Lac qui Parle, Yellow Medicine, Chippewa & Lincoln Counties, Minnesota

Free Resident Guide
• Local Events
• Area History
• Hunting & Fishing Seasons
• Outdoor Recreation Trails
• DNR License Centers
• Residential Services
• Parks & Rec. Info
• Local Attractions

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Local Area Events

**JANUARY**
- Arctic Blast | Canby
- Whopper Feed | Dawson
- Ducks Unlimited Banquet | Dawson
- Ole & Lena Days | Granite Falls
- Chili Fest | Montevideo
- Tri-County Fishing Derby | Montevideo
- Ice Castle Classic | Montevideo
- March of Dimes Benefit | Porter

**FEBRUARY**
- Winterfest | Dawson
- Taste Dawson
- Great Western MN Get Together | Dawson
- Dad's Belgian Waffle Feed | Dawson
- Bowl for Hospice | Dawson
- Dawson-Boyd Baseball Assn. Coyote Derby
- Ice Fishing Derby | Hendricks
- Liver & Onion Feed Fundraiser | Montevideo
- Spaghetti Scholarship Supper | Montevideo
- Sno Rider Run | Ortonville

**MARCH**
- Greater MN Ag Day and Safety Fair | Dawson
- Sports & Leisure Show | Ortonville
- Graceville St. Patrick's Day Parade
- Wild Game Feed | Lake Benton
- KDM Meet & Greet Breakfast | Montevideo
- Pheasants Forever Banquet | Montevideo
- Big Stone Health Care Gala | Ortonville
- Chicken & Fish-Fry | Ortonville

**APRIL**
- Spring Spruce Up | Canby
- Spring Showcase | Canby
- Spring Shop Hop | Dawson
- Legion Baseball Smelt Fry | Dawson
- Fine Arts Celebration | Granite Falls
- Salt Lake Bird Watching Weekend
- Around the Town Rummage Sale | Madison

**APRIL (Contd.)**
- Historical Society Banquet | Montevideo
- Heritage Hill Spring Swap Meet | Montevideo
- Border Walleye Challenge | Ortonville
- Porter Market Day Sale | Porter
- Ridgeview Hospice Benefit | Tyler
- Easter Egg Hunt | Wood Lake
- Southwestern Prairie Banquet | Wood Lake
- Woody's Bar Chili Cook-Off | Wood Lake

**MAY**
- Larry Olsen Music Fest | Lake Benton
- City Wide Rummage Sales | Lake Benton
- Caregivers Celebrity Dinner | Montevideo
- Syttende Mai Festival | Hendricks & Milan
- Memorial Day | Lake Benton & Milan

**JUNE**
- Boyd Good Time Days
- Hat Daze | Canby
- Clarkfield Heart of the Prairie Days
- Dawson Riverfest
- Western Fest Stampede Rodeo | Granite Falls
- Saddle Horse Holiday | Lake Benton
- Oak Tree Classic | Ortonville
- Family Best Ball Tourney | Ortonville
- Pork Chop Supper | Porter
- City Wide Garage Sale | Montevideo
- Block Party | Madison

**JULY**
- Yellow Medicine County Fair | Canby
- Prairie Fest Celebration | Clara City
- Ag Golf Day | Dawson
- Dawson Treasure Days
- 4th of July Boat Parade | Hendricks
- Buffalo Ridge Trap Shoot | Lake Benton
- Summerfest | Madison
- Stinker Day | Madison
- 4th of July Celebration | Madison

**JULY (Contd.)**
- Dragon Fest | Madison
- Heritage | Madison
- Maynard & Prinsburg
- 5k Run & Eagle Chase | Milan
- Appreciation Supper | Milan
- Heritage Hill Threshing Show | Montevideo
- Big Stone County Fair | Ortonville
- Couples Golf Tourney | Ortonville
- Lincoln County Fair | Tyler
- Aebleskiver Days | Tyler
- Lac qui Parle Mission Sunday | Watson
- MN Harvest Fest | Watson

**AUGUST**
- Crazy Days | Canby
- Kid's Night Out | Canby
- State Park Fun Walk | Granite Falls
- Pioneer Power Threshing Show | Hanley Falls
- Polska Kielbasa Days | Ivanhoe
- Te Tonka Ha Rendezvous | Lake Benton
- Benton-Fremont Days | Lake Benton
- Hedoka Knap | Lake Benton
- Heritage Day | Madison
- Chippewa County Fair | Montevideo
- Cornfest | Ortonville
- Patio Tourney | Ortonville
- Porter Festival Harvest
- Wood Lake Fest
- Rodeo | Maynard

**SEPTEMBER**
- Market & Flea Market Day | Lake Benton
- Lake Benton Craft Fair
- Lac qui Parle County Fair | Madison
- Air Fair | Madison
- Pampered Stroll | Madison
- Horse Power Stroll | Montevideo

**OCTOBER**
- Ghoul's Night Out | Dawson
- Oktoberfest | Canby & Madison
- Car Show | Madison
- Around the Town Rummage Sale | Madison
- Parade & Trunk-or-Treat | Madison
- Meander Art Crawl | Dawson, Milan & Ortonville
- Harvest Fest | Ortonville
- UMC Meatball Extravaganza | Wood Lake
- Trick or Treat Street | Montevideo

**NOVEMBER**
- Women's Fall Festival | Canby
- Fall Craft Show | Clara
- Gnometown Extravaganza | Dawson
- Holiday Shopping Preview | Dawson
- Norsefest | Madison
- Christmas Promotion | Madison
- Milan Craft Fair
- ECI Vendor Fair | Ortonville
- Veterans’ Supperama | Wood Lake

**DECEMBER**
- Holiday Celebration | Canby
- Holiday Shopping Preview Weekend | Dawson
- Opera House Christmas Show | Lake Benton
- Holiday Tree Walk | Lake Benton
- Santa Claus Day | Lake Benton
- Santa Day | Wood Lake
- A Music Box Christmas | Montevideo
- Chamberlain’s Feast | Montevideo
- Christmas in the Village | Montevideo
- Parade of Lights & Holiday Stroll | Montevideo
- Parade | Madison
# Residential Services

