



# Bad Medicine

A NEWSLETTER FOR THE RESIDENTS OF THE BAD MEDICINE LAKE AREA

Spring 2017

## ANNUAL MEETING

June 24th, 2017

9:00 -11:00 a.m.

Forest Township Hall

- Come at 8:30 for coffee and stay after for a light lunch and fellowship with neighbors.
- Our speaker this year is Dr. Rick Koch, from Bemidji State University, who will be discussing the research that will be taking place on the lake this summer.

*Dear Bad Medicine Lake Residents and Friends,*

The Bad Medicine Lake Area Association Board met in April in preparation for the annual meeting, which will take place Saturday, June 24th, from 9:00-11:00 a.m. at the Forest Township town hall. A social with coffee, juice and doughnuts will start at 8:30, with a lunch following the meeting. We are hoping that more people will be interested in coming to the annual meeting this year. We will have a speaker from The Research Team from Bemidji.

As a lake association, our goal is to maintain the very clean and beautiful lake we have always known. The water quality testing will help us to monitor what is happening to our lake.

I hope everyone had a wonderful winter and looks forward to having a wonderful summer as well. Looking forward to seeing the fireworks from Veronens' again this year.

Check out our web page at [MNLakesandRivers.org](http://MNLakesandRivers.org).

See you on June 24th.

Mary Lindstrom, BMLAA President

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	Jan 1st -May 8th 2017	
<b>Income</b>		
4000 · MEMBERSHIP DUES	1,185.00	
4200 · DIRECTORY SALES	0.00	
4900 · INTEREST INCOME	1.37	
<b>Total Income</b>	<b>1,186.37</b>	
<b>Expense</b>		
6000 · ORGANIZATION DUES		
MN Lakes & Rivers	200.00	
<b>Total 6000 · ORGANIZATION DUES</b>	<b>200.00</b>	
6340 · WEBSITE DOMAIN NAME FEE	100.00	
<b>Total Expense</b>	<b>300.00</b>	
<b>Net Income</b>	<b>886.37</b>	
<b>Bank Accounts</b>		
Petty Cash	24.50	
Checking	9,655.60	
General Fund		5,250.36
AIS Funds Donated		4,405.24
<b>Total Cash</b>	<b>9,680.10</b>	

Becker County currently has funds still available on hand from 2016 contributions from Forest Township and BMLAA. Therefore, no new funds will be contributed at this time but will be as needed later this summer. Water testing will continue this year as well as a more in-depth study, which we will be contributing \$800/year to for three years.

Financial Report



*The mission of the newsletter is to provide lake area residents with information to build community. The newsletter is intended to present current lake issues in a non-controversial and positive format.*

# AIS UPDATE



*New invasive species threaten nearby lakes; checking for AIS is ultimately the boat owners' responsibility.*

**By Steve Lindow**

In 2016, zebra mussels were found in two more popular Becker County lakes - Big Detroit and Lake Sallie. In Minnesota, only about 5% of our lakes are infested with some kind of invasive species. A new invasive called starry stonewort is a big threat. Stonewort looks like a thick clump of green, stringy fish net that can grow in thick mats from the bottom of the lake to the surface in 15 feet of water. The mats make beaches and boat travel impossible. It spreads by little tiny pieces being broken off and carried by wave action to other parts of the lake. It is tough to kill with chemical treatment and pulling it up only spreads it faster because pieces break off as you pull it off the bottom. If you launch your watercraft in one of these lakes infested with stonewort, it is recommended that you do **not** launch in another lake without going through a decontamination first!

Most infected areas were found at the accesses. A DNR web site, [https://webapps15.dnr.state.mn.us/ais\\_decon\\_sites](https://webapps15.dnr.state.mn.us/ais_decon_sites) gives a list of locations and times when decontamination units are available through out Minnesota for public use free of charge. Also, Becker County has a web site <http://beckerswcd.org/>. Click on "AIS Prevention," then scroll down to the calendar. If you have friends or relatives bringing a water craft to Bad Medicine, it would be good to stop and get a decontamination done before they arrive, especially if they are coming from an infested water. Check the Minnesota Fishing Regulations guide, p.71-81, for a list of infested waters.

Lake inspectors are not available 24 hours a day, so it becomes the watercraft owners' responsibility to check for invasive species. It takes 2-3 years for an invasive species to be found so treat every lake as though it is contaminated.

