

Welcome Back Home to the :

AUGUST 2023

# BARNES NOTES AND NEWS

Volume 4, Issue 8

ONLINE ONLY

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

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

**AUGUST REMINISCING - WE OWE YOU!** July was quite the Year! LOL We'll have it put together for you in September x 2.



**Barnes VFW**  
**Car Show & Chicken BBQ**  
**August 19, 2023**

**Food, Beer, Raffle & Music!**

**Bar Opens 11am**

**Chicken BBQ & Sweet Corn 12pm**

- Free to Spectators
- Registration 10am
- Car Entry \$10<sup>00</sup>
- Show 12pm-3pm
- Awards 3:30pm-4pm

**Best of Show - 1 Trophy**  
**1st & 2nd Place Trophy's**  
**10 Categories Including:**  
**Pick Up Any Year • Muscle Car**

52325 Lake Rd Barnes, WI  
For Information Call Steve 715-292-2922




**RUCKUS IN THE WOODS**  
**AUGUST 18TH & 19TH 2023**



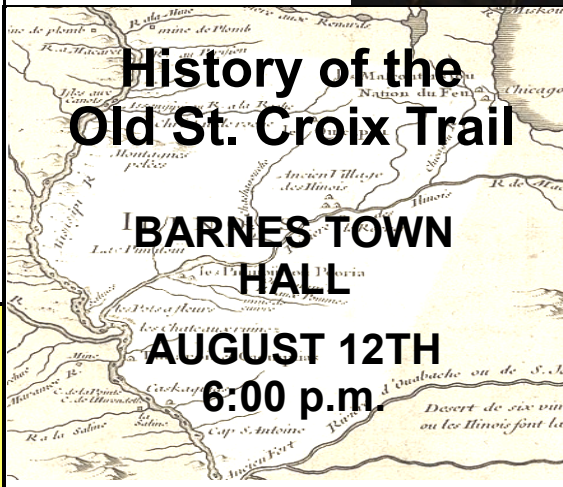
Barnes, WI  
[RUCKUSINTHEWOODS.COM](http://RUCKUSINTHEWOODS.COM)

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- Cheryl's Pages
- Recipes
- Advertisements

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

[barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)



**History of the Old St. Croix Trail**

**BARNES TOWN HALL**  
**AUGUST 12TH**  
**6:00 p.m.**

**CABLE FARMERS MARKET**  
**EVERY SATURDAY**  
**8:00 a.m. to 12:00 Noon**

It's been too long since I've thanked you all for your support.

I couldn't do it without you !!

I hope you've had a great summer and have enjoyed friends and family.



<b>Mon-Fri: Jul 31-Aug 4</b>	<b>VACATION BIBLE SCHOOL</b> 9am at Barnes Community Church, call 715-795-2195 or check church website for details.
<b>Fri. Aug 11</b>	<b>FRIENDS OF EAU CLAIRE LAKES AREA</b> Board Meeting <b>9:00-11:30am</b> . Location: Barnes Town Hall
<b>Tues. Aug 15</b>	<b>GORDON BARNES GARDEN CLUB Meeting</b> 1:30pm at Barnes Town Hall. Call 715-795-3245
<b>Tues. Aug 15</b>	<b>REGULAR TOWN BOARD MEETING</b> 6:30pm at Barnes Town Hall: 715-795-2782
<b>Thur. Aug 17</b>	<b>BARNES AREA HISTORICAL ASSOCIATION, INC. (BAHA) Meeting</b> 6pm via Zoom. 715-795-3065
<b>Sat. Aug 19</b>	<b>VFW POST 8329 Third Annual Car Show, Chicken BBQ and Corn on the Cob:</b> 12 noon at VFW Hall. Smoking Pavilion. <b>VFW AUXILIARY MEAT RAFFLE</b> - VFW & Auxiliary 715-815-7333 or 715-795-2402
<b>Mon. Aug 21</b>	<b>EAU CLAIRE LAKES CONSERVATION CLUB (ECLCC) Meeting</b> 7pm at VFW Post. ECLCC: 715-379-1553
<b>Tues. Aug 22</b>	<b>VFW POST 8329 Meeting</b> 6pm at VFW Hall. VFW 715-815-7333
<b>Tues. Aug 22</b>	<b>VFW POST 8329 AUXILIARY Meeting</b> 6pm at VFW Hall. Auxiliary 715-795-2402
<b>Fri/Sat/Sun Aug 25-27</b>	<b>ANNUAL GORDON MACQUARRIE PILGRIMAGE, lakes, roads, and canoe tour.</b> Sponsored by Barnes Area Historical Association, Inc. (BAHA). Times and features for events to be announced. 715-795-2442



**PLEASE ...**

**HELP US KEEP OUR ROADS CLEAN**

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

Check in with them or visit:

[TownOfBarnesWI.gov](http://TownOfBarnesWI.gov) to offer your time

**WE GREATLY APPRECIATE YOUR HELP IN KEEPING OUR TOWN CLEAN + BEAUTIFUL**



**Barnes Town Road Updates:**

Check the Town Website: [TownOfBarnesWI.gov](http://TownOfBarnesWI.gov)

**THANK YOU TO OUR TOWN CREW FOR ALL YOU DO! YOU’VE BEEN ROCKING IT !!**

**South Shore Road Bridge Construction** began May 1, 2023 and is expected to go through September 2023.

**STAY TUNED FOR WORK ON PEASE ROAD THE MULLIGAN CREEK RD HAS NEW DIRT/ GRAVEL AND IT LOOKS GREAT ! ATVER’S & UTVER’S PLEASE TRAVEL AT SAFE SPEEDS.**

**Acting Town Clerk: Judy Bouroussa**

[clerk@townofbarneswi.gov](mailto:clerk@townofbarneswi.gov)

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

Visit: [TownOfBarnesWI.gov](http://TownOfBarnesWI.gov) for town minutes

**PLEASE ABIDE BY THE TOWN RULES & REGULATIONS.**

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

**TOWN OF BARNES BOARD MEMBERS**

**Chairman:** Tom Renz - email: [tRenz@TownOfBarnesWI.gov](mailto:tRenz@TownOfBarnesWI.gov)

**Supervisor:** Dave Scully - [dScully@TownOfBarnesWI.gov](mailto:dScully@TownOfBarnesWI.gov)

**Supervisor:** Jim Frint - [jFrint@TownOfBarnesWI.gov](mailto:jFrint@TownOfBarnesWI.gov)

**Supervisor:** Seana Frint - [sFrint@TownOfBarnesWI.gov](mailto:sFrint@TownOfBarnesWI.gov)

**Supervisor:** Eric Neff - [eNeff@TownOfBarnesWI.gov](mailto:eNeff@TownOfBarnesWI.gov)

**Cemetery Sexton:** Dave Schiess

Phone: 715-638-2573 or Evenings: 715-638-0424





## BARNES SENIOR MEALS - AUGUST 2023 MENU

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

3360 County Hwy N., Barnes, WI 54873

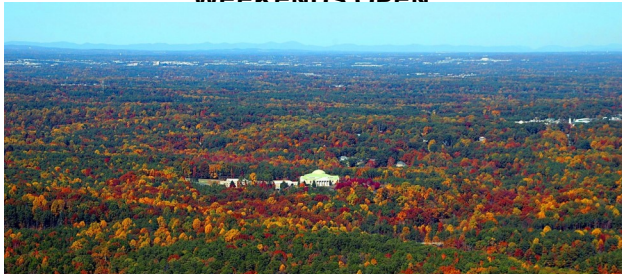
To reserve your meal please call 715-373-3396. Be sure to include your name, phone number, meal site location & date you are making the reservation for, and how many people it's for.



### THEY GAVE EVERYTHING FOR US

TIME TO START THINKING OF THE EXCELLENT  
COLOR TOURS WE HAVE IN AND OUT OF THE  
AREA.

WE MIGHT HAVE AN EARLY TURN THIS YEAR  
SO KEEP YOUR EYES PEELED AND YOUR  
WEEKENDS OPEN



## WE'RE COMING BACK

## STAY TUNED FOR FUTURE POSTINGS



**45th ANNUAL CRANBERRY FEST**  
**SATURDAY, OCTOBER 7, 2023**  
**STONE LAKE, WI**

Go to the link below for additional details and events

<https://www.stonelakecranberryfestival.com/events.html>

**EAGLE RIVER CRANBERRY FEST**  
October 7, 2023 - October 8, 2023



Vilas County Fairgrounds  
164 Forest St - Eagle River, WI 54521

**Information:** 715-479-6400  
**Toll Free:** 800-359-6315

#### Event Date Detail

Oct 7, 2023 Saturday 9:00 a.m. to 4:00 p.m.  
Oct 8, 2023 Sunday 9:00 a.m. to 3:00 p.m.

### REMEMBER:

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

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

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

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

### QUESTIONS, COMMENTS or CONCERNS

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

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS

LIKE US ON FACEBOOK





BARNES V.F.W. POST 8329



**AUGUST CAR SHOW & CHICKEN BBQ**  
**Saturday, August 19th**



**VETERANS DAY DINNER**  
**AND CELEBRATION**  
**November 11th, 2023**



**LED MESSAGING**



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

For further information and rates please contact: Tam Larson at: 715-795-240



PLEASE CONTACT  
VFW OR VFW AUXILIARY MEMBERS  
FOR ADDITIONAL INFORMATION  
LET'S "BRING" THEM HOME



**WATCH FOR THE**  
**\*ROAD HOME\* BOOTH**  
**AT THE**  
**AUGUST CAR SHOW**



THANK THEM **ALL**



**WE SALUTE YOU !!!!!!!!!!!**



*COUNTRY ROADS PHOTOGRAPHY - Julia L. Frier mood*



**Once again, THANK YOU to Steve Vanderburg and to the pilots of the 148th. We can NEVER thank you enough and can NEVER repay you.**

**God Bless**



**1919**  
**Happy**  
*Birthday*  
**To The American Legion**



**Happy Birthday  
to  
The American Legion  
104 years and counting!**

**HAPPY  
104TH**



# OUR COMMUNITY

August 2023

Hello Automobile Enthusiasts!