## Lac Qui Parle County
- **Assessor**: (320) 598-3187
- **Auditor/Treasurer**: 598-7444
- **County Attorney**: 598-3701
- **County Commissioner**: 668-2626
- **Environmental Office**: 598-3132
- **Family Services**: 598-7594
- **Highway Department**: 598-3878
- **License Bureau**: 598-7444
- **Maintenance**: 598-3363
- **Recorder**: 598-3724
- **Sheriff**: 598-3720
- **University of Minnesota Extension**: 598-3325
- **Veterans Affairs**: 598-3445
- **Watershed District**: 598-3117

## Chippewa County
- **Assessor**: (320) 269-7696
- **Auditor/Treasurer**: 269-7447
- **County Attorney**: 269-7138
- **County Commissioner**: 367-2891
- **Emergency Management**: 269-2121
- **Environmental Office**: 269-6231
- **Family Services**: 269-6401
- **Highway Department**: 269-2151
- **License Bureau**: 269-6035
- **Maintenance**: 269-9036
- **Recorder**: 269-9431
- **Sheriff**: 269-2121
- **University of Minnesota Extension**: 269-6521
- **Veterans Affairs**: 269-6419
- **Soil & Water Conservation**: 269-2139

## Yellow Medicine County
- **Assessor**: (320) 564-3628
- **Auditor/Treasurer**: 564-3132
- **County Attorney**: 564-5832
- **County Commissioner**: 269-6793
- **Environmental Office**: 564-3331
- **Emergency Management**: 564-5895
- **Family Services**: 564-2211
- **Highway Department**: 564-3331
- **License Bureau**: 564-4641
- **Maintenance**: 564-3132
- **Recorder**: 564-2529
- **Sheriff**: 564-2130
- **University of Minnesota Extension**: 669-4471
- **Veterans Affairs**: 564-3134
- **Soil & Water Conservation**: 564-3699

## Lincoln County
- **Assessor**: (507) 694-1441
- **Auditor/Treasurer**: 694-1529
- **County Attorney**: 247-5515
- **County Commissioner**: 368-4884
- **Environmental Office**: 694-1344
- **Emergency Management**: 694-1463
- **Family Services**: 694-1452
- **Highway Department**: 694-1461
- **License Bureau**: 694-1529
- **Maintenance**: 694-1461
- **Recorder**: 694-1430
- **Sheriff**: 694-1664
- **University of Minnesota Extension**: 694-1470
- **Veterans Affairs**: 368-4256
- **Soil & Water Conservation**: 694-1630

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**Shop, Dine, Play, Stay Locally**  
and help support businesses throughout your area.
BELLINGHAM
Bellingham was established as the railroad arrived in 1887 and a post office was founded by Hans M. Hagestead. The community was named in honor of Charles T.S. Bellingham, a local resident and streets were platted in 1889. Bellingham was incorporated in 1890 and a newspaper office was established the following year. Today Bellingham is home to approximately 168 residents.

BOYD
Boyd was platted and named by the railway company in 1884. In 1893 Boyd was incorporated and railroad development allowed for growth. Boyd is now widely recognized for its annual Good Time Days celebration held in June which has been celebrated since 1906. Today Boyd is home to approximately 175 residents.

DAWSON
Dawson was named in honor of banker and land owner William Dawson and streets were platted in 1884. Charles J. Coghlan served as the community’s first postmaster who also published the first town newspaper. The community was incorporated as a city in 1911 and Dawson has continued to thrive. Today Dawson is home to approximately 1,540 residents.

LOUISBURG
Ole Thompson and William R. Thomas platted streets in Louisburg in 1887 and Ole Thompson’s son Thomas served as the first postmaster in 1888. Railroad expansion prompted growth and Louisburg was incorporated as a village in 1905. Today Louisburg is home to approximately 47 residents.

MADISON (COUNTY SEAT)
Madison was settled in 1877 and named after Claus P. Moe’s hometown of Madison, Wisconsin. The post office was established in 1883 and H.A. Larson platted streets in 1884. Madison was incorporated in 1886 and its population reached over 600. In 1889 the community was selected as the county seat, beating Dawson and Lac qui Parle Village in local elections. The first courthouse was constructed in 1899 and the area continued to grow. Madison is now widely recognized as the Lutefisk Capital of the United States with a 25 foot “Lou T. Fisk” cod sculpture located in J.F. Jacobson Park. Today Madison is home to approximately 1,551 residents.

MARIETTA
In 1884 Marietta was platted and named by officers of the railroad in honor of many settlers’ hometown of Marietta, Ohio. A post office was established and in 1900 the community was incorporated. Early industry was dominated by agriculture and Marietta continued to grow. More recently, in 2009 the community celebrated its 125th anniversary. Today Marietta is home to approximately 162 residents.

NASSAU
In 1888 the first post office in the Nassau area was established and the community was named after Nassau, Germany, from where many settlers originated. Streets were platted in 1893 and Nassau was incorporated in 1897. A railway station was established and the area continued to develop. Today Nassau is home to approximately 72 residents.

ORTONVILLE
Located in Lac qui Parle and Big Stone Counties, Ortonville was first settled in 1871 by Cornelius Knute Orton and the community was named in his honor. Mr. Orton platted streets in 1872 and established a post office in 1875. The proximity to Big Stone Lake attracted many residents and by 1881 Ortonville was organized as a village and selected as the county seat for Big Stone County. A courthouse was built in 1902 and by 1915 Ortonville housed a variety of businesses including a hotel, hospital, library and a movie theatre. Today Ortonville is home to approximately 1,916 residents.
Yellow Medicine County History

Yellow Medicine County was established in 1871 and named for the nearby Yellow Medicine River. Granite Falls was selected as the county seat and by 1880 its population had reached 5,884. Agriculture dominated early industry and by 1900 its population had reached 14,602. The area now houses the Upper Sioux Indian Reservation that was established in 1938.