**ALWAYS:**

**PLUG OUT, CLEAN, DRAIN, DRY, DISPOSE.**

**CLEAN IN- CLEAN OUT!!!!!!!!!!!!**



**BEMIDJI**  
STATE UNIVERSITY

*Jim Eisele*

Starting this May, Bemidji State University, under the direction of Dr. Rick Koch, a member of the Aquatic Biology Program, will be doing an in-depth analysis of Bad Medicine Lake water quality.

The project is a cooperative effort initiated by the Bad Medicine Lake Area Association and funded by tax-deductible donations through the Bad Medicine Lake Area Foundation and the West Central Initiative. Property owners received a mailing this past winter asking for funding pledges for the three-year research project. The Foundation had one informative meeting with some year-round lake residents to explain the project and answer questions about it. More informative meetings will be scheduled this summer. Costs will be about \$22,000 for the first year and \$40,000 for the next two years. The additional 2<sup>nd</sup> and 3<sup>rd</sup> year costs cover the salary of a Bemidji research Grad student needed to collect and analyze the data and write the paper at the end of the project. Also, Bemidji State University is donating the use of their lab equipment, chemical products for the water analysis, and many other incidental costs amounting to \$47,000 over the three years. The BMLAA Board voted to commit \$800 each of the three years. This project is a cooperative effort by all groups involved.

## **BAD MEDICINE DATA 2016**

Inspection hours – 720 hours

Total inspections - 1268 (entering 672 exiting 596)

Inspections/hour - 1.76

Violations - plugs in - 3%

Water, mud, plants - 6.25%

Zebra mussels – 0%

Boats entering from infested waters 17%

Boats from out of state 1.6%

Boats entering from lakes infested with:

Zebra Mussels- 89 (13.25%)

Eurasian water milfoil- 11 (1.6%)

Spiny Water Flea - 12 (1.8%)

Starry Stonewort - 3 (.4%)

Silver, Bighead carp 1 (.1%)

Clean Lakes( not infested) (83%)

Decontaminations - 18 water craft

## **Funding:**

Becker County added more paid inspection hours, so they did not have to use the \$2500 donated by Forest Township and the \$1500 donated by Bad Medicine Lake Area Association. Becker County will add more hours this year but no additional funds, so they will use the donations carried over from 2016 to cover the hours added in 2017.

## **Summer 2017**

Inspections start at the fishing opener and end on Labor Day weekend.

(most Fridays 5:30 a.m. to 6 p.m., Saturday, Sunday 5:30 a.m. to about 6 p.m.; most Mondays-Thursdays 5:30 a.m. to 9 a.m.)

Two inspectors are present during busy weekend times when decontamination unit is present.

Decontamination unit will be present some Fridays and most Saturdays and Sundays.

## **Bad Medicine Water Quality Research Project**

Bad Medicine water quality can change very quickly due to the unique chemical and biological make up of the water. Early detection of changes can be evaluated and used to identify actions that may be needed to maintain the high water quality into the future. Over the last three years, the Association (Jim Eisele) has collected water samples five times a year to be analyzed by RMB Labs. The results indicate phosphorus levels are slightly decreasing and clarity is being maintained at about a yearly average of 21-23 feet. Changes in water quality usually start to happen under the water surface before we can observe them on the surface. Scuba divers, fisherman and residents have reported seeing more green filamentous algae and more crusty, scale-like material growing on the metal framing of docks and boat lifts. Both observations suggest something in the water is changing. To determine why these changes are happening, more water quality data is needed.

The research project will give us three years of additional data gathering beyond the basics of what the Association has done. Researchers will collect bi-monthly water samples at three different levels within the water column to look at not only phosphorus concentrations but to collect different species and measure populations sizes of phytoplankton (algae) and zooplankton. The interaction of these organisms via the food chain is a big part of what determines overall water quality. For example, high populations of blue-green algae leads to summer algae blooms and less water clarity which could be caused by too few zooplankton or a species of zooplankton that can't eat the problem algae. Excessive phosphorus collected in the bottom sediments that isn't measured in surface samples could be what is encouraging the algae growth that residents are beginning to see.

From the water samples, researchers will analyze water calcium (hardness) concentrations and pH (acidity) to see if these parameters are impacting water clarity. Depending on water temperature, these two parameters can contribute to less water clarity, too. These water tests will be conducted each of the three years. In addition, aquatic plant species surveys and mapping will be conducted to determine the extent aquatic plants are re-establishing themselves after the crayfish ate them down. Aquatic plants are crucial in providing fish habitat and removing phosphorus from the water column.

