

# Another good dose of **Bad Medicine**

**A newsletter for the residents of the Bad Medicine Lake Area**

Published by the Bad Medicine Lake Area Association (BMLAA)

**Spring 2019**

## Update on Bad Medicine's Water Quality Study - June 2019

Scott Bentson

1. Full funding for the original study and the core sampling has been obtained and all contracts have been finalized. Fund-raising efforts for this project have been concluded.
2. Total cost for the full project was approximately \$175,000. Of that amount, about \$125,000 was donated by BMLAA members through the efforts of the BMLAF. Approximately \$50,000 was donated by Bemidji State University in staff and service costs.
3. The third and final year of water sample collection is underway and will be concluded this October.
4. The core sample will be extracted some time in July by a crew from the Minnesota Science Museum and core analysis will start this summer.
5. It is expected that data analysis and a full report of findings will be completed by July 2020. The report should be available to members sometime next summer.
6. Lead BSU researcher, Rick Koch, will present a summary of the findings of the first two years of the water quality study at a special meeting of BMLAA in July of 2019. That event is tentatively scheduled for Saturday, July 28<sup>th</sup> at 10:00AM in the Forest Town Hall.

So, let's reflect a bit.

About 5 years ago, the people of Bad Medicine Lake imagined a research study with the goal of understanding the chemical and biological processes that hold the keys to water quality and potentially, ways to address water quality problems should they occur. We found a science and funding partner in Bemidji State University. We raised money, a lot of money, then raised even more to add the final piece of information to the science puzzle. This investment of energy, expertise and money will result in an extraordinarily detailed picture of Bad Medicine's chemical and biological systems and patterns. Our hope is that, as a result, we will be in an excellent position to detect deviations in those systems and respond, if necessary, in ways designed to maintain or improve water quality.

Sincere gratitude is due to all who contributed inspiration, energy, effort, time and money to get this project up and going and to keep it going when challenges arose. Special thanks also to Rick Koch and his team and to Bemidji State University for their wonderful support of this project.

Enjoy this exceptional lake this summer.

*The mission of the newsletter is to provide lake area residents with information to build community. It is intended to present current lake issues and events in a non-controversial and positive format. For suggestions or comments contact Jane Gudmundson at: [edwardsgud2@yahoo.com](mailto:edwardsgud2@yahoo.com)*

## 2019 Bad Medicine Lake Research Project and Core Sampling Steve Lindow

This is the third and final year of collecting data on various living and non-living parameters that impact our lake. Water clarity seemed to be decreasing more than once during the summer so property owners wanted to know what the cause may be and how the changes may impact the future ecology of the lake. Bemidji State University professor Rick Koch and grad student, Mark Love have processed the first two years worth of samples and will be presenting their results at a special mid to late July meeting at the town hall for everyone interested in hearing what they have found so far. The results of the research project will, hopefully point out any points of concern and help us in identifying what future projects we could undertake to head off any further degradation. Some projects may include shore line stabilization and preventing soil erosion into the lake by re-establishing 50 foot natural buffer zones. Analysis of the results is still in the "wait and see" mode. For an update on the first two years of research, be sure to attend the July meeting in the town hall.

The addition of the core sample from the lake bottom became fully funded in March. The Science Museum of Minnesota and their team of researchers will be taking the core sample on or about July 16<sup>th</sup> depending on weather conditions. The process involves anchoring a boat so it is stationary over deep water. The coring device is a series of tubes with a hollow collector on the end. The collector will be pushed into the bottom for about 3 feet. When the core sample is brought back up, the sample is treated to stabilize the sediment inside. Sections of the core will be analyzed to determine the age up to about 150-250 years old. Within each section, previously living organisms (algae and zooplankton) and phosphorus levels will be looked at to establish water quality conditions during that time period. Turns out, certain phosphorus levels, algae and zooplankton combinations can be used to establish water quality conditions during that time period. Put together these core sections over time and you get a good picture of how the lake has changed. Major environmental changes such as forest fires, logging periods and drought should show up in the results. Comparing these historical data with our three-year study project data will give the researchers information on how the lake has changed over time and give a peak into the future. The core sample really is the base piece of information needed to see the changes the lake has gone through. Special thanks to everyone that has donated money through the Bad Medicine Lake Foundation to fund the research and core sample projects.