**CITIES:**
- Canby - pop. 1,795
- Clarkfield - pop. 944
- Echo - pop. 278
- Granite Falls (County Seat) - pop. 2,897
- Hanley Falls - pop. 304
- Hazel Run - pop. 63
- Porter - pop. 183
- St. Leo - pop. 100
- Wood Lake - pop. 439

**TOWNSHIPS:**
- Burton Township - pop. 174
- Echo Township - pop. 179
- Florida Township - pop. 164
- Fortier Township - pop. 116
- Friendship Township - pop. 258
- Hammer Township - pop. 233
- Hazel Run Township - pop. 194
- Lisbon Township - pop. 217
- Minnesota Falls Township - pop. 361
- Norman Township - pop. 291
- Omro Township - pop. 184
- Oshkosh Township - pop. 249
- Posen Township - pop. 234
- Sandnes Township - pop. 197
- Sioux Agency Township - pop. 237
- Stony Run Township - pop. 544
- Sweede Prairie Township - pop. 162
- Tyro Township - pop. 208
- Wergeland Township - pop. 201
- Wood Lake Township - pop. 220

*Populations are approximate.

Yellow Medicine County Communities

**Canby**
In 1872 John Swenson arrived to the Canby area and established a store and trading post. The community was platted in 1876 by the railway company and named in honor of General Edward Richard Sprigg Canby, who served during the Civil War. Railroad expansion prompted dramatic growth and Canby was incorporated as a village in 1879 and then as a city in 1905. Today Canby is home to approximately 1,795 residents.

**Clarkfield**
A post office was founded in the Clarkfield area in 1883 and streets were platted the following year. The community was named in honor of Thomas E. Clark who worked with the railroad. Clarkfield was incorporated in 1887 and businesses, churches and a school were established to meet the growing needs of its residents. Today Clarkfield is home to approximately 944 residents.

**Echo**
Echo was settled in 1869 and first recognized as Empire, then Rose and in 1874 the community was given its present name. In 1879 a post office was started on Samuel Mather's farm and Echo was incorporated in 1893. The original plat of Echo included 26 blocks of land, however the railway company vacated all but nine blocks in 1889. Today Echo is home to approximately 278 residents.

**Granite Falls (County Seat)**
Located in Yellow Medicine, Chippewa and Renville Counties, Granite Falls was platted on land belonging to Henry Hill in 1872 and its name was derived from the granite and gneiss deposits located near the Minnesota River. Ample natural resources and access to water attracted many settlers and the community grew quickly. George Daniels served as the first postmaster and a dam, mill and reservoir were constructed to harness the power of the nearby river. Granite Falls was selected as the county seat which was moved from Yellow Medicine City and the area grew steadily. Today Granite Falls is home to approximately 2,897 residents.

**Hanley Falls**
Hanley Falls was established in 1884 as rail lines were constructed. The community was named in honor of John A. Hanley, an officer of the railroad. Streets were platted by the railway company and the plat design was based on the plat of Washington D.C. In 1894 Hanley Falls was incorporated as a village and the area is now widely recognized for its annual threshing show held every August. Today Hanley Falls is home to approximately 304 residents.

**Hazel Run**
Hazel Run was settled in 1871 and named after the nearby creek. The community was platted in 1884 as a village and a post office was established by Guttorm Halvorson Fostvedt. In 1902 Hazel Run was incorporated and the area has continued to prosper. Today Hazel Run is home to approximately 63 residents.

**Porter**
First known as Lone Tree Station, Porter was platted in 1881 and renamed after the L.C. Porter Milling Company which established the first grain elevator in the area. In 1898 Porter was incorporated and a schoolhouse was constructed. The community is now recognized as the birthplace of the first Culligan Water softener, built by Emmett J. Culligan who lived in the area. Today Porter is home to approximately 183 residents.

**St. Leo**
In 1880 the first post office in the St. Leo area was established on the farm of Valentine Lenz and early industry was led by agriculture. In 1896 a church was constructed and named in honor of Pope Leo and the village adopted the name. St. Leo was incorporated in 1940 and the community has continued to thrive. Today St. Leo is home to approximately 100 residents.

**Wood Lake**
Wood Lake was first settled in 1868 and named for the nearby lake. In 1873 the community was organized and streets were platted in 1884. Francis Robson served as the first postmaster and the lush prairie and fertile soil attracted residents. In 1891 Wood Lake was incorporated and railroad expansion prompted growth. Today Wood Lake is home to approximately 439 residents.
Chippewa County was established in 1862 and named after the nearby Chippewa River. Montevideo was selected as the county seat and by 1880 its population had reached 5,408. Early industry was led by agriculture and the area continued to grow as rail lines were constructed. By 1900 the population of Chippewa County had reached 12,499. Today Chippewa County is home to approximately 12,441 residents.

CITIES:
- CLARA CITY - pop. 1,360
- MAYNARD - pop. 366
- MILAN - pop. 369
- MONTEVIDEO (COUNTY SEAT) - pop. 5,383
- WATSON - pop. 205

TOWNSHIPS:
- BIG BEND TOWNSHIP - pop. 257
- CRATE TOWNSHIP - pop. 247
- GRACE TOWNSHIP - pop. 134
- GRANITE FALLS TOWNSHIP - pop. 222
- HAVELock TOWNSHIP - pop. 189
- KRAGERO TOWNSHIP - pop. 164
- LEENThROP TOWNSHIP - pop. 396
- LONE TREE TOWNSHIP - pop. 256
- LOURIStON TOWNSHIP - pop. 211
- MANDT TOWNSHIP - pop. 175
- RHEIDERLAND TOWNSHIP - pop. 328
- ROSEWOOD TOWNSHIP - pop. 303
- SPARTA TOWNSHIP - pop. 814
- STONEHAM TOWNSHIP - pop. 260
- TUNSBerg TOWNSHIP - pop. 183
- WOODS TOWNSHIP - pop. 242

*Populations are approximate.