The DNR will do their five-year fish lake survey this year. In 2012, their lake survey indicated low numbers of both walleyes and perch. Maybe the research project can help explain the low numbers.

A two-foot core sample from the bottom of the lake was included in the original research project but was taken out due to costs (\$20,000). The core sample would provide important historical information using pollen and zooplankton shell identification to show how the land and water quality has changed going back 200-300 years. If interest and funding exists at the end of three years, the core sample could be added.

The pristine water of Bad Medicine is why most of us chose to own property on the lake. Maintaining the water quality is important for the aesthetic value and for property values. This research project could be compared to an insurance policy as a means of trying to protect us from a future problem.

Determining how all these pieces fit together is important to understanding what makes Bad Medicine Lake water so pristine. Identifying problems and trends early can help us make informed decisions on how to correct problems to maintain the future water quality where we live and play.



## Free Money

Free Money – sounds like something you might see on a late night TV advertisement, right? Well it's not. Free money really is available right here in Forest Township. All you have to do to get it is **recycle!** That's right - recycling is like getting free money and much more:

- We actually get paid for recycling. Everything that goes into recycling earns money for the township and in turn reduces your taxes.
- Every time you throw something in the recycling bin and not in the garbage, it saves on fees we pay for garbage hauling and disposal. That's more money in your pocket!
- Recycling is great for the environment. It helps prevent toxins from getting into our lake and soils and reuses limited resources.
- Recycling helps keep the lake, woods, ditches and roads clean. Maybe that's not free money, but it's a good thing.

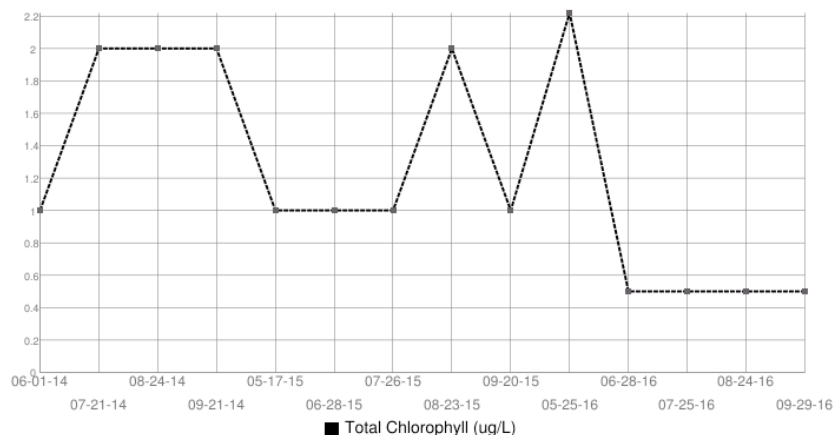
So, take a minute and separate your recyclables from your garbage and make some free money.