The Cable American Legion Post 487 would like to invite you and your friends to partake in their Annual Classic Car, Truck and Motorcycle Show that will be held at the Cable American Legion on Cty. M, about one mile east of Cable, Wisconsin.

This year's event is dedicated to former Commander David Hanks of Post 487 who passed away this past Fall. David was an Air Force Veteran that started the Cable American Legion's Car Show many years ago and we're proud to be able to keep his vision of a classic car show in our community going after all these years.

**\*\*Save The Date\*\***

This year's event will be on Saturday, September 2<sup>nd</sup>, 2023 from 9am until 3pm.

Registration begins at 9am and closes at Noon. There's no need to pre-register.

Entry fee cost is \$10 per vehicle up to two. If you plan on bringing more than two vehicles, total entry fee will be \$20.

As always, there will be several categories available with 1<sup>st</sup> and 2<sup>nd</sup> place cash prizes this year in *most* class categories. \*Categories are listed below.

\*Lunch and refreshments will be available on Saturday along with full bar services.

\*No fee for spectators. We invite all spectators to place their vote for the "People's Choice" award as they walk around the show on Saturday.

\*Please leave your pets at home.

\*This is a rain or shine event.

\*Any interested vendors, please contact Gary in advance (please no food vendors).

**"Like" us on Facebook** where you'll find up-to-date information (**American Legion Post 487-Cable, WI**)

Any questions or comments, please contact Gary at: 715-580-0683 from 9am-9pm.

Thank you and we look forward to seeing you at the Cable American Legion Car Show on Saturday, September 2<sup>nd</sup>. \*Please pass the word!

Gary Frierhood and Jim Kinzie, Car Show Organizers

Cable American Legion Post 487

\*Gary's Cell: 715-580-0683

\*Cable American Legion Phone #: 715-798-4487

# OUR COMMUNITY

## 2023 Cable American Legion Post 487 Classic Car Show Trophy Categories

Saturday, September 2, 2023

American Legion Location - Cable, Wisconsin

1st and 2nd Place Cash  
Prizes:

1920 - 1949

1950 - 1959

1960 - 1969

1970 - 1979

1980 - 1989

1990- Present

Factory Muscle

Convertible

2 Seat Sports Car

Street Rod

Custom / Special Interest

Truck

Motorcycle

1st Place Trophies Only

Best of Show - Participant Vote

People's Choice - Spectator Vote

## YOUR AUGUST HOROSCOPE

Zodiac



Aries



Taurus



Gemini



Cancer



Leo



Virgo



Libra



Scorpio



Sagittarius



Capricorn



Aquarius



Pisces

SORRY FOLKS —

COMPUTER ISSUES AND UNFORSEEN DELAYS -

WE'LL GET THIS BACK FOR YOU IN SEPTEMBER



# OUR COMMUNITY - 4TH OF JULY PARADE

THANK YOU KATIE HARNISCH-MOUSEL AND SALLY PEASE FOR SHARING SOME OF YOUR PICTURES OF OUR GREAT TOWN PARADE





# OUR COMMUNITY - 4TH OF JULY PARADE



WHILE WE HAVE SO MUCH FUN AND OUR PARADE IS SO AWESOME, WE MUST ALWAYS REMEMBER WHAT THE 4TH OF JULY REALLY IS AND WHAT WAS SACRIFICED FOR OUR FREEDOMS AND BETTER WAYS OF LIFE.

INDEPENDENCE DAY MARKS THE HISTORIC DATE IN 1776 WHEN THE DECLARATION OF INDEPENDENCE WAS APPROVED BY THE CONTINENTAL CONGRESS. THE WRITTEN DECLARATION STATED THAT THE AMERICAN COLONIES WERE TIRED OF BEING RULED BY GREAT BRITAIN. THEY WANTED TO BECOME THEIR OWN COUNTRY. THANK YOU FOR HELPING US REMEMBER AND CELEBRATE OUR NATIONS BIRTHDAY THANKS AGAIN TO THE PILOTS OF



## OUR COMMUNITY



### 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.



**CABLE FARMERS MARKET**  
**EVERY SATURDAY**  
8:00 a.m. to 12:00 Noon



JUNE THROUGH SEPTEMBER  
NOT JUST FOR VEGGIES ANYMORE !!  
BE SURE TO CHECK OUT OTHER  
VENDORS AND THEIR CRAFTS





# LOCAL ESTABLISHMENTS



THANKS TO ALL FOR YOUR SUPPORT  
Rae & Angie

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

**CHECK OUT OUR SPECIALS**  
**BAKED GOODS**  
**HOMEMADE SOUPS**

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

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

**CHECK OUT OUR  
NEW MENU ITEMS**



**RUCKUS IN THE WOODS  
BARNES, WI MUSIC FEST**

August 19, 2023

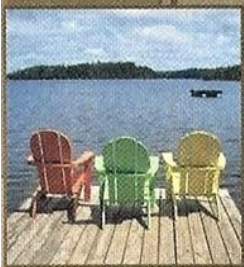


The Koffee Kup in Barnes, WI is sponsoring  
Saturday's opening act "The Fractals".

THANK YOU for supporting our event



Make sure to visit them for a Kup of Koffee!!



## Deer Grove Resort

On Upper Eau Claire Lake  
Jeff and Maureen Fullington  
Owners

3225 Deer Grove Road  
Barnes, Wisconsin 54873

715-795-2526  
715-235-9741

deergroveresort@charter.net  
deergroveresort.com



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

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

## OUR COMMUNITY

### FRIENDS OF TOMAHAWK LAKE PARK

Please contact:

[tomahawklakepark@gmail.com](mailto:tomahawklakepark@gmail.com)

for future events and information

#### THE DRUMMOND LIBRARY



Free Wi-Fi throughout the building

#### HOURS:

Monday: Closed

Tuesday: 10-5

Wednesday: 10-5

Thursday: 10-6

Friday: 10-5

Saturday: 9-1

Sunday: Closed

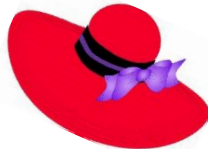


ADDRESS: 14990 Superior St, Drummond, WI 54832

PHONE: (715) 739-6290



### BARNES RED HAT



The Barnes Red Hats met at the Hog Wild in Solon Springs in July. 20 ladies enjoyed delicious drinks and lunches. So much talking and sharing! Great fun!

We will meet at the Buckhorn Bar and Restaurant on Hwy Y in the Town of Gordon on Wednesday, August 16 at noon. All are welcome but space is limited.

Please let us know if you plan to attend by emailing [icnieckula@hotmail.com](mailto:icnieckula@hotmail.com) by Aug. 11

#### BARNES NOTES AND NEWS

##### 2023 Online Pricing:

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

##### NO Charge for:

birthdays, anniversaries, congratulations, birth announcements, Church services and events, prayer groups, fundraisers or obituaries



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

## BARNES COMMUNITY CHURCH

Pastor Jon Hartman

**WORSHIP HOURS**  
10:00 a.m. Sunday

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



**BLESSED ARE WE  
AND OUR NEIGHBORS**

### BARNES COMMUNITY CHURCH FOOD PANTRY

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

Please bring identification

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

- For further information call - 715-795-2195

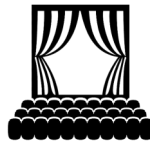


*Please consider making a donation to  
The Barnes Food Shelf. It is greatly appreciated.*

(For a map to the food shelf visit: [www.barneswi.com](http://www.barneswi.com))



SHOWING AT THE DRUMMOND PUBLIC LIBRARY  
ON THE LAWN



AUGUST 31ST AT DUSK / DARK (8:30 ish)

BRING YOUR LAWN CHAIR AND BEVERAGES

WE'LL PROVIDE the POPCORN !!



THIS MOVIE IS RATED PG-13

CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT OR CAREGIVER 16 AND OLDER

NO PETS PLEASE

MORE INFORMATION AT: [drummondwilibrary.org](http://drummondwilibrary.org) 715-789-6290 [drumlib@drummond.wislib.org](mailto:drumlib@drummond.wislib.org)



# BARNES AREA HISTORICAL ASSOCIATION (BAHA)

## THE BARNES MUSEUM

OPEN MEMORIAL WEEKEND THRU LABOR DAY

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

**WE ARE STILL LOOKING FOR VOUNTEERS !!**

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

Follow us on Facebook



**Barnes Area Historical Association, Inc.**

**Barnes, WI 54873**

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

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

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

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

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

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

Any donations made to BAHA are tax deductible.

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

Single yearly membership - \$15.00;

Family or couple yearly membership - \$25.00

Other membership categories are available upon request

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

**SPONSORED EVENTS: Stay tuned for Dates**

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

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

As part of our grant from the Henry and Sarah Wheeler Historical Awareness Fund of the Duluth Superior Area Community Foundation, we are carrying out two educational events this summer on Ojibwe history and culture.

One is a workshop on making traditional Ojibwe baby moccasins, conducted by Ramona Morrow of the Las Courte Oreilles on August 19.