CLARA CITY
Clara city was settled in 1880 and named in honor of the wife of Theodore F. Koch, who was a colonizer and prominent real-estate developer throughout the state of Minnesota. Railroad development allowed for growth and by 1881 the area housed a post office, railroad depot, windmill and water tank. Clara City was incorporated in 1891 and the area has continued to grow. Today Clara City is home to approximately 1,360 residents.

MAYNARD
In 1887 Maynard was platted by John M. Spicer on land belonging to J.V.H. Bailey and L.D. Ruddock. By 1889 a post office was established and businesses included grain elevators, grocery stores, banks, hardware shops and specialty shops. In 1897 Maynard was incorporated and 2012 marked the city’s 125th anniversary. Today Maynard is home to approximately 366 residents.

MILAN
In 1879 the first post office in the Milan area was founded by Thorbjorn Anderson and the area was settled the following year. Streets were laid out by the railway company in 1880 and in 1883 Milan was incorporated. By 1890 businesses included general stores, lumberyards, a bank, creamery and specialty shops and by 1905 its population had reached 450. Today Milan is home to approximately 369 residents.

MONTEVIDEO (COUNTY SEAT)
Originally a trading post, Montevideo was platted in 1870 and its name means, “Mount of Vision.” Fertile soil attracted residents and early industry was dominated by agriculture. The community was incorporated in 1879 and selected as the county seat. In 2004 Montevideo received the All-America City Award which is the oldest community recognition program in the country awarded to ten communities each year in honor of their individual civic accomplishments. Today Montevideo is home to approximately 5,383 residents.

WATSON
Watson was platted in 1879 and named by officers of the railway. A post office was established that same year and in 1883 Watson was incorporated. The area is widely recognized as having been home to the oldest co-op elevator in the nation, the Watson Farmers Elevator, which was established in 1886. Today Watson is home to approximately 205 residents.
Lincoln County was established in 1873 from part of Lyon County and named in honor of President Abraham Lincoln. Ivanhoe was selected as the county seat and by 1880 its population had reached 2,945. Early industry was dominated by agriculture and railroad expansion prompted development. By 1900 the population of Lincoln County had reached 8,966 and the area has continued to thrive. Today Lincoln County is home to approximately 5,896 residents.

CITIES:
ARCO - pop. 75
HENDRICKS - pop. 713
IVANHOE (COUNTY SEAT) - pop. 559
LAKE BENTON - pop. 683
TYLER - pop. 1,143

TOWNSHIPS:
ALTA VISTA TOWNSHIP - pop. 212
ASH LAKE TOWNSHIP - pop. 177
DIAMOND LAKE TOWNSHIP - pop. 231
DRAMMEN TOWNSHIP - pop. 141
HANSONVILLE TOWNSHIP - pop. 122
HENDRICKS TOWNSHIP - pop. 220
HOPE TOWNSHIP - pop. 292
LAKE BENTON TOWNSHIP - pop. 244
LAKE STAY TOWNSHIP - pop. 143
LIMESTONE TOWNSHIP - pop. 159
MARBLE TOWNSHIP - pop. 195
MARSHFIELD TOWNSHIP - pop. 231
ROYAL TOWNSHIP - pop. 205
SHAOKATAN TOWNSHIP - pop. 192
VERDI TOWNSHIP - pop. 240

*Populations are approximate.

Lincoln County Communities

ARCO
Arco was originally recognized as Arola when streets were platted in 1900 and the first post office was established that same year. Its name was derived from the Italian city Arcola and was shortened to avoid postal confusion with an already established railway station of the same name. The community was reincorporated in 1903 and railroad development allowed for growth. Today Arco is home to approximately 75 residents.

HENDRICKS
The first post office in the Hendricks area was established in 1884 and the community was incorporated in 1900. Its location near rail lines allowed the community to become a trading center between Minnesota and South Dakota. The community is now home to the Buffalo Wind Farm, one of the largest wind farms in the nation. Today Hendricks is home to approximately 713 residents.

IVANHOE (COUNTY SEAT)
Ivanhoe was platted in 1889 and its name was derived from a character created by Sir Walter Scott. A post office was established and the community was incorporated in 1901. Ivanhoe was selected as the county seat after it was moved from Lake Benton and the area continued to develop. The community is widely recognized for it Polska Kielbasa Days celebrated every August, that pays homage to its first settlers. Today Ivanhoe is home to approximately 559 residents.

LAKE BENTON
Lake Benton was named in honor of Senator Benton who served until 1851. The community was selected as the county seat until it was moved to Ivanhoe in 1902. Lake Benton is widely recognized as the “Original Wind Power Capital of the Midwest,” as over 600 wind turbines border the nearby Buffalo Ridge and the area houses the Heritage Museum and Wind Power Learning Center of Southwest Minnesota. Today Lake Benton is home to approximately 683 residents.

TYLER
Tyler was named in honor of C.B. Tyler, a prominent businessman, and the first post office was established in 1879. Railroad expansion allowed for growth and Tyler’s population grew dramatically. Streets were platted and the community was incorporated in 1887. Early businesses included saloons, banks, hat shops, grocery stores, hotels, a movie house and a wide variety of specialty shops. Today Tyler is home to approximately 1,143 residents.

DISC GOLF
Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It’s also an inexpensive sport to get into. Specialized frisbees for disc golf cost around $10-$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.
APPLETON AREA OHV PARK
1000 15th St. S | Benson | (320) 289-1527
Located on over 300 acres northeast of Appleton, the Appleton Area OHV Park features 6 miles of trails for ATVs, off highway motorcycles and snowmobiles, motorcycle practice track and a picnic area.

BIG STONE LAKE STATE PARK
35889 Meadowbrook S.P. Rd. | Ortonville | (866) 857-2757
Located on 986 acres, the Big Stone Lake State Park serves as a wildlife preservation area with white-tailed deer, raccoons, ground squirrels, meadowlarks, phoebes, bobolinks, wild turkeys, mourning doves, thrashers, and features wildlife viewing and fishing opportunities, hiking trails, a swimming beach, picnic areas and a campground.