### *The Minnesota Coalition of Lake Associations (COLA)*

Scott Bentson

The Minnesota Coalition of Lake Associations (COLA) represents lake associations all across Minnesota on matters of shared interest and concern. Simply put, COLA's mission is to facilitate cooperation among member Lake Associations to protect and enhance the quality of lakes and their shore areas.

BMLAA is a member of Becker County COLA and Bad Medicine representatives attend COLA meetings regularly to keep the association abreast of the latest developments on topics like AIS, water quality, county zoning and enforcement, best practices for people living on lakes, shore land improvement and financial assistance, proposed and pending legislation and many other issues that have potential to impact Minnesota's lakes. COLA takes seriously its mission to be a source of reliable information and an advocate for lake friendly policies and legislation.

Becker County COLA has just introduced a terrific new website packed with interesting information and useful links that allow you to find answers for most all of your lake-related questions. Articles are fun, interesting and informative. Links transport you to county and state resources, AIS research at the U of M and other resources working to improve the quality of Minnesota's lakes.

Take a look at the websites below. You'll be glad you did.

[www.Beckercola.org](http://www.Beckercola.org) [www.mnlakesanddrivers.org](http://www.mnlakesanddrivers.org)

# Annual Bad Medicine Lake Ice Carousel

Jay and Valentine Smukowski

On March 2, 2019 when the average temperature is 29F we set up our second annual Ice Carousel at Veronen's Resort. Unfortunately this was not an average winter. Old man winter beat us this year with a temperature of around 3F and winds of 15-20 miles per hour at 10:00AM when we started. Using our 32" bar on the chain saw, we were only getting through the ice in a few places. With all of the cold weather, the ice was thicker than the length of our bar. With the help of neighbors and friends using homemade and antique saws, and with the chain saw freezing up, it was just too much! We threw in the towel!

At that time there were about 60 people braving the weather. Not to say our drinks were freezing in our hands and the food on our plates. We had cold lunch and then everyone left for warmer places.

We are going to change a few things for next year. First we are going to have an alternate date, hoping to have a day above at least 15F. Second I have purchased a larger saw with a 42" bar. If we cannot get through the ice with this, we should not be out there!

Again we will be looking for volunteers for 2020, keeping an eye on the weather to see what day would work better. We are shooting for the first or second weekend in March 2020.

For more information contact Jay at [jay@tekstar.com](mailto:jay@tekstar.com) or call 218-573-3169

Thanks.

## Giving Thanks

### Cleanup on Highway 37

John LaFond

A hearty thanks to all the volunteers that helped with the cleanup on Hwy 37 on Saturday May 18. They include: Matt Hanson and Dawn, Brooklyn and Payton, Lynn and Steve Lindow. Scott and Linda Bentson, Wayne Gudmundson, Ray Vlasak, Gary Narum and Karen LaFond.

The weather was pretty blustery and chilly but the team turned out and we got both the Lake Foundation and Lake Association road sections cleaned up. The final tally was eleven bags of bottles, cans, plastic, styrofoam, paper, cigarette butts and various mystery items as well as one tire and one trailer leaf spring.

Please help keep our roads and environment clean. Check your boat, truck or trailer for loose trash before you take off down the road and please don't throw your garbage out the window. Keep it for a few miles, stop at the next gas station and dispose of it properly.

Thanks again to those who helped and have a great summer!

## Memorial Gift Received

Marge Lorentzsen

Recently, BMLAA received a memorial gift from the family of Marilyn-Passow. We thank the family and share with you their comments.

*"Our family spent many wonderful summers at Bad Medicine and we have beautiful memories! Our Dad taught all of his children and grandchildren the love of fishing. The extreme beauty of the lake is one we will cherish forever".*

Also as treasurer of BMLAA I would like to thank all who have sent in their membership dues for 2019 and hope others will follow.

## Kudos

Jane Gudmundson

Hats off to the thoughtful lake folks who inform their neighbors via the platform, Nextdoor about issues that affect the safety and health of all residents, their visitors and pets. Last fall Linda Anderson and Lynn Lindow reminded us about the issue of driving respectfully and safely on narrow lake roads, which instigated the Forest Township board to research speed limits and signage options to alleviate the problem. This April, Monette Lundquist gave us heads-up about deer tick sightings. Having a husband who has experienced two incidents of Lyme Disease, that caught my attention quickly. Then in May John LaFond alerted us about the presence of bears close to cabins and how they enjoy attacking bird feeders. Taking feeders in at night is sound advice.