The other is about the history of the Old St Croix Trail in Barnes and the network of Native American footpaths used for centuries throughout North America along with the planned Northwest Sands Barren Auto Tour to run along the Old St Croix Trail.

See Pages 13 and 14

## **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!



# BARNES AREA HISTORICAL ASSOCIATION (BAHA)

## Traditional Ojibwe Baby Moccasin Making

Instructor is Ramona Morrow,  
Lac Courte Oreilles Artist

A free "make-your-own" workshop  
for adults and children

Brought to you by the Barnes Area  
Historical Association



### Registration Required

To register or for more  
information, call, text or  
email: Ted Eastlund  
505 506 6401  
[deastlund@salud.unm.edu](mailto:deastlund@salud.unm.edu)

### WHEN: Saturday August 19, 2023

- 8:30AM: Check-in & pastries, yogurt, fruit, beverages
- 9:00AM to 12:00PM: Workshop

**WHERE:** Town of Barnes Town Hall, 3360 Cty Hwy N

**WHAT:** Learn about traditional Ojibwe moccasin making & make your own

- No fee for participating
- **Must pre-register.** Number of participants limited to 21
- Children must be age 6 or older and accompanied by an adult
- All materials, supplies and refreshments will be provided at no cost to participant

Funded in part by the Henry and Sarah Wheeler Historical Awareness Fund of the Duluth Superior Area Community Foundation





# History of the Old St. Croix Trail

Native American Footpath stretching as a Native American foot path from above St Paul to LaPoint, Madeleine Island, and Trails throughout North America as their interstate Highway System

**A talk by Brian Finstad, Gordon Historian**

**When:** Saturday August 12, 2023 6:00 PM

**What:** Hear about the Old St Croix Trail stretching as a Native American foot path from above St Paul to LaPoint, Madeleine Island, used by Native Americans for centuries, then the US Army and stage coaches had stops at Island Lake in Barnes.

The trail was one of hundreds in Wisconsin and thousands in North America for centuries before Europeans arrived.

Brian will also talk about a planned NW Sands Barrens Auto-tour that will cover much of the Old St Croix Trail.

**Where.** Town of Barnes Town Hall



## BARNES AREA HISTORICAL ASSOCIATION NEWS

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

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

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

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



**Thanks for your help!**



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

**Lil Stinker is trying to learn how the Treadle Sewing Machine works.**

**Come visit the Barnes Area Historical Association museum to see what new artifacts Lil Stinker and Flower are checking out and learning about.**

**Open 11:00 a.m. to 4:00 p.m.  
Fridays and Saturdays or by appointment**

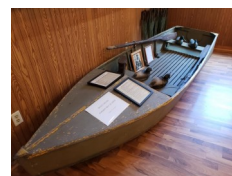
Annual tour offered of area where Gordon MacQuarrie hunted, fished, and wrote.

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

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



[www.stcroix360.com](http://www.stcroix360.com)





# OUR COMMUNITY



**CURLY LEAF PONDWEED**

**ATTENTION: CURLY LEAF PONDWEED (CLP)** has now been discovered in Shunenberg Lake (part of the Eau Claire chain of lakes). **HELP REDUCE THE SPREAD BY AVOIDING THESE AREAS!** Check the town website for further details: [TownOfBarnesWI.gov](http://TownOfBarnesWI.gov)

PLEASE SCOOP UP and dispose of TURIONS and floating Curly Leaf Pondweed plant fragments. The picture contains a variety of the stages, sizes and colors of AIS CLP turions that you may see floating in your lake. They fall off the plant, float and end up in the bottom of the lake where they can lay doormat for up to ten years before rooting. CLP also breaks off when caught on anchors, motors, etc.

They often contain multiple turions which then fall off to start new infestations. CLP grows under the ice dominating the sunlight and depriving native plants. The CLP grows to the surface and forms thick mats. It dies off at the beginning of July and creates Algae blooms in the middle of summer reducing oxygen for fish and creating poor swimming conditions, etc.

**PLEASE** avoid disturbing the plants in anyway to minimize the spread of NEW INFESTATIONS.

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

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

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

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

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

**SHARE**

**YOUR**

**INFORMATION**

## EAU CLAIRE LAKES WEED HARVESTING

### GET IN THE KNOW



For more information please contact Julia Lyons at: [julia.vanloo@gmail.com](mailto:julia.vanloo@gmail.com)



715-558-2017

Call today  
for a new  
roof!



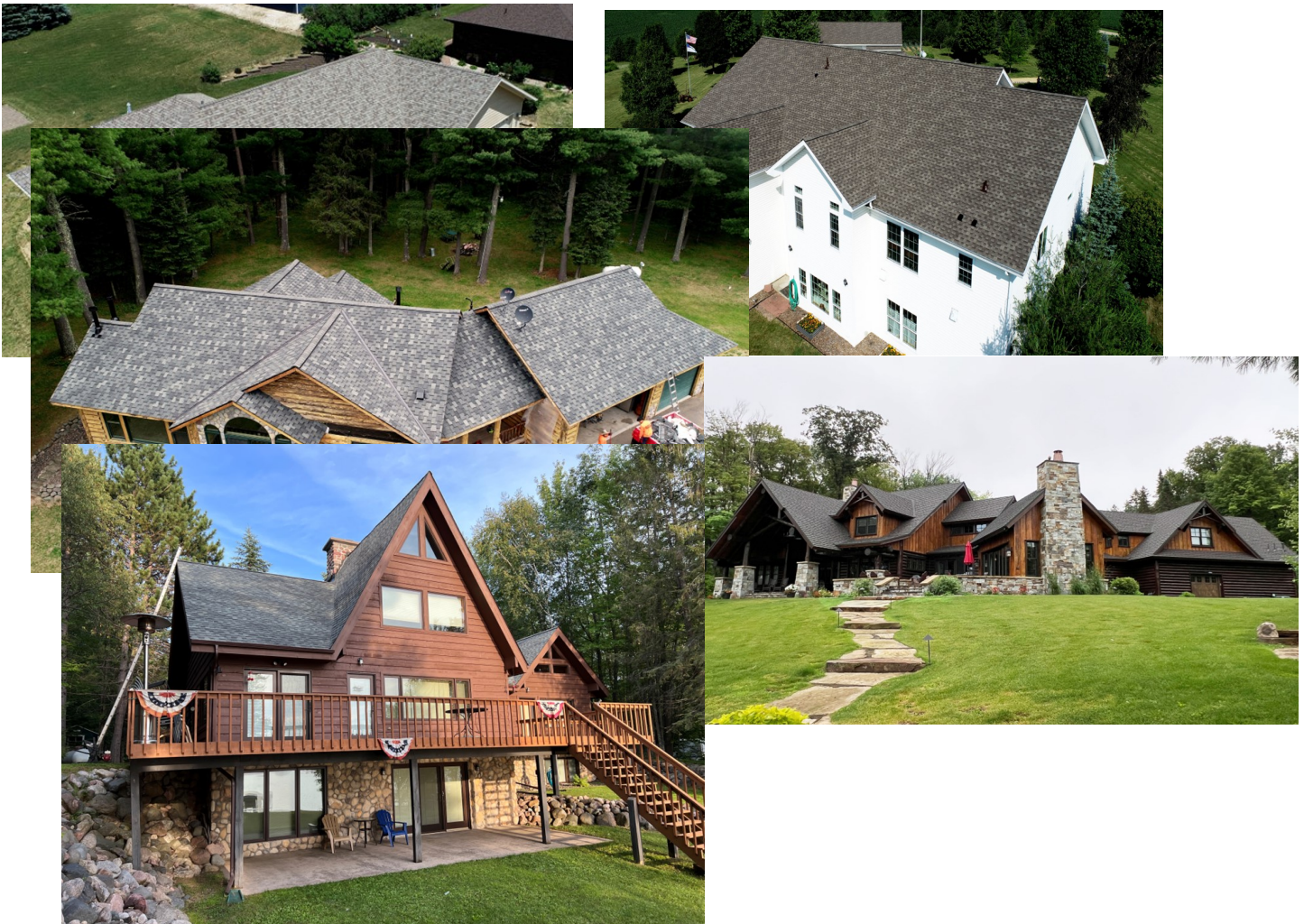
**HAYWARD  
ROOFING**

*A division of Local Roofing, LLC*



[www.HaywardRoofing.com](http://www.HaywardRoofing.com)

**Licensed. Insured. Awesome.  
We also appreciate referrals!**





# WHAT'S UP



## BARNES BOOK CLUB

August Book

**“Why We Sleep” - by Matthew Walker**

World renowned neuroscientist and sleep expert takes us on a fascinating and indispensable journey into the latest understandings of the science of sleep

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

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

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

## 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](http://easygenie.org)**

Start your Family Tree Today.  
Don't wait!

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

Ancestry.com  
Genealogy.com  
My Heritage.com  
FamilySearch.org  
GenealogyBank.com



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

**PRINTING YOUR FAMILY TREE - WE'RE ALMOST THERE**

# SAVING A SPOT JUST FOR YOU



## OUR COMMUNITY

### Gordon-Barnes Garden Club



On Tuesday July 18<sup>th</sup> the club toured two gardens owned by Bob Rucker and managed and overseen by Cindy Powers. Club members met at Mr. Rucker's Zen garden on Moore Road at 1:00. Cindy and her assistant, Hannah, first explained the layout of the gardens including beds that are laid out in the Yin and Yang shapes. Very notable was the roof of the cabin on the property (visible in the background of the picture).