BIG STONE NATIONAL WILDLIFE REFUGE
44843 Co. Rd. 19 | Odessa | (320) 273-2191
Located on 22,521 acres, the Big Stone National Wildlife Refuge serves as a wildlife preservation area with white-tailed deer, western vagrants, upland game, native prairies and features wildlife viewing and fishing opportunities, public hunting areas and interpretive hiking trails.

BUFFALO LAKE COUNTY PARK
629 N 11th St. | Montevideo | (320) 269-7447
Located north of Ortonville, Buffalo Lake County Park features a swimming beach, fishing opportunities, playground equipment, ball fields and picnic areas.

CAMDEN STATE PARK
1897 Camden Park Rd. | Lynd | (507) 865-4530
Located on 2,245 acres near the Red River, the Camden State Park serves as a wildlife preservation area with native and restored prairies, and features wildlife viewing and fishing opportunities, the Dakota Overlook, equestrian, hiking, biking and snowmobile trails, picnic areas and a campground.

HOLE IN THE MOUNTAIN COUNTY PARK
P.O. Box 369 | Lake Benton | (507) 368-9350
Located near Lake Benton, the Hole in the Mountain County Park serves as a wildlife preservation area that supports over 25 species of butterflies, snakes, savannah, vesper and clay-colored sparrows, bobolinks and dickcissels, and features hiking, biking and cross-country ski trails, and a ski lift.

LAC QUI PARLE STATE PARK
14047 20th St. NW | Watson | (866) 857-2757
Located on 1,057 acres, the Lac qui Parle State Park serves as a wildlife preservation area with white-tailed deer, bald eagles and features fishing opportunities, public hunting areas, cross-country ski trails and campground.

MORRIS WETLAND MANAGEMENT DISTRICT
43875 230th St. | Morris | (800) 248-5865
Located on over 51,000 acres, the Morris Wetland Management District serves as a wildlife preservation area with prairie pothole habitats, wetland dependent birds, and features hiking areas, and public hunting areas.

NORTHERN TALLGRASS PRAIRIE NATIONAL WILDLIFE REFUGE
44843 Co. Rd. 19 | Odessa | (320) 273-2191
Located on 4,392 acres, the Northern Tallgrass Prairie National Wildlife Refuge serves as a northern tallgrass prairie preservation area with waterfowl, songbirds, raptors, upland game, white-tailed deer, red fox, coyotes and ground squirrels.

NORWEGIAN CREEK COUNTY PARK
P.O. Box 369 | Lake Benton | (507) 368-9350
Located on 128 acres near Lake Benton, the Norwegian Creek County Park features a campground, picnic areas, swimming beach with bath house and fishing opportunities.

ORAAS COUNTY PARK
1320 13th St. | Granite Falls | (320) 564-3331
Located south of Clarkfield, Osraas County Park features a campground, picnic areas and playground equipment.

PICNIC POINT COUNTY PARK
P.O. Box 369 | Lake Benton | (507) 368-9350
Located on 43 acres on Lake Shaokatan, Picnic Point County Park features a campground, picnic areas, swimming beach with bath house, fishing opportunities and playground equipment.

SALT LAKE
2100 11th Ave. | Marietta | (320) 743-4451
Located on the border of Minnesota and South Dakota, Salt Lake is the only alkaline wetland in Minnesota and serves as a wildlife preservation area with over 150 species of birds, making it one of the top bird watching locations in the area.

THIELKE LAKE WILDLIFE MANAGEMENT AREA
243 2nd St. NW | Ortonville | (320) 734-4451
Located North of Ortonville, the Thielke Lake Wildlife Management Area serves as a wildlife preservation area with western grebes, great blue herons, black terns and ring-billed gulls, and features wildlife viewing opportunities.

UPPER SIOUX AGENCY STATE PARK
5908 Hwy. 67 | Granite Falls | (320) 564-4777
Located on 1,280 acres near the junction of the Yellow Medicine and Minnesota Rivers, the Upper Sioux Agency State Park serves as a historic site with open prairie knolls, bluffs and forested areas, and features equestrian, hiking, skiing and snowmobile trails, wildlife viewing opportunities, and a campground.

TIMM COUNTY PARK
1320 13th St. | Granite Falls | (320) 564-3331
Located near Wood Lake, the Timm County Park features a campground, swimming area, fishing opportunities and picnic area.

NOW HIRING!

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Area Attractions

ANDREW J. VOLSTEAD HOUSE MUSEUM
163 9th Ave. | Granite Falls | (320) 564-3734

ANTEQUE EMPORIUM
129 St. Olaf Ave. N | Canby | (507) 223-5066

BIG STONE COUNTY HISTORICAL MUSEUM
985 Hwy. 12 | Ortonville | (320) 839-3359

CHIPPEWA COUNTY HISTORICAL SOCIETY
P.O. Box 303 | Montevideo | (320) 269-7636

THE CROSSINGS AT MONTEVIDEO
4490 Hwy. 212 W | Montevideo | (320) 269-6828

DANEBO LUTHERAN CHURCH COMPLEX
140 Danebod Ct. | Tyler | (507) 247-3000

FAGEN FIGHTERS WWII MUSEUM
2450 540th St | Granite Falls | (320) 564-6644

GRAND THEATRE
310 6th Ave. | Madison | (320) 598-7791

HERITAGE & WINDPOWER LEARNING CENTER
108 Center St. S | Lake Benton | (507) 368-9577