Footnote: The Minnesota Department of Health has a wealth of information concerning tick borne illnesses [www.health.state.mn.us/diseases](http://www.health.state.mn.us/diseases)

## Forest Township News

Lynn Lindow

Greetings from the Forest Township Supervisors.

Welcome back to the lake for summer fun. At this time, the calendar says we are in spring mode but it is hard to recognize. Spring is coming late this year to be sure.

The township board is working on our 2019 agenda. We completed our road tour on May 14th to assess road needs. The roads appear to be in good condition. We put extra gravel on the roads last fall and they seem to have come through the winter in fine shape. We will be working on reclaiming gravel from the road shoulders that got pushed off over the winter and will continue to do spot graveling where needed. Please remember to be respectful of your neighbors as we have many walkers/joggers who use these roads. Slow down and give them space. Thank you.

The Saturday of Memorial weekend was Amnesty Day. By now you have seen that the township can no longer collect hazardous waste. You can deliver your own hazardous waste to the Osage or Detroit Lakes transfer stations. Information regarding these stations is posted on our website. Please remember that the dumpsters are for household waste only. Rules are posted at the town hall if you have questions on what not to bring to the dump. Also, remember to recycle. By recycling, it frees up space in the dumpsters for household waste and provides a revenue stream to the township that is reflected on your taxes.

Because of the late spring, the road tour to assess weed growth has not been completed. That tour will take place with the next couple of weeks. The three most prevalent weeds in our township are spotted knapweed, thistle and common tansy. You are responsible for controlling these weeds on your property. As the weed assessment is conducted, if weed issues are observed on private property you will be contacted, so please help us keep our township free from noxious weeds.

Finally, if you plan on completing any building, make sure you follow the proper procedures for securing a permit. Your first stop is at Becker County Planning and Zoning. You should complete a county permit application. If your construction is within 267 feet from the High Water Level you do not need a township permit. If your new building falls beyond 267 from the water, you will need to apply for a township permit. If you have questions please contact Lynn at 218-573-3765. Forms can be obtained on the Township website under zoning at: [foresttownshipmn.net](http://foresttownshipmn.net)

We hope you all have a great summer. Enjoy our outdoors and be safe.

# Wanted

Nominations for two new board members for the BMLAA board.  
The terms of current board members, Mary Lindstrom and Linda Anderson  
terminate in June 2019 – we thank them for their service.  
contact [edwardsgud2@yahoo.com](mailto:edwardsgud2@yahoo.com)

## Medical Emergencies

DeDe Krieg

When we first bought our cabin on Bad Medicine I was working as an emergency nurse in Fargo. This made me think about what would happen in a medical emergency up here. Who responds? Where do they come from? How long will it take for them to get here? What could I do to help while waiting?

Carsonville Fire and Rescue is the nearest medical responder, stationed in Ponsford. Minimum time is 25 minutes to respond to the north end of Bad Medicine. Elbow Lake fire department only responds for fires.

Bad Medicine and the surrounding area has poor cell phone reception and this can slow down the initial call for help also. Dialing 911 will dispatch a helicopter in certain emergencies. If the victim is undergoing CPR, suffering from a stroke or heart attack, or has been in a severe motor vehicle/cycle crash, helicopter service is available from North Memorial Hospital with an approximately 16 minutes response time. The North Memorial chopper lands at the public access on the north end of the lake, but has the capability to land in a 100' x 100' clear area.

What can be done while waiting for help to arrive will depend on the experience of the people nearby. Do they have a medical background? Have they taken CPR or a first aid course? Do they know of a 100' x 100' clear area for a helicopter to land nearby? I highly recommend taking a CPR and first aid class, it could make a huge difference in an emergency. Knowing your neighbors and their skills in dealing with medical issues is also a great idea.

## 2019 Bad Medicine Eelpout (Burbot) Study

Steve Lindow

Most anglers know very little about eelpout except that they wrap around and stick to your arm when you pull them up through an ice fishing hole. If you are a real brave angler, you may even have tried eating them. Surprisingly, pout are in the cod family and are really good eating. Remove the two strips of meat from the back and boil them in seven-up and dip in butter. GOOD EATING!! REALLY.