The whole roof is planted in multi-colored succulents and is designed to hold 60,000 pounds of weight, 50,000 of which is the soil required to grow the plants!

The gardens were beautiful and at their peak. The setting is wooded and serene, a very Zen area. After club members had soaked up the beauty and serenity of this property, we were directed to a second property, Mr. Rucker's Lake Road home.

This is an older and very extensive property with interesting sculptures, a Monet style lily pond and a patio with rock furniture! The patio is sunken and closed in on three sides by a tiered rock wall planted with different kinds of shade plants. The furniture is comfortable, and many of us sat and visited while enjoying the scenery.

The weather was perfect for wandering beautiful gardens, and 25 members along with several guests had a wonderful afternoon. All of us owe Dorothy Kiefer, one of our members, a big THANK YOU! We also want to thank Mr. Rucker, and Cindy and Hannah for giving us a chance to see the gardens.

Next month, August 15<sup>th</sup>, the club will be touring the gardens of two of our own members, Rita Johnson and Pat Johnston. Come join us, won't you?

Follow us on Facebook:

[gordonbarnesgardenclub@facebook.com](mailto:gordonbarnesgardenclub@facebook.com)

For more information please contact:

Bonnie Dealing at: [bonniedealing@gmail.com](mailto:bonniedealing@gmail.com)



#### UFO CRAFTERS

Gail Collier gets the award for the oldest UFO (Unfinished Object), Started in 1961!

Embroidered quilt top 2 panels done - 1 more to go!

UFO Craft Group meets on the 1st and 3rd Monday-1:30pm in the afternoon. Barnes Town Hall

All are welcome!



## OUR COMMUNITY

**HAPPY ANNIVERSARY  
GARY AND JULIE FRIERMOOD**

PJ McCaugh (Peg Pease) 8/7  
Butch Sarkauskas 8/8  
Julie (Horn) Friermood 8/8  
Larry Mix 8/8  
Gaylon Heise 8/10  
Danielle Jerome 8/12  
Jimmy Johnson 8/13  
Daryl Christenson 8/15  
Diane Rupnow 8/16  
Mandy Doorn 8/18  
Ed Hart 8/18  
Penny Pierce 8/24  
Bernice Haskins 8/26  
Alyssa Friermood 8/29  
Samantha Sarkauskas 8/31



Happy Birthday  
Happy Anniversary  
and  
Congratulations  
to everyone we missed

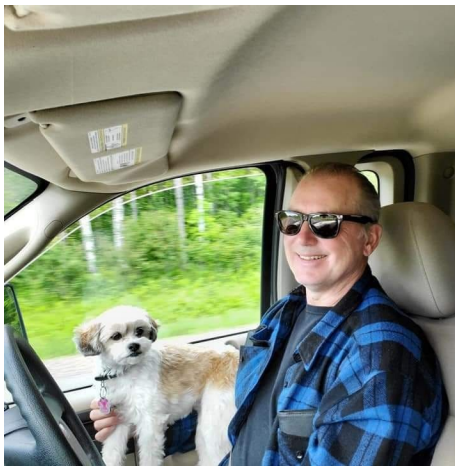
**HAPPY 14TH ANNIVERSARY  
STEVE AND JULIE MACIOSEK**



**LOTS OF  
ROOM  
FOR YOU**

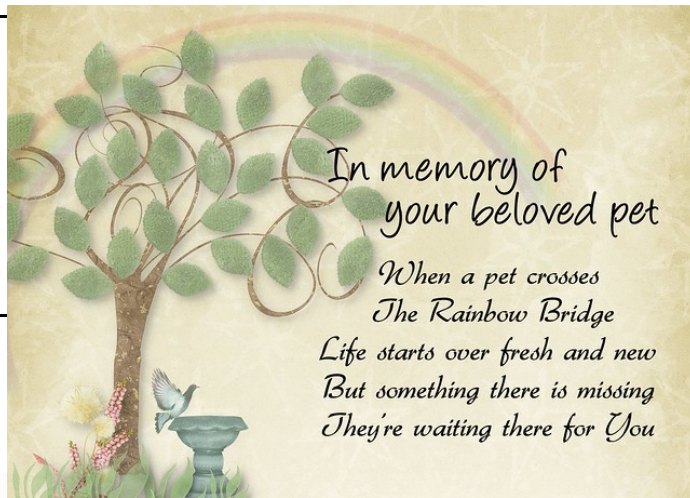
# OBITUARIES: Remembering Loved Ones Lost

**WE ARE SORRY FOR ANY ONE WE'VE MISSED. OUR THOUGHTS AND PRAYERS ARE WITH YOU AND YOURS.**



**Our deepest sympathies**

**Rest in peace Miss Trixie Pease.  
Know you were loved and will  
be missed**



SOMETIMES.....  
OUR LOVED ONES HAVE PAWS



OUR DEEPEST SYMPATHIES FOR THE  
LOSS OF YOUR FURRY FRIEND



**Our sincerest apologies for anyone we missed.**

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

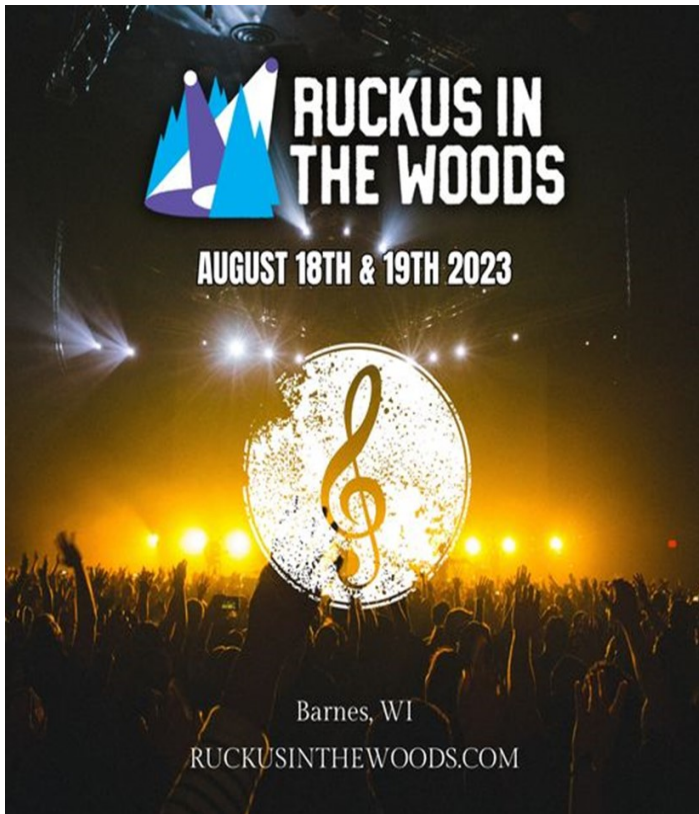
**If you have any information you would like us to share, please send to:**

**Julie (Friermood) Sarkauskas at:**

**[barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)**



## OUR COMMUNITY



Tickets are now available for Ruckus in the Woods 2023!

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

### LINEUP:

Friday, August 18th

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

6:30-10pm CHAIN LIGHTNING!

Saturday, August 19th

3:30-4:30 The Fractals

5:00-6:30 Heidi Pack

7:00-8:30 Almostsmith

9:00-11:00 Free Fallin

### MORE MEMORIES TO COME

.....  
*The Barnes Trading Post*

**Barnes VFW Post 8329**

**Pease Resort**

**The Cabin Store**

*The Enchanted Inn*

Hilltop Bar and Grill (Fresh Air Post office)

**Boulder Lodge**

**Tracks Inn**

Formerly - Doorn's; Sages; Grilley's

*Robinson Lake Bar (Fahrner's Resort)*

**Sand Point Supper Club**

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

**Barnes Town Hall**

*Sunset Resort*

**Ellison's Resort & Sylvia's Tavern**

**Tiffany's Salon (Debbie's Hair Design)**

**Jim Johnson Construction**

**Georgia's (Skoglunds)**

Lyndale Bay Resort

**Tall Pines Bar and Grocery**

**Traut's Resort**

*Frontier Supper Club*

**Cheesie's Lakeview Resort**



# OUR COMMUNITY



**\* OPEN FOR BUSINESS \***

Corner of Lyndale Bay Road and Pease Road

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

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

**Thanks to everyone who has supported him!**

**Brie Anna Hall and Ben Boles**



## NIGHTLY SPECIALS 5PM-10PM

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



**FOLLOW US ON FACEBOOK  
AND OUR WEBSITE FOR UP-  
COMING EVENTS**

### BREAKFAST BUFFET

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

Hours:

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





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

*Wilderness Inn*

8 Units Available  
Wine - Dine - Recline

Nadia and Elliott Hough

WE HAVE A LOT  
GOING ON  
CHECK US OUT ON  
FACEBOOK

Come see the hard work  
and big changes we  
made.

We think you'll love it.

- ATM - Credit Cards - WIFI Available -

**Restaurant Hours:**

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

[www.barnestradingpost.com](http://www.barnestradingpost.com)

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



*THE WINDSOR*

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



*THURSDAY BANGO*

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

Join us for Sunday Omelet Bar 9 - 12

**Del Jerome  
DBA Jerome Excavating, LLC**

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

715-739-6245 or 715-580-0216

9185 Cty Hwy N

Drummond, WI 54832

Email: [deljerome@cheqnet.net](mailto:deljerome@cheqnet.net)



**FREE ESTIMATES  
BONDED & INSURED**



*Help Wanted*

Looking for Cooks and Bartender positions

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

Call or text 715-979-1267

We are still looking for a few more hard working  
individuals to add to our team!