HINTERLAND VINEYARDS & WINERY
3060 120th Ave. SE | Clara City | (320) 847-3060

HISTORIC CHIPPEWA CITY
151 Arnie Anderson Dr. | Montevideo | (320) 269-7636

HOLT HOUSE
13035 30th Ave. SE | Granite Falls | (320) 309-0092

LAC QUI PARLE COUNTY MUSEUM
250 8th Ave. S | Madison | (320) 309-0092

LAC QUI PARLE MISSION
115 140th Ave. NW | Watson | (320) 269-7636

LAKE BENON OPERA HOUSE
120 Benton St. | Lake Benton | (507) 368-9595

LINCOLN COUNTY COURTHOUSE
319 N Rebecca St. | Ivanhoe | (507) 694-1529

LINCOLN COUNTY PIONEER MUSEUM
610 W Elm St. | Hendricks | (507) 275-3337

LUND-HOEL HOUSE
401 St. Olaf Ave. N | Canby | (507) 223-5066

MILAN ARV HUS MUSEUM
P.O. Box 18 | Milan | (320) 734-4868

MILWAUKEE ROAD HERITAGE CENTER
301 State Rd. #1 | Montevideo | (320) 269-6940

MINNESOTA HEARTLAND PRESERVE
13015 Hwy. 23 SE #2 | Granite Falls | (320) 564-2022

MINNESOTA'S MACHINERY MUSEUM
100 1st St. | Hanley Falls | (507) 768-3522

MOJO'S BOUTIQUE
716 8th Ave. | Madison | (320) 598-3283

PRAIRIE'S EDGE CASINO
5616 Prairie's Edge Ln. | Granite Falls | (866) 293-2121

PRAIRIE ROSE GALLERY
102 N Center St. | Lake Benton | (507) 247-3242

SWENSSON FARM MUSEUM
115 Co. Rd. 15 SE | Granite Falls | (320) 269-7636

VALLEY VIEW ANTIQUES
1192 Hwy. 12 | Ortonville | (320) 839-3138

YELLOW MEDICINE COUNTY HISTORICAL MUSEUM
98 Hwy. 67 E | Granite Falls | (320) 562-4479

*For more information on attractions throughout the area, visit: www.exploreminnesota.com.
## Hunting Seasons

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:
Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

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You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online www.dnr.state.mn.us, Toll Free: 1 (888) 646-6367
Or visit one of the ELS agents available throughout the area:

**BELLINGHAM**
75 ONE STOP
121 1st Ave. | Bellingham | (320) 568-2217

**CANBY**
CANBY TRUE VALUE
204 St. Olaf Ave. N | Canby | (507) 223-5866

**FARMERS CO-OP ASSN.**
1204 St. Olaf Ave. N | Canby | (507) 223-7241

**INDENPEBNT OIL & SPORTS LLC**
106 1st St. E | Canby | (507) 223-5942

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SWEEP HARDWARE
26 W Center Ave. | Clara City | (320) 847-3317

**CLARKFIELD**
J & S ONE STOP, INC.
1005 13th St. | Clarkfield | (320) 669-4961

**DAWSON**
CASEY’S GENERAL STORE #2590
567 Oak St. | Dawson | (320) 769-2919

**GRANITE FALLS**
CASEY’S GENERAL STORE #3275
520 Hwy. 212 W | Granite Falls | (320) 564-4863

**GRANITE FALLS CENEX**
1297 Granite St. | Granite Falls | (320) 564-2525

**HENDRICKS**
KIRKVOLD OIL CO.
306 S Division St. | Hendricks | (507) 275-3358

**IVANHOE**
PRAIRIE RIDGE CO-OP
103 W Railroad St. | Ivanhoe | (507) 694-1566

**LAKE BENTON**
LAKE BENTON RESORT
325 Lake Shore Dr. | Lake Benton | (507) 368-4399

**EXPRESSWAY LAKE BENTON**
117 E Benton St. | Lake Benton | (507) 368-4204

**MADISON**
BREHMER MOTOR SUPPLY
103 6th Ave. S | Madison | (320) 598-3400

**ELAINE**
BRUCE’S 66
1210 Hwy. 40 | Marietta | (320) 668-2631

**MILAN**
RANDALL’S MILAN BEACH HOUSE
18095 Hwy. 40 NW | Milan | (320) 226-7173

**MONTEVIDEO**
CHIPPEWA COUNTY LICENSE BUREAU
629 N 11th St. #5 | Montevideo | (320) 369-6035

**RUNNINGS #10**
2202 E Hwy. 7 | Montevideo | (320) 269-6025

**WALMART SUPERCENTER #1858**
3001 E Hwy. 7 | Montevideo | (320) 269-5390

**TYLER**
THOMSEN HARDWARE, LLC
145 N Tyler St. | Tyler | (507) 247-5553

**WATSON**
MITLYNG BAIT & TACKLE
13045 1st St. W | Watson | (320) 269-5593

**WATSON CORNER STORE**
342 Central Ave. S | Watson | (320) 269-3720

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**Get up earlier**
Some of the most successful people in the world start their days before 6 a.m. It may be hard at first, but you can start by waking up 15 minutes earlier and gradually increase the time from there. Soon enough you will be awake and getting things done before most people are out of bed. That will allow you a head start on everybody else.

**Start with “me time”**
First thing in the morning go through all of your social media posts, respond to all of the little things that others need you to so they can get to work and set up a schedule for the rest of your day. Getting organized in the morning will help the rest of the day go smoother.

**Sleep well**
While waking up early is important, so is going to bed early. The bare minimum a person needs to sleep is 7-8 hours at a time to stay healthy. You will be able to think more clearly and make better decisions if you have a good night’s sleep.

**Use time-blocking**
Take your to-do list and block off a time to get each item done. Make sure all of your desktop, online, mobile, and physical calendar’s are in sync. You want to be on the same page with all your devices. Once you have the time set aside to accomplish a task do not get distracted. If turning off your phone and locking yourself in a room is what it takes, then do that!

**Use checklists**
If you are operating under a deadline or you have a lot of tasks to accomplish, a checklist will help you keep you focused and on track.

**Schedule breaks**
Taking breaks is important because it allows your body and mind to get organized. If you schedule your breaks regularly it allows your mind to structure your day better. It would be hard for most people to do but if you can take a 10-20 minute power nap right after lunch it may help you feel energized and refreshed!

**Clear your clutter**
It is important to keep a clean work station because order will help your mind focus on accomplishing your goals. Even if it looks like a mess to others having a place for everything will help anybody focus and be more productive.