Over the last five winters, many residents have noticed the increase in ice anglers during the month of March. Most show up about 4PM and stay until midnight. Turns out, there is a better than great eelpout bite happening. Eelpout spawn in large schools under the ice in March. Anglers have figured out where some of these locations are at and commonly catch 15-20 each night per person. In conversations with some of the anglers, I've learned that most of those fish are being released. However, enough of the bigger pout have been kept so this past winter most fish were smaller in size. The DNR heard about the easy fishing on the lake and a few other lakes and are now looking at establishing some kind of season and bag limits on unprotected fish. The problem is there is very little research on eelpout to base any regulations on. So, a research project is being funded by the DNR through Bemidji State University. This past March, Bemidji grad students caught about 70 pout from different areas of the lake and surgically inserted a radio transponder into their abdomen. About 30 receivers submerged in the lake in various locations are picking up the signal that is being sent out by the transponders. The data will establish where pout spend most of their time and to some extent, what they are eating. Individual pout also have a small numbered tag

inserted under the skin on their back. If you catch a pout, look for that tag and write the number down then release the fish. The number of recaptures and some computer math will estimate the population size of pout in the lake. The data will then be used to establish regulations and bag limits for lakes in Minnesota. The grad student suggested, based on the numbers of pout being caught, that pout might be the dominant fish in the lake. Two different groups of anglers talked about catching pout with 8" walleyes in their stomach.

Something to think about!!!

## 2019 Spring AIS Report

Steve Lindow

Aquatic Invasive Species are still a threat to Bad Medicine Lake. In 2018 there were 1327 inspections at the public access (794 entering and 533 exiting). Violations for plugs on arrival at the lake was less than 1% so boaters seem to have gotten the message plugs must be out while traveling any public road. On the other hand, arriving boats containing attached plants, water, in live wells and mud on the anchor had a 22% violation rate. Of the boats coming into Bad Medicine, 12% came from lakes that were infested with some kind of invasive species.

Randy, our Becker County Soil and Water boat inspector, works approximately Thursday-Sunday from 5:30AM until 3:30PM. During the week days, I cover some mornings 6:00AM until 9:00AM, depending on the weather. Money donations from the Association and Township have not been used because the county covers our hours so far. Additional inspector time is needed, but there is not enough applicants to fill the open position during the week. If you are launching a boat into the lake at the access, thank Randy for protecting the lake from invasive species.

The inspector's main job is educating boat owners about the laws concerning invasive species and inspecting boats and trailers. The entering boat inspection involves having the owner lower their motor to drain any water in the lower unit, looking for attached vegetation to trailers, looking for zebra mussels that may be attached to the hull of the boat, making sure live wells are empty and checking for live bait. The exiting inspection is similar. There are a series of questions that we ask like, how long the boat has been out of the water and what lake did you last come from and where might you be going next. Technically the boat owner does not have to answer the questions, but owners entering are required by law to let us look into live wells, bait containers and coolers that could contain water. If the boat owner denies us access into those areas of the boat, then we deny access to the lake. Most boat owners are very cooperative and pretty much know the routine. In addition, we encourage boat owners to run water through their live wells at home before switching lakes and then lower the motor to drain the lower unit. Using a weak solution of bleach will not only kill veligers (zebra mussel larva) but also gets rid of the stinky fish smell in the live well. Doing these additional steps before switching lakes will help reduce the chances of spreading AIS.

Recent research at the U of M found that the boats that retain the largest amount of water after leaving the access, are more apt to carry more veligers to the next lake. The more water the more days veligers can survive in the boat or motor. It was found that boats with ballast tanks followed by I/O boats and then outboards in that order, would be the most apt to carry veligers that live longer. The new research reinforces the importance of draining all water before entering any lake.

**PULL THE PLUG, CLEAN, DRAIN, DRY, DISPOSE**

# 2019 Spring Fish Report

Steve Lindow

Spring has been slow in showing up! Twelve thousand trout were stocked on April 24 and this year the DNR didn't have to chop ice away at the access to get the stocking tubes under the ice. The ice had melted back far enough so the stocking went smoothly. I suppose the osprey weren't very happy with the ice cover protecting the trout from above.