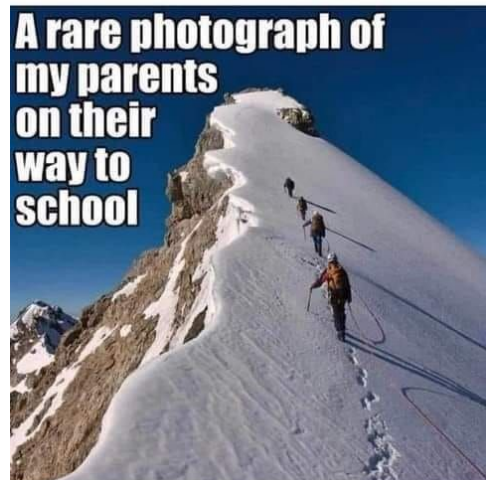
- Looking for bartenders and cooks
- Weekdays and some weekend shifts - morning, afternoon or nights (or a mixture)
- Very competitive wage plus tips!
- Fun work environment with great co-workers!
- Message us here or call/text 715-979-1267

**IT'S....  
BACK TO SCHOOL TIME**

- BACKPACKS**
- PENS & PENCILS**
- CRAYONS & MARKERS**
- NOTEBOOKS**
- LUNCH BOX**
- SHOES**
- CLOTHES**
- SPORTS EQUIPMENT**



**A rare photograph of  
my parents  
on their  
way to  
school**





# PET PAGE



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

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

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

### NORTHLAND VETERINARY SERVICES

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

### HAYWARD ANIMAL HOSPITAL

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

## NEVER

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

## Always

- make sure your dog has access to fresh cool water.
- All dogs should have proper identification at all times. Tags with name, address, phone number, etc.
- It's best to have your dog chipped



NEVER FORGET OUR VETERAN CANINES AND THEIR SACRIFICES

**HOT ASPHALT!**

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

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

**Paws will get burned.**

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



## ADOPT !!!

### Northwoods Humane Society

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

Phone: 715-634-5394

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

## PLEASE REMEMBER...

Pets are not just presents or toys  
**THEY ARE A LIFETIME**



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

except LOVE.....

**GIVE LOVE BACK TO THEM**



GOD  
BLESS  
OUR  
CANINE  
VETS





# PET PAGE EXTRA



## AUGUST CAN BE BRUTAL ON THE ROADS

### WATCH YOUR DOG!

Since a dog's body temperature is normally between 100 and 103 degrees, this means that temperatures over 100 degrees can quickly cause problems for your dog, even if they are just sitting outside in the sun.

All in all, the more humid it is, the lower the heat has to be to negatively affect your dog. Your dog may be able to withstand hotter temperatures and higher humidity if it is just sitting outside, but if you are going on a walk or run, you'll need to closely monitor whether or not your dog is getting too hot. If it's too hot for you to comfortably stand in the sun, then it's definitely too hot for your dog.

WE'D  TO  
SHARE YOUR PETS  
PICTURES  
AND STORIES

**ALWAYS SUPPORT OUR TROOPS**



## ANCHOR YOUR BOATS HERE



### STORAGE FOR:

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

J&M Storage  
Jeff Johnson

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

## GEORGIA'S BAR AND GRILL

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

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

Buy a flower pot you really like and  
use rustoleums glow in the dark paint  
to paint the pot. During the day, the  
paint will absorb the sunlight and at  
night the pots will glow.



WHY?

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

I'M MAKING SURE  
IT STAYS THAT WAY



## BARNESTORMERS

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



## LAKE COUNTRY ATV CLUB

3025 East Shore Road  
Barnes, WI 54873



Dues:

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

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

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

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

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

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



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

# P.J.'S

TRAIL PASSES  
AVAILABLE

Authorized licensed  
"Recreational Vehicle  
Registration Center"

## CABIN STORE

WELCOME  
HUNTERS &  
FISHERMEN

### SPRING HOURS

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

**Bar & Kitchen Hours:**

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

**Wednesday:**

Bar: 12pm to close  
Kitchen: Closed

**Thursday:**

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

**Friday-Saturday-Sunday:**

Bar: 10am to close  
Kitchen: 11am-9pm

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

Gas, Oil, and On & Off Road Fuel Available

COFFEE  
BAR



### WELCOME FISHERMEN

#### ALSO AT THE CABIN STORE

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

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

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

# BUYING OR SELLING?



## Elliott Hough

### Cell: 715-979-1267

### Office: 715-634-6237



Area North Realty

FOLLOW ME ON **facebook** 

## Your Trusted Barnes And Surrounding Area Realtor

**TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER**  
**Summer House: Open Wednesday, Saturday and Sunday 8:00 a.m. to 2:00 p.m.**

**NO HAZARDOUS DISPOSALS/ITEMS**

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

**SORRY—WE CANNOT ACCEPT TRASH OR RECYCLING FROM BUSINESSES**

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

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

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

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

**RECYCLING MYTHS AND FACTS:**

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

**Myth:** Any plastic can be recycled

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

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

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

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

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

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

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

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

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

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

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

**NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE**

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

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

**EVERY TUESDAY**

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





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

**FIRE DEPARTMENT:**

**Fire Chief** - Brock Friermood

[brockFriermood@TownOfBarnesWI.gov](mailto:brockFriermood@TownOfBarnesWI.gov)

**Volunteer Members:**

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



**AMBULANCE SERVICE:**

**Ambulance Director/Volunteer:** Brett Friermood [brettFriermood@TownOfBarnesWI.gov](mailto:brettFriermood@TownOfBarnesWI.gov)

**Full Time EMT's:**

Kaylee Silverness and Jake Coleson

**Volunteer Members:**

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



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



**STAY TUNED  
FOR ANY  
UPCOMING  
EVENTS**

## BAYFIELD COUNTY

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

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

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

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

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

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

Carrie Linder, CSW  
Aging & Disability Services Manager

[Carrie.linder@bayfieldcounty.wi.gov](mailto:Carrie.linder@bayfieldcounty.wi.gov)

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

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



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



# WISCONSIN FAMILY AND CAREGIVER SUPPORT ALLIANCE BAYFIELD COUNTY

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

## When a Workforce Shortage Crisis and a Caregiving Crisis Meet

### “Wisconsin Working Caregivers: Strategies and Resources for Employers”

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

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

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



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

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

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

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

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

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

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

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

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

Carrie Linder, CSW  
Aging & Disability Services Manager

[Carrie.linder@bayfieldcounty.wi.gov](mailto:Carrie.linder@bayfieldcounty.wi.gov)

**Fluorescent Lamp recycling**

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

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

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

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

**WE STILL HAVE BUTTONS !!**  
**“THERE IS A BARNES, WISCONSIN”**  
 Back in the 70's, the Barnes Homemakers Club sold these buttons for fundraisers.

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

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

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

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

**Eau Claire Lakes Conservation Club**

**The club welcomes volunteers and other interested individuals.**

**We hope to see YOU at the next meeting!**

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

**ADRC**

**Hours of Operation:**

8:00 - 4:00

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

**Visit the ADRC office:**

117 E. 5th Street  
 Washburn, WI 54891

Appointments are not necessary but are helpful.  
 Website: [www.adrc-n-wi.org](http://www.adrc-n-wi.org)

**Medicare**

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

**Sponsored by: UW Extension**

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

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

**Medication Drop boxes in Bayfield County**

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

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

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

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



**THANK YOU FOR  
 "GOING GREEN"**

Find us at:

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



# "AUGUST GARDENING IDEAS !!



## Water Evergreens

If rainfall is scarce be sure to keep evergreen trees and shrubs hydrated. Because plants such as yew and arborvitae never go completely dormant, their roots should be slightly moist to help the plant survive drying winter winds, especially if you live in the North. If you start watering evergreens now they will have plenty of soil moisture around their roots before freezing temperatures make irrigation impossible. Newly planted evergreens are particularly susceptible to dry soil so make sure they get at least an inch of water a week.

## Harvest Herbs

Although herbs can be harvested throughout the summer, the oils responsible for the most intense flavor and aroma are at their peak in late summer, just before the plants flower. Clip foliage in the early morning after the dew dries, but before the day heats up. One of the easiest ways to store herbs is to rinse them under cold water, chop them coarsely, and place them in water-filled ice cube trays. Then, simply place the trays in the freezer and pop out frozen herbs as you need them.

**Trial Garden Tip:** Stop pruning perennial herbs such as tarragon, lavender, sage, oregano, and thyme at least one month before your last expected frost. Pruning encourages new growth that won't have time to harden before cold weather hits.



## THE OLD FRIENDSHIP OF BLUEBERRIES AND SWEET FERN:

In the time before refrigeration, Ojibwe folks kept their blueberry harvest fresh by lining their birchbark storage containers with a plant called sweet fern that often grows right alongside blueberry bushes!

The leaves of sweet fern produce a compound called gallic acid, which is a potent anti-microbial and keeps harmful bacteria like salmonella from growing on the berries.

It's name in the Ojibwe dialect I've learned is "giba`iganiminzh" meaning "it covers the berries" because of this usage and its contribution to keeping the precious staple food of minan (blueberries) fresh!

Pop a few sprigs of sweet fern into your gathering bag when out picking and then into Tupperware when storing berries to remember and utilize the gifts of this wonderful plant!

Sweet fern can also be used as a medicinal tea to help the intestines and colon!

And when added to a fire, the smoke will help keep away mosquitos and horse flies--in addition to smelling great!