**Get Fit**
Being in shape and exercising regularly will help keep you energized throughout the day.
**Fishing Seasons**

- **Flathead Catfish** - 2018 Season
  - 04/01/18 - 11/30/18

- **Stream Trout** in streams SE - 2018 season.
  - 04/14/18 - 09/14/18
  - Dodge, Goodhue, Fillmore, Houston, Mower, Olmsted, Wabasha and Winona counties only.

- **Walleye, sauger, northern pike** - 2018 season
  - 05/12/18 - 02/24/19

- **Smallmouth and Largemouth Bass** - 2018 season - North and East of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County.
  - 05/12/18 - 02/24/19
  - 05/26/18 - 09/09/18

- **Lake/Shovelnose Sturgeon Season**
  - 05/16/18 - 04/14/19

- **Lake Trout** (summer) - 2018 season
  - 05/12/18 - 09/30/18

- **Stream Trout** in lakes (summer) - 2018 season
  - 05/12/18 - 10/31/18

- **Walleye, sauger, northern pike** - 2018 season
  - 05/12/18 - 02/24/19

- **Largemouth Bass** - 2018 season - South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County
  - 05/12/18 - 09/30/18

- **Smallmouth Bass** - 2018 Season - South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County.
  - 05/12/18 - 09/30/18

- **Lake Trout** (fall) SE - 2018 season Catch and Release season only
  - 05/12/18 - 09/30/18

- **Lake and Stream Trout** - Winter (entirely within the BWCA) - 2019 season
  - 12/29/18 - 03/31/19

*Contact the MN DNR for specific zone information by calling:
1 (888) 646-6367 or go to www.dnr.state.mn.us*
**Healthy Habits**

**Eat Breakfast**
A healthy balanced breakfast every morning is very important. It allows your body to run smoothly throughout the day and can help with weight control while lowering your cholesterol levels. It will improve things like concentration, performance and strength. Also studies have shown that women who skip breakfast have a higher chance of developing diabetes and men who skip breakfast have a higher chance for heart disease.

**Eat Your Greens**
Leafy greens and vegetables contain phytochemicals which help to fight diseases. This will help against things like metabolic syndrome, diabetes, cancer and strokes. Vegetables are also rich in fiber which helps with hunger. The recommended amount of vegetables for the average person is around 2 ½ cups a day.

**Drink Enough Water**
Many people don’t get enough water throughout the day. It is recommended that the average person drinks roughly a half gallon a day which is equal to about eight 8 ounce glasses. Water helps rid the body of toxins and with unwanted weight gain by flushing out by-products of fat in your system. Water also helps your immune system, energy levels, focus and mood.

**Take a Walk During Lunch Break**
Your body and mind benefit greatly when getting out for a quick walk. A walk can help with weight management, blood pressure, bone strength, balance and coordination. Plus it helps you focus by getting extra blood flow and oxygen to your brain. Also a lot of people don’t get enough vitamin D in their diet and getting outside is one of the easiest ways to ensure you are getting your vitamin D.

**Get Up and Move**
It is important to try and get around 10,000 steps in per day. It is very hard on our bodies when we are slumped over a desk or kicked back in a recliner all day. Studies have shown that just from walking more you can lower your risk of high cholesterol, high blood pressure and diabetes. It may be hard to get the 10,000 steps in every day but doing small things like getting up from your desk every so often and doing a lap around the office or parking farther away from your destination will help.

**Floss and Brush**
This might not seem like the most significant health issue but it is very important. If you don’t floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.
Camping Activities & Equipment

After you have found a place to camp and have everything set up what else is there to do? Depending if you want to be active or relax, something on the lists below should help you get an idea of what you would like to do while camping.

Water Activities
- Skip stones
- Build a sand castle
- Fish
- Float or lounge
- Boat, canoe, or kayak
- Water ski
- Tubing
- Swim

Physical Activities
- Disc golf
- Horseshoes
- Ringtoss
- Bike
- Soccer
- Football
- Kickball
- Baseball
- Hiking
- Rock climbing
- Tree climbing
- Corn Hole
- Lawn bowling

Exploration
- Bird watching
- Animal watching
- Leaf, rock or bug collecting
- Geocaching
- Searching for edible plants, nuts & berries
- Look for evidence of animals & creatures
- Go on a photo safari
- Scavenger hunt
- Collect firewood or kindling
- Whittling

Relaxation
- Swing in a hammock
- Listen to nature
- Daydream
- Float on the water
- Stargaze
- Read
- Card games
- Board games
- Crafting
- Nap

Some of the gear you might need

Camp Gear
- Tent with ground tarp
- Sleeping bag
- Sleeping pad
- Pillow
- Rope/cord
- Multi-tool/small tool kit
- Lighter and matches
- Folding camp chair

Kitchen Gear
- Camp stove & fuel
- Water jug
- Pot
- Pan
- Bucket/tub for washing
- Dishcloth/scrubber
- Food
- Dish soap
- Dish towels
- Knife
- Cooler & ice
- Utensils
- Can opener
- Plates
- Bowls
- Mugs/cups
- Paper towels/napkins
- Resealable plastic bags
- Aluminum foil
- Trash bags

Clothing
- Pants
- Shorts
- Socks
- Short & long-sleeved shirts
- Underwear/long underwear
- Sleepwear
- Jacket
- Spare shoes/boots
- Gloves & stocking cap
- Rain gear
- Swimsuit
- Water shoes/sandals

Personal Gear
- Backpack/day pack
- Insect repellent
- Camera
- Binoculars
- Flashlight/headlamp
- Spare batteries
- Wallet
- Notebook & pencil
- Board games, books, playing cards, Frisbee etc.
- Water bottle
- Sunglasses
- Phone charger

Personal Hygiene & Safety
- Soap
- Shampoo
- Towel
- Brush/comb
- Sunscreen
- Toothbrush & toothpaste
- Washcloth
- Deodorant
- Hand sanitizer
- Lip balm
- First aid kit

This list is not complete. Depending on where you go camping and during what season, the list will change.
**Bicycle Safety**

- Always wear a properly fitting bike helmet as most serious injuries are to the head. • Be sure your handlebars, seat and wheels fit snugly. • Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure. • Always ride with both hands on the handlebars except when doing turn signals. • When leaving a driveway, curb or alleyway always stop and check for traffic in both directions. • Cross only at intersections. • Use the crosswalk to walk your bike across busy intersections and follow the traffic signals. • Never ride against traffic. Travel in the same direction as the cars. • Whenever you can, use bike routes and avoid busy streets. • Don’t ride near parked cars as doors can open and cause accidents. • Obey all traffic signs and traffic lights. • When biking with friends, ride in a single file. • Always pass other bikers or pedestrians on the left and say “On your left!” to make your presence known. • Always use bicycle hand signals to alert traffic of your changing direction.