Opening weekend was very good for trout anglers on the north end of the lake. Long line trolling with small Rapalas worked the best. Water temperature was 46 degrees so trout were near the surface. Down riggers did not produce much. As the water warms up, down riggers and slip bobbers with power bait and night crawlers will work better. By July most of the trout will be near 25-30 feet down.

This summer at the access, the graduate student from Bemidji will be taking stomachs from some of the trout that anglers catch. The stomach food contents will be compared to the sampling data that has been gathered over the last two years and throughout this summer. Maybe the trout population is having a significant impact on the zooplankton population which eat algae that keeps our water clear?

Walleye fingerlings were stocked (11,675) last fall averaging about 20 to the pound. In Bad Medicine it takes about 3 years for a fingerling to reach 13 inches. From 2017 DNR test netting, not enough of those fingerlings are surviving to age three to produce good fishing into the near future. Also, from the 2017 survey, perch numbers are still extremely low. So the question then becomes, what is happening to the perch population? Is there a lack of food for perch? Being there are so many smallmouth bass in the lake, are they eating the fingerlings or are they eating the perch numbers down to a point where walleye fingerlings can't find enough to eat? Another possibility might be the number of eelpout (Burbot) that are showing up during the late winter angling season. Check out the eelpout article elsewhere in this newsletter.

A few sunfish are still present. Getting a sustainable population of sunfish going is difficult due to very little weedy habitat in the lake and anglers keeping the larger sunfish when they do catch one. Please release sunfish when you catch one.

Northerns are still low in numbers. Reproductive habitat in Bad Medicine is not good for northerns. They need large shallow, weed bays to successfully spawn. Also, large numbers of small northerns are not good for the lake ecology. Northerns eat everything, even other northerns. Large northerns are good for keeping the small northern population in check. Again, if you catch a large northern, take a quick picture and then release it.

## 2019 Board Members and Contact Information

				<b>Term ends</b>
Scott Bentson	President	218-684-1234	<a href="mailto:sbentson@gmail.com">sbentson@gmail.com</a>	6/2019
Mary Lindstrom	VP	218-573-2044	<a href="mailto:marylindstrom@hotmail.com">marylindstrom@hotmail.com</a>	6/2019
Marge Lorentzsen	Treasurer	701-261-1832	<a href="mailto:mlorentzsen@cableone.net">mlorentzsen@cableone.net</a>	6/2020
Marc Shannon	Secretary	218-573-2637	<a href="mailto:marc@shannonengr.com">marc@shannonengr.com</a>	6/2020
Paul Stadem		218-573-3886	<a href="mailto:pstadem@hotmail.com">pstadem@hotmail.com</a>	6/2020
Linda Anderson		218-573-2403	<a href="mailto:lindaleeanderson@gmail.com">lindaleeanderson@gmail.com</a>	6/2019
Linda Bentson		218-684-1234	<a href="mailto:lbentson23@gmail.com">lbentson23@gmail.com</a>	6/2020
DeDe Krieg		701-261-9331	<a href="mailto:deKrieg@aol.com">deKrieg@aol.com</a>	6/2021
Jane Gudmundson		218-573-3474	<a href="mailto:edwardsgud2@yahoo.com">edwardsgud2@yahoo.com</a>	6/2021

**BAD MEDICINE LAKE AREA ASSOCIATION**  
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PRSRT STD  
US POSTAGE PAID  
DETROIT LAKES, MN  
56501  
PERMIT NO. 707



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**2019 BMLAA Annual Membership Form - Dues \$15 per person**

**Member Names: #1** \_\_\_\_\_ **#2** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Lake Address:** \_\_\_\_\_

**Home Phone #:** \_\_\_\_\_ **Lake Phone #:** \_\_\_\_\_

**Cell Phone #1:** \_\_\_\_\_ **Email Address # 1:** \_\_\_\_\_

**Cell Phone #2:** \_\_\_\_\_ **Email Address #2:** \_\_\_\_\_

**Note:** Enclosed a donation for Aquatic Invasive Species Monitoring for \$ \_\_\_\_\_

**Please send membership dues to:**  
BMLAA Treasurer: **39100 Horseshoe Road, Ponsford MN 56575**

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