives or green onion, chopped

2 Tbsp chopped Dill

2 hard boiled eggs, cut in halves or quarters, optional

Lemon Dressing:

3 Tbsp fresh lemon juice

3 Tbsp extra virgin olive oil

1 tsp sea salt, or to taste

1/4 tsp black pepper

Directions:

淼

- 1. Dice or shred the 2 large cooked chicken breasts and place into a large mixing bowl.
- 2. Peel and pit 2 large avocados, slice into bite-sized pieces and add to the mixing bowl.
- Add 1 cup of cooked corn (freshly cooked corn is best), toss in ¼ cup chopped green onion, chopped bacon, and 2 Tbsp fresh Dill.
- **4.** Add dressing ingredients to a small bowl and stir to combine. Drizzle over your salad and toss to combine.

Serve with slices of hard boiled egg if desired.

Notes: You can use rotisserie chicken, cook your own chicken breast seasoned with salt and pepper or use well-drained canned chicken.

Prep time: 15 mins / Total time: 15 mins

Cost To Make: \$10-\$12 Serves: 6 as a side or 4 as an entrée

THE BEST RECIPE OF ALL TIME..... FAMILY, FRIENDS AND LOVE



We'd love to share your favorite recipes, cooking or baking stories, or any tips you may have.

Please submit to Julie Sarkauskas at:

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



CREAM OF THREE TOMATO SOUP

From: What America Eats

Ingredients:

2 Tbsp Olive Oil

1 onion (chopped)

1 celery stalk (chopped)

3 cups low sodium chicken broth

1/2 cup sundried tomatoes (chopped)

3 (14 ounce) cans diced tomatoes (undrained)

1 (8 ounce) can tomato sauce

2 thyme sprigs

1/2 cup half-and-half

2 Tbsp balsamic vinegar

Salt & pepper to taste

Directions:

Heat 2 Tbsp olive oil in a large saucepan over medium-high heat. Add onion and celery; saute' 5-7 minutes or until tender.

Add chicken broth, sundried tomatoes, diced tomatoes, tomato sauce and thyme sprigs. Bring to a simmer; cook 20 minutes. Discard thyme springs. Transfer soup to a blender (or use an immersion blender in pan); puree until smooth.

Return soup to pan. Stir in half-and-half, 2 Tbsp balsamic vinegar and salt and pepper. Cook 3 minutes or until heated through.

Top with chopped green onions (add a splash of sriracha if you like it hot.)

FLOURLESS CHOCOLATE CAKE

From: Allrecipes

Ingredients:

4 (1 ounce) squares semisweet chocolate, chopped

1/2 cup butter

3/4 cup white sugar

1/2 cup cocoa powder

3 eggs beaten

1 tsp vanilla extract

Directions:

- Preheat oven to 300 degrees.
- Grease an 8 inch round cake pan, and dust with cocoa powder
- In the top of a double boiler over lightly simmering water, melt chocolate and butter.
- Remove from heat, and stir in sugar, cocoa powder, eggs, and vanilla. Pour into prepared pan.
- Bake in preheated oven for 30 minutes. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
- Sprinkle with powdered sugar and raspberries if desired.
- Slices can also be reheated for 20 to 30 seconds in the microwave before serving.



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FUN QUOTES:

My cell phone is acting up, I keep pressing the Home Button but when I look around, I'm still at work!

When nothing is going right, then go left.

WHEN YOU FALL I WILL BE THERE TO CATCH YOU. WITH LOVE, THE FLOOR

WHEN A DOOR CLOSES, ANOTHER DOOR SHOULD OPEN, BUT IF IT DOESN'T THEN GO IN THROUGH THE WINDOW

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