**Be Aware of your Surroundings**

- Drink lots of Water!

**Snowmobile Safety**

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death. • Slow down and don’t cut to the inside of the trail corners. It’s dangerous and illegal. • Always use the buddy system. Never ride off alone. • Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice. • Wear sensible, protective clothing designed for operating a snowmobile. • Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris. • Avoid wearing long scarves. They may get caught in moving parts of the snowmobile. • Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before. • Know the weather forecast, especially the ice and snow conditions. • Be sure your snowmobile is in top-notch mechanical condition throughout the months of use. • Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile. • Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

**ATV Safety**

- Read the owner’s manual and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don’t lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of drugs or alcohol. • Drive at speeds that are appropriate to trail conditions. • Stay to the right on trails. • Stay away from thin ice, open water and wetlands. • Know the weather forecast. • Make sure headlights and taillights work properly. • Maintain safe distances between other riders. • Reduce your speed when riding at night. • Yield to other motor vehicles and trail users. • Young or beginning riders are encouraged to take a safety training course.

**Know Your ATV**

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death. • Slow down and don’t cut to the inside of the trail corners. It’s dangerous and illegal. • Always use the buddy system. Never ride off alone. • Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice. • Wear sensible, protective clothing designed for operating a snowmobile. • Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris. • Avoid wearing long scarves. They may get caught in moving parts of the snowmobile. • Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before. • Know the weather forecast, especially the ice and snow conditions. • Be sure your snowmobile is in top-notch mechanical condition throughout the months of use. • Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile. • Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.
**Fall Preparation & Clean Up**

- Clean out the gutters.
- Clean or replace dirty furnace filters.
- Clean humidifiers by replacing old filters and clean the inside compartment.
- Drain and winterize outdoor faucets and irrigation systems.
- Winterize air conditioning unit (depending on climate).
- Remove fallen leaves from the lawn and fertilize.
- Service sprinklers and irrigation system.
- Put away seasonal furniture.
- Put up storm windows.
- Repair damaged sidewalks, driveways and steps.
- Seal windows and cracks around the house.
- Insulate the duct work in your home.
- Test smoke and CO monitors also inspect fire extinguishers.
- Get the furnace and water heater checked by a professional.
- Check fireplaces for soot or creosote build-up.
- Get your winter equipment ready.
- Inspect your roof for damage.
The winter can be tough for everyone. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

**Prevent slips and falls on ice.**
- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt and sand driveway and sidewalks or have someone do it for you.
- Step down when getting out of a car or off a curb instead of stepping out.

**Keeping warm**
Before going outside in the wintertime you need to prepare yourself to prevent things like hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that’s white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

**Carbon monoxide poisoning and fires**
During the winter months the risks of carbon monoxide poisoning and fires is much greater due to the different heating methods used to stay warm. While trying to stay warm we are heating our houses with fire places, furnaces, electric heaters, and boilers. When one of these heating methods fail or stop working properly there are potential safety hazards.
- Make sure carbon monoxide detector and fire alarms are working properly.
- Have fireplace and chimney cleaned or furnace and boiler inspected.
- Make sure electric heaters are working properly and not to close to anything flammable.
- Keep a fire extinguisher easily accessible in the areas of your home that have a potential fire hazard.
- Never try heating your home with things that are not made for it like, a stove, oven, or grill.

**Winter Driving**
- Don’t drive in bad weather unless you have to.
- Never use cruise control on snowy, icy, or wet surfaces.
- Increase your following distance.
- Have a phone on you and let someone know your plans.
- Check your car or get it inspected to make sure things like the tires, antifreeze, window wipers, window washer fluid, oil, battery, and other components are up to date and working properly.
- Stock your car with emergency supplies like a first aid kit, extra warm clothes or blankets, jumper cables, shovel, window scraper, a warning device like a flare or caution lights and a material like kitty litter or sand in case you stuck on ice.
- Keep your gas tank close to full in case you end up stuck or stranded and to prevent gas line freeze.
- Clear off the entire car for increased visibility.
- Never warm up your vehicle in an enclosed area like a garage.
**SAFETY TIPS**

**PARENTS:**
- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.

- Designate a safe place by your house that a child can go to if they need help right away.

- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

**KIDS:**

**FIRE SAFETY**
- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.

- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don’t open it - find another way out.

- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

**HOME ALONE**
- Never tell anyone that you are home alone.

- If someone calls and asks for your mom and dad, tell them “They cannot come to the phone right now, can you please call back later?”

- Do not answer the door, unless it is someone that you know your parents have okay’d them to come over.

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**FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY**

**INSECT BITES/ANAPHYLAXIS**
Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite seek medical attention immediately.

**POISON PREVENTION**
Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

- **Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

- **Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

- **Keep your pets safe from household chemicals, too.** Don’t allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.
**SAFETY TIPS**

**FIRST AID FOR BURNS & CHOKING**

**BURNS**

For minor 1st and 2nd degree burns smaller than 3” in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

**DO NOT** run cold water over large severe burns - this can cause shock.

**DO NOT** remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

**CHOKING**

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn’t giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a “five-and-five” method for first aid: First give five blows between the person’s shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

**IN AN EMERGENCY, DIAL 911**