# “AUGUST GARDENING IDEAS !!”

- **Divide Perennial Flowers**
- **Repot Houseplants**
- **Add Fall Color**
- **Replace Annual Flowers**
- **Wage War on Weeds**
- **Plant Perennials and Shrubs**
- **Water Evergreens**
- **Harvest Herbs**



## **Divide Perennial Flowers**

August is the best time to dig and divide perennial flowers in your garden (such as hosta, Oriental poppy, lily, daylily, ornamental grasses, and bearded iris). Use a spade to lift the plant from the ground being careful to damage the root ball as little as possible. When the clump is out of the ground, use a large garden knife or spade to cut it into smaller pieces. Then, replant the smaller pieces or divisions as soon as possible.

## **Repot Houseplants**

If you've given your houseplants a summer vacation outdoors, chances are they responded by with a lot of new growth. If so, August is the perfect time to move them to a larger container with fresh potting soil. This gives the plants time to acclimate to their new housing before cool weather arrives in fall. One of the best ways to know if your plant is ready for transplanting is to check the drainage hole of the pot. If you find roots dangling out of the drainage hole it means your plant is becoming too large for its container. Select a new pot that's slightly larger than the old one.

**Trial Garden Tip:** Use a soilless potting mix when you plant. Avoid using soil from your garden because the soil structure isn't ideal for container culture and it could contain insect pests, diseases, or weed seeds.



## **Add Fall Color**

Give your flower border a late-summer injection of color by adding a generous helping of chrysanthemums. Available in an almost unlimited selection of colors, shapes, and flower forms, chrysanthemums go well with any garden decor. Plus, because they are sold in bud or bloom, they'll add instant impact to pots, planters, or flower borders. Their nectar-rich flowers attract a variety of colorful pollinators including migrating monarch butterflies. Mix single and double flowering varieties with asters, pansies, and other fall bloomers.

## **Replace Annual Flowers**

By late summer, some annual flowers may look a bit worn out. Give your pots and planters a makeover by tucking in fresh, ready-to-bloom cool-season annual flowers that will keep the color show going through the fall. Just gently pull out dead or dying annuals, mix in a bit of fresh soil, and drop in the replacement. It's that easy!

## **Wage War on Weeds**

If you've been putting off weeding chores in the garden, August is the time to finally get busy. That's because, as the growing season winds down, both annual and perennial weeds start to produce thousands of seeds that will germinate in your garden next spring. If left unchecked, these pesky invaders become extremely difficult to eliminate. The best time to weed is right after a rain when the soil is still moist. If rainfall is scarce, irrigate your garden thoroughly the night before you start your attack. You can pull weeds by hand or use a hoe. Just be sure to remove the roots. Weeds such as crabgrass or purslane quickly regenerate from any root left in the soil. As soon as you have the weeds removed, cover the area with a thick mulch of compost, straw, leaves, or shredded bark.

## **Plant Perennials and Shrubs**

Late summer is a perfect time to plant perennials and flowering shrubs in many areas. They'll take root during the cool, moist fall weather and be ready to pop into bloom next spring and summer. Some good candidates to plant now include hydrangeas, daylilies, lilies, sedums, ornamental grasses, peonies, and bearded iris. Just be sure you keep your new plants well watered if the weather is hot and dry. Mulching the beds also helps preserve soil moisture. In northern states, cover new plantings with a protective blanket of straw or leaves during their first winter. Wait until the ground freezes in late autumn before covering.





HELP WANTED - FOR SALE - PET SITTING - HANDYMAN WORK



## Spirea Bushes

\$1 Plant or \$ 3 Plant over 15"

**YOU DIG**

Text Julie at 715-499-1167

Or email me at: [barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)

**GARAGE SALE**

?

**OLD BARN WOOD  
WANTED**

Email:  
[barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)

**YARD  
WORK**

?

**PET  
CARE**

**SEND YOUR INFO TO**  
**[barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)**

**Give me a call:**

**Julie (Frier mood) Sarkauskas**

**715-795-2775**

**Follow us on Facebook**

# FUN AND GAMES

**Across**

1. Playfully mischievous one
6. Ones of a kind?
10. Wild, desperate guess
14. Union station?
15. Use a lot?
16. Cabbage family member
17. Big name's small part
18. 1953 Pulitzer playwright William
19. Otherwise
20. Commitment minus one year?
23. Of majestic proportions
24. Con's preoccupation, perhaps
25. Marilyn Monroe film minus one year?
30. First letter of "census," e.g.
31. From point \_\_\_\_ point B
32. Caterwaul
36. Middle Eastern org. founded in 1964
37. Like some expensive shoes
41. John, to Ringo?
42. Muralist Jose Maria
44. Bean counter, for short
45. ML pitchers that hit
47. Time for some to vote, minus one year?
51. Nobel laureate Sakharov
54. Group standard
55. Certain work force, minus one year?
60. Vesuvius relative
61. First in a string of popes
62. Dropped off
64. Pine nut, e.g.
65. Aykroyd and Fogelberg
66. Like a lot
67. \_\_\_\_ buco (veal dish)
68. Editorial notation
69. Votes in favor

**Down:**

1. Biological cavity
2. Kinship group
3. "Look\_\_\_\_, I'm Sandra Dee"
4. "My Little Chickadee" co-star
5. Candidate
6. Per person
7. Six-pack units
8. "Cogito, \_\_\_\_ sum"
9. Type of key
10. Type of details
11. A co-star of Sylvester
12. Columnist brothers Joseph & Stewart
13. Designer Geoffrey

21. Mo. Or Ohio, e.g.
22. Pac010 campus
25. Letter on measuring spppons
26. Moth's legacy
27. Gan an \_\_\_\_ effort
28. Birth related
29. Japanese Prime Minister Hirobumi
33. Dairy case spread
34. Like bald tires
35. Casualty, e.g.
38. "My Little Chickadee" co-star
39. "O Henry, \_\_\_\_ thine eyes@" (Shakespeare)
40. Where to come in
43. Destructive funnel
46. Citrus drink
48. Word with spoon, well or force

49. Join up
50. Dove's murmur
51. "You \_\_\_\_ Beautiful"
52. Lecture souvenirs
53. Desert features
56. Ravioli filling, perhaps
57. Corn cake
58. Baseball's Slaughter
59. In desperate need of water
63. \_\_\_\_ Moines

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

**AUGUST TRIVIA:**

**WE'LL HAVE SOME EXTRA IN SEPTEMBER**



## FUN AND GAMES

### AUGUST SUDOKU - Medium

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

### AUGUST SUDOKU - Hard

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

### JULY CROSSWORD ANSWERS

#### **REMINDER:**

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

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

Email any items you may have to:

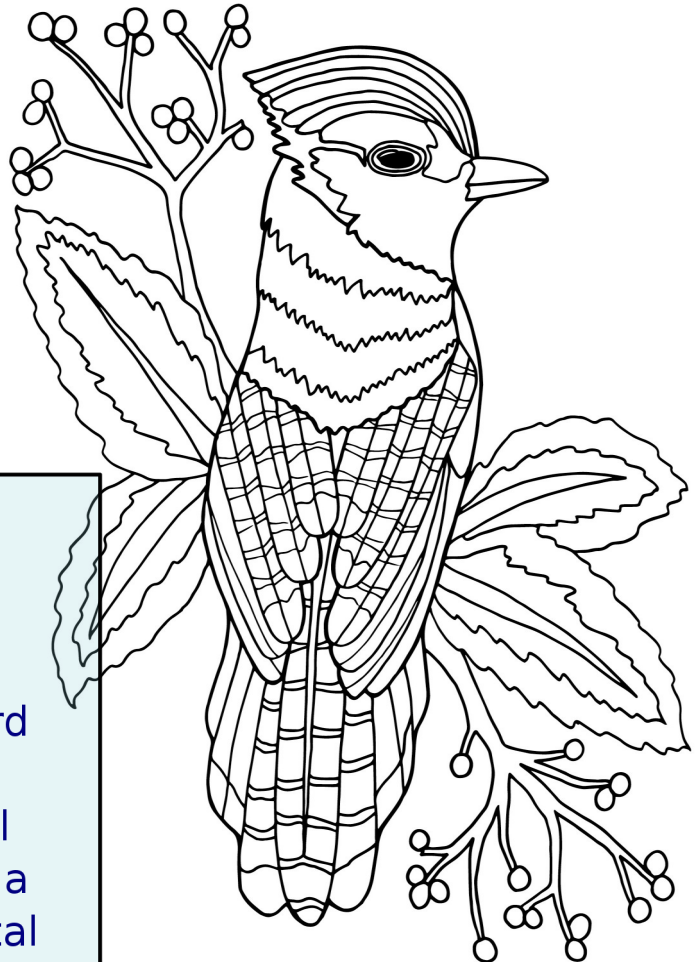
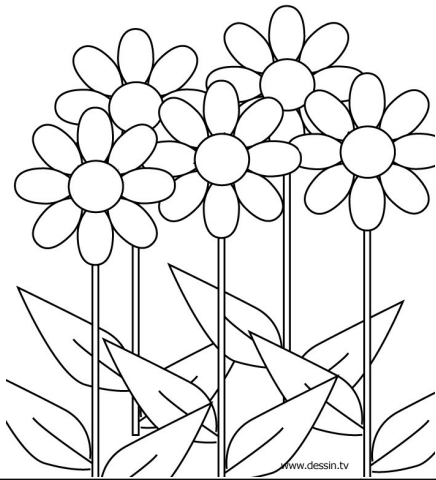
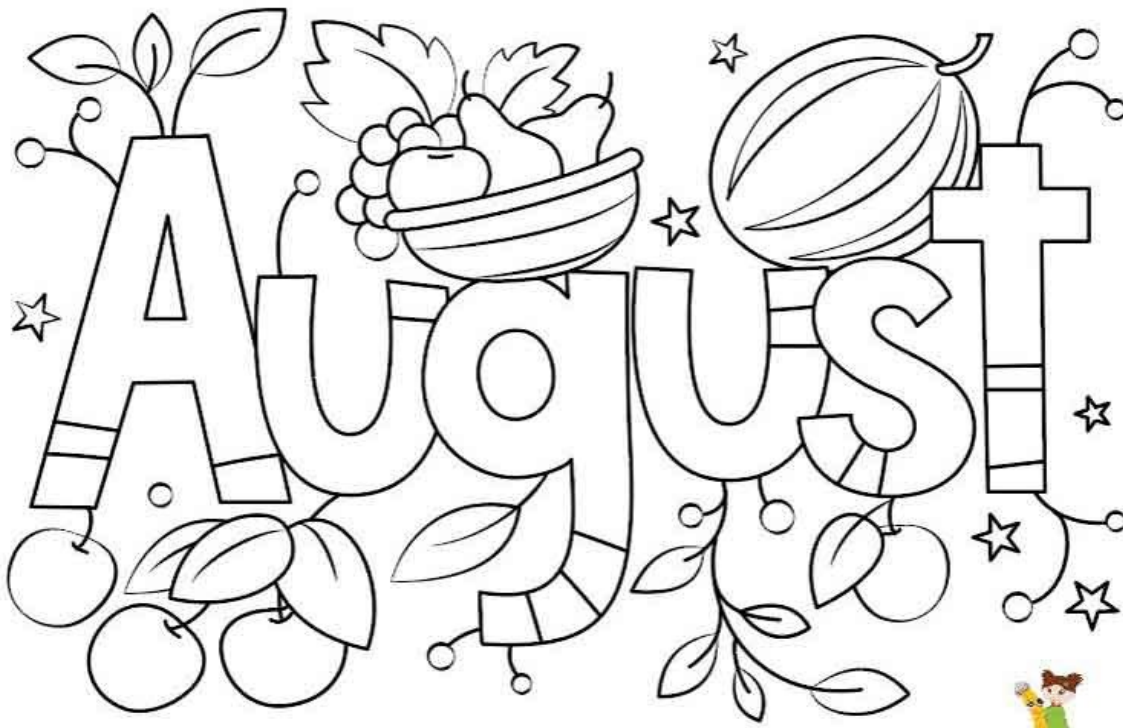
Julie (Frierhood) Sarkauskas at:

[barnesnotesandnews@gmail.com](mailto:barnesnotesandnews@gmail.com)

or call: 715-795-2775

# SORRY NOT AVAILABLE





W	V	E	R	T	I	C	A	L	L	Seek
R	O	A	F	F	L	S	A	B		Find
A	C	R	I	L	I	A	T	O	A	Random
N	D	O	D	K	O	N	W	D	C	Sleuth
D	R	K	E	S	O	O	D	D	K	Backward
O	E	E	P	Z	E	G	L	I	W	Vertical
M	S	I	I	H	O	A	E	R	A	Diagonal
A	L	R	K	R	R	I	R	E	R	Wikipedia
K	O	D	I	D	E	D	R	C	D	Horizontal
H	E	L	W	S	L	E	U	T	H	Word Search



## PLANTING, HARVESTING AND CANNING ARE JUST AROUND THE CORNER

### TIPS FOR SUCCESSFUL CANNING:

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

### HOT JARS VS. HOT STERILIZED JARS:

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

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

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

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

### PAY ATTENTION TO THE PECTIN

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

-Taste of Home Test Kitchen



### 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.

# PICK YOUR OWN BERRIES

CHECK OUT LOCAL FARMS at:

Bayfield Chamber of Commerce: # 715-779-3335 or  
www.bayfield.org



There are many "Pick your Own" farms  
in the Northern Wisconsin area.

Apple Hill Orchard # 715-779-5425

Bayfield Apple Company # 715-779-5700 (mid July - Tart Cherries)

Blue Vista Farm # 715-779-5400 (mid July - August - Raspberries)

North Wind Organic Farm # 715-779-3254



BERRIES & CURRANTS

 <b>Strawberry</b>	 <b>Arbutus</b>	 <b>Raspberry</b>	
 <b>Cloudberry</b>	 <b>BlackBerry</b>	 <b>Tayberry</b>	 <b>Mulberry</b>
 <b>Blueberry</b>	 <b>Elderberry</b>	 <b>Bilberry</b>	 <b>Rowanberry</b>
 <b>Rose hip</b>	 <b>Haws</b>	 <b>Gooseberry</b>	
 <b>Blackcurrant</b>	 <b>Redcurrant</b>	 <b>Whitecurrant</b>	 <b>Cranberry</b>
 <b>Muscat grapes</b>	 <b>Italia grapes</b>	 <b>Thompson grapes</b>	 <b>Cardinal grapes</b>
		 <b>Alphonse lavallee grapes</b>	 <b>Green muscat with seeds</b>

Chef Vicky Bisht



# CHERYL'S NUTRITION & HEALTH TIPS

## TIPS FROM CHERYL PEASE - CERTIFIED NUTRITIONIST



Certified Nutritionist, Fitness  
Trainer & Health Coach

<https://linktr.ee/cherylpease>

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

**WE CAN NEVER REPAY YOU !!**



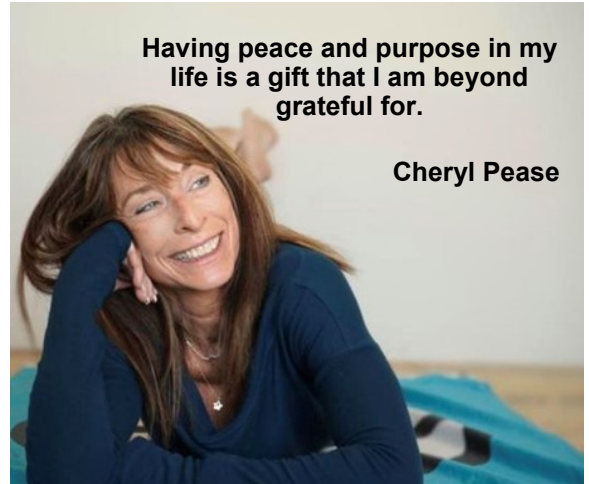
## BE STRONG - BE HAPPY - BE GOOD TO YOURSELF

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

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

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

Cheryl Pease



**YOGA CLASS**  
In-Person or via Zoom

EVERY WEDNESDAY AT 6PM

Message me for details

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



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

**10 REASONS YOU SHOULD BE DRINKING  
LEMON WATER EVERY MORNING**

# CHERYL'S RECIPES

## CHILI LIME CILANTRO CHICKEN SKEWERS

### Ingredients:

- 4 medium chicken breasts, bone/skin-less
- 1 or 2 red bell peppers, diced
- 2 tablespoons fresh chopped cilantro, for garnish
- Marinade:
  - 1/4 cup fresh lime juice
  - zest of one lime
  - 2 tablespoons olive oil
  - 2 garlic cloves, chopped finely
  - 1/2 crumbled chicken bouillon cube, or 1/2 teaspoon salt
  - Fresh cracked Pepper
  - 1 teaspoon red chili flakes (adjust to taste)



### Directions:

- Whisk the ingredients for the marinade in a small bowl. Cut chicken breasts into cubes and place chicken in a large plastic bag or bowl and add the marinade. Mix well to combine. Seal the bag or cover bowl and place in the fridge to marinate for 30 minutes, or up to 24 hours.
- Pre-heat grill, or set air fryer to 400 degrees. Drain chicken from the marinade and soak wooden skewers in water for 1 minute. Make the skewers alternating with chicken cubes and bell pepper slices.
- Grill chicken skewers for 5 minutes on each side or air fry until internal temp reaches 165 degrees, drizzling some of the marinade from time to time until cooked through and lightly charred.

## BAKED PARMESAN ZUCCHINI

Crisp, tender zucchini sticks oven-roasted to absolute perfection. It's healthy, nutritious & completely addictive!

### Ingredients:

- 4 zucchini, quartered lengthwise
- 1/2 cup grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves



### Directions:

- Preheat oven to 350 degrees
- Coat a cooling rack w/ nonstick spray & place on a baking sheet; set aside.
- In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
- Place zucchini onto prepared baking sheet.
- Drizzle with olive oil and sprinkle with Parmesan mixture.
- Place into oven and bake until tender, about 15 minutes.
- Then broil for 2-3 minutes, or until the crisp and golden brown.
- Serve immediately, garnished with parsley, if desired.
- Makes 4 servings.





# BREAKFAST \* BRUNCH \* LUNCH \* REFRESHER

## AIR FRYER POPCORN SHRIMP SALADS

Another great from Cheryl Pease  
40 g Protein 19 g Carbs 14 g Fat  
370 Cal

Total time: 30 min  
2 servings

### **Ingredients**

1 lb. tail off, peeled, deveined small shrimp  
1/4 tsp kosher salt  
1 egg white, well beaten  
1/3 cup almond flour  
1 1/2 cups thinly sliced radishes  
3 cups chopped romaine lettuce  
1/4 cup light balsamic vinaigrette

### **Directions**

Pat the shrimp dry with a paper towel.  
In a mixing bowl, toss the shrimp with the salt and beaten egg white until evenly coated.  
Add the almond flour and toss until evenly coated.  
Preheat an air fryer to 400°F.  
Arrange the shrimp in a single layer in the bottom of the air fryer's basket.  
Air fry the shrimp for 5 minutes, stir with a spoon, and then continue to air fry for 4 minutes until the shrimp are golden brown.  
To prepare the salad, combine the romaine lettuce and radishes in a bowl, then pour in the balsamic vinaigrette and toss well.  
Divide the salad and shrimp into equal-sized portions (about 2-3/4 cup of salad topped with 1/2 of the air-fried shrimp) and enjoy.



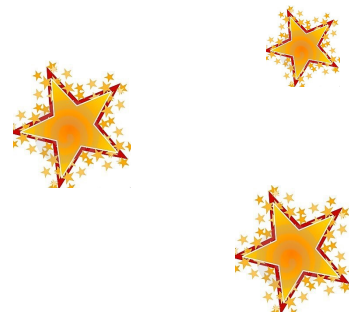
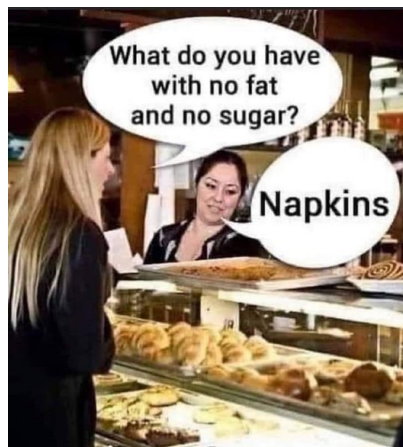
## APPETIZERS - REFRESHMENTS

### MILLION DOLLAR DIP

LoveBakesGoodCakes.com

#### Ingredients:

- 1 16 oz carton Sour Cream
- 1 package dry ranch dressing
- 3 oz Bacon pieces (about 3-5, crumbled)
- 1 cup Cheddar cheese, shredded
- Parsley for garnish, optional
- Assorted chips, crackers, and/or veggies for serving



# FAVORITE RECIPES

## STUFFED CABBAGE ROLLS

### Ingredients:

- 2 lb ground beef
- 1 lb ground pork
- 3 cups cooked rice
- 1 egg
- 1 tbsp garlic powder
- 1 tbsp parsley
- 1 small diced onion
- 2-15 oz. cans tomato sauce
- 1-28 oz. can crushed tomatoes
- 1/4 cup tomato sauce (in meat)
- Salt & Pepper to taste



### Directions:

- Cut off stem of cabbage and
- Put a head of cabbage in a pot of boiling water, and peel off the cabbage leaves one at a time.
- Cut off the rough part on the end of the cabbage leaf with a sharp knife.
- Mix all ingredients together except the 1 - 15 oz can of tomato sauce and crushed tomatoes and put a small amount of meat mixture (size of a sausage) on a cabbage leaf, and roll up like a fajita and place seam side down in a casserole dish. I put a little tomato sauce on the bottom of the casserole dish.
- Pour crushed tomatoes over stuffed cabbage
- Cover and bake approximately 75 minutes at 375°. Uncover and Turn oven down to 325° and bake for approximately 90 more minutes until cabbage is tender. Baste every hour.
- Or put in crock pot on high for 30 minutes then turn to low for 8 hrs

## CINNAMON-APPLE PORK CHOPS:

**From:** Taste of Home—Diabetes Issue

### Ingredients:

- 2 Tbsp reduced fat butter, divided
- 4 boneless pork loin chops (4 ounces each)
- 3 Tbsp brown sugar
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 4 medium tart apples, thinly sliced
- 2 Tbsp chopped pecans



### Directions:

1. In large skillet, heat 1 Tbsp butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145 degrees. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt.
2. Remove chops, keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops.

Make 4 servings.

Prep/Cook time—start to finish: 25 minutes



# FAVORITE RECIPES

## **MEDITERRANEAN TOPPED GRILLED CHICKEN**

Cheryl Pease

Makes 4 servings

### **INGREDIENTS:**

#### **Marinade:**

- 1 1/2 tsp olive oil
- 1/4 cup Rice Vinegar
- 2 garlic cloves, minced
- 1 tbsp sliced red onion
- 1/2 teaspoon black pepper
- 1 tbsp lemon juice
- 2 tablespoons chopped or torn fresh basil leaves, rubbed between your fingers to activate flavor
- 1 teaspoon fresh oregano leaves, rubbed between your fingers to activate flavor

#### **Chicken and Topping:**

- 4 (9 oz each) uncooked boneless, skinless chicken breasts
- 1 1/2 teaspoons olive oil
- 1 tbsp Rice Vinegar
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon dried basil
- 1/8 teaspoon dried oregano
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup chopped grape tomatoes (cut in half lengthwise)
- 1/2 cup chopped cucumbers
- 10 pitted kalamata olives, cut in half
- 1 tablespoon sliced or chopped fresh basil leaves
- 1 tbsp thin sliced red onion, chopped
- 2 oz non-fat crumbled feta cheese

### **DIRECTIONS:**

- Combine all of the marinade ingredients in a gallon Ziploc bag (if you'd like you can place them all in a blender first to help bring out the flavors).
- Add the chicken to the bag and seal. Use your hands to massage the chicken through the bag and make sure the breasts are evenly coated with marinade.
- Place the bag in your refrigerator and allow the chicken to marinate for 6-10 hours, turning the bag once or twice to make sure the chicken is evenly coated by the marinade.
- Pre-heat your grill until hot (ours was set at a medium temperature). Remove the breasts from the marinade and sprinkle with a bit of salt to taste. Transfer the chicken breasts to the hot grill. Cook through, flipping as needed. Ours took 10-15 minutes to cook, but depending on your grill, cooking times may vary.
- For the topping, combine the olive oil, rice vinegar, garlic powder, onion powder, dried basil, dried oregano, salt and black pepper and stir together until well combined. Add the tomatoes, cucumbers, olives, fresh basil, red onion and feta cheese and stir until well coated.
- When the chicken breasts are finished cooking, divide the topping evenly over the breasts and serve.



★ ★ ★  
August



## TIME FOR FRESHNESS

### WATERMELON SALAD

<https://myheavenlyrecipes.com/watermelon-salad-feta-mint/>

#### **Ingredients:**

##### **Fruit bowl:**

- 6 cups seedless watermelon cubed
- 1 cup Strawberries sliced
- 3/4 cup Blackberries washed
- 1 cup Blueberries washed
- 3/4 cup Raspberries washed
- 1/4 cup fresh mint chopped
- 1/4 cup fresh basil chopped
- 3/4 cup feta cheese crumbled

##### **Fruit salad dressing:**

- 1/3 cup honey
- 3 Tbsp fresh lime juice or 2 limes

##### **Instructions:**

- In a large bowl place all washed and prepared fruit, and herbs.
- Whisk together honey and fresh lime juice and pour over top the fruit.
- Combine all the ingredients together being careful not to break the more delicate berries (such as the blueberries and raspberries). Easier to mix together with hands
- Sprinkle on feta cheese at the very end and serve.

Enjoy!



## WE HAVE SOME FUN STUFF COMING

*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**



# DESSERTS AND TREATS

## CRANBERRY ORANGE COOKIES

Irene Drallmeier

Soft and Delicious

### Ingredients:

- 3/4 cup butter, softened
- 1 cup sugar
- 1 egg
- 1 1/2 tsp baking powder
- 1/ tsp baking soda
- 2 cups flour
- 1/3 cup dried cranberries, finely chopped
- 1 Tbsp Orange zest plus 1 Tbls for orange sugar at end



### Directions:

- Preheat oven to 350\*
- Using an electric mixer, mix butter and 1 cup sugar until light and fluffy, add egg & mix.
- In separate bowl, combine flour, baking powder and baking soda.
- Add to butter mixture and mix until just combined.
- Fold in cranberries & 1 Tbsp orange zest
- Combine 1/2 cup sugar and combine 1 Tbsp orange zest. Use your fingers to rub the two together until everything is combined and mixture is fragrant.
- Shape dough into 1" balls and roll in the orange sugar.
- Place on baking sheet and flatten slightly.
- Bake 10 - 13 minutes or until lightly golden.
- Cool on Wire Rack

## ALMOND RASPBERRY QUICK BREAD

From: The Joy of Raspberries by: Theresa Millang

### Ingredients:

- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp salt
- 1/2 cup butter or margarine, softened
- 1 cup granulated sugar
- 2 large eggs
- 1/2 tsp pure vanilla extract
- 1/2 tsp pur almond extract
- 3/4 cup dairy sour cream
- 1/2 cup slivered almonds, toasted
- 1 cup fresh raspberries, rinsed and patted dry



### Directions:

- Preheat oven to 350 degrees
- Generously grease a "9 x 5" inch loaf pan
- Mix flour, baking powder, baking soda and salt in a large bowl; set aside.
- Beat butter and sugar in a mixing bowl on high speed until light and fluffy. Beat in eggs, one at a time. Beat in extracts. Reduce speed to low, then sprinkle in dry ingredients, alternating with the sour cream. Beat until well moistened. Stir in almonds and raspberries by hand.
- Pour batter into prepared pan. Bake 50-60 minutes or until a wooden pick inserted in the center comes out clean. Coverage with aluminum baking foil the last 10 minutes of baking time if it's browning too fast.
- Cool in pan 10 minutes, then remove from pan and cool completely on a wire rack before slicing. Refrigerate leftovers.

- Makes one Loaf

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