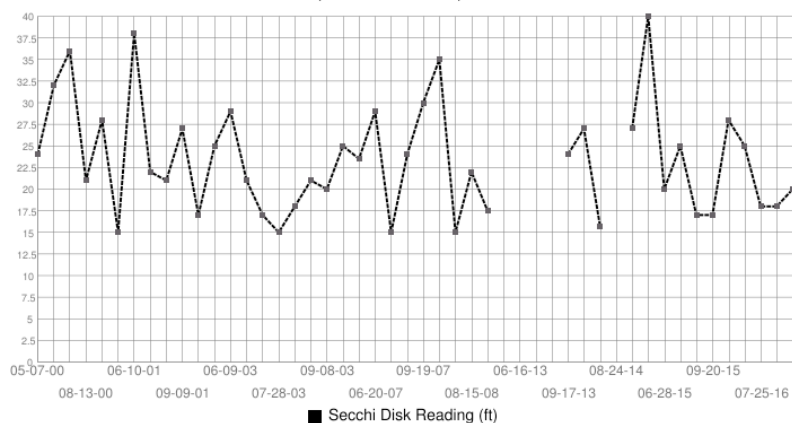
## Water Quality Report

Jim Eisele

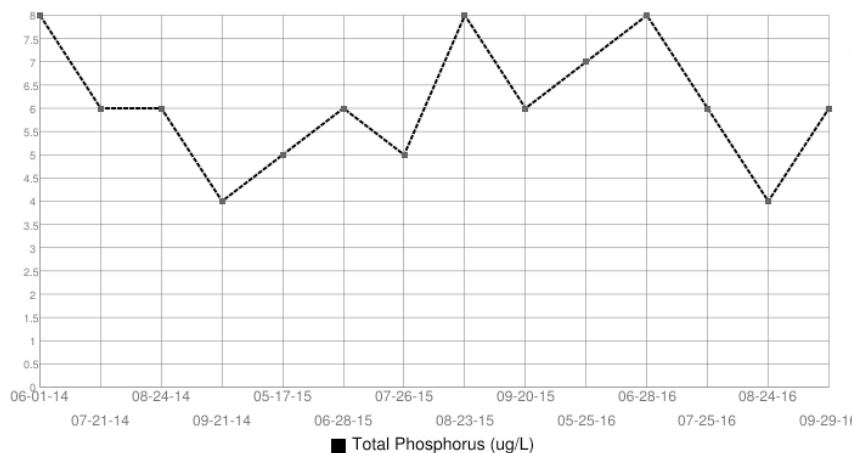
Bad Medicine (ID#03-0085-00) Chlorophyll\_a Values



Bad Medicine (ID#03-0085-00) Secchi Disk Values



Bad Medicine (ID#03-0085-00) Phosphorus Values



In 2016, the BMLAA again took water samples each month from May through September for analysis. We are pleased to report that Bad Medicine continues to be near the top of the list of lakes in the state in terms of water quality and clarity.

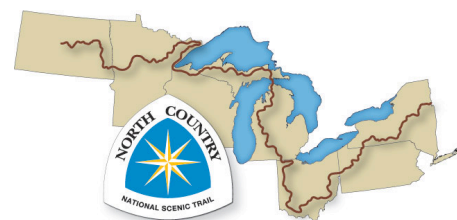
The charts to the left show that there is no negative or positive trend over the last 4 years in the water quality.

- The phosphorus chart shows a measure of the phosphorus in the lake. Phosphorus is a nutrient important for plant growth. Phosphorus has a direct effect on plant and algal growth in lakes – the more phosphorus is available, the more plants and algae there are in the lake. Phosphorus originates from a variety of sources, many of which are related to human activities. Major sources include human and animal wastes, soil erosion, detergents, septic systems and runoff from fertilized lawns.
- Chlorophyll-a is the pigment that makes plants and algae green. This pigment is what allows plants and algae to photosynthesize, therefore, less chlorophyll is better.
- A Secchi disk is used to measure the water clarity. Although water clarity varies quite a bit during each year, the chart shows clarity as essentially unchanged over the last 17 years.

## North Country Trail Report

Ray Vlasak

This year, the Laurentian Lakes Chapter is again sponsoring a guided hike series on the North Country Trail. It started on April 29<sup>th</sup> at Itasca State Park and hikes to the west on consecutive sections ending at the Hubbel Pond Wildlife Management Area on October 7<sup>th</sup>. Hikes are scheduled on Saturdays and Wednesdays, and the next few are scheduled for May 20, May 24, Jun 3, Jun 17 and Jun 24. Go to <https://northcountrytrail.org/trail/states/minnesota/explore-by-section/laurentian-lakes-chapter/> or <http://meetup.com/HikeNCTinMN/> for a complete list of hikes.



There is again a North Country Trail Association 2017 Hike 100 Mile Challenge with prizes. For details go to <https://northcountrytrail.org/get-involved/special-events/>. Volunteers are always welcome and needed to maintain the trail. Contact the chapter at [llc@northcountrytrail.org](mailto:llc@northcountrytrail.org) if you are interested in volunteering. Several of your Bad Medicine Lake neighbors are volunteers.



## Fishing Report

Steve Lindow

When you get this newsletter fishing will be already going strong. I'm writing this article in early May, so I'm looking into the future, trying to predict fishing. This is almost impossible even when I'm sitting in a boat with a fishing rod in my hand!

Twelve thousand 10-12 inch rainbow trout were stocked on April 20<sup>th</sup>. Trout fishing is predictable from year to year. On the opener, the water is still cold and the trout will be closer to the surface, so start by long lining or down rigging small rapalas. As the water warms, switch over to PowerBait and night crawlers under bobbers. As soon as the bobber goes down, set the hook. Trout usually swallow the hook deep in their throat, so releasing is usually not an option. Trout don't reproduce in Bad Medicine. Last fall the DNR stocked about 4000 trout that will be about 13-14 inches now. Last year, many larger (17-21 inches) trout were caught.

An easy prediction is that smallmouth bass should be biting on just about anything. Fish shallower in the early morning and late evening. During the day, move to 20-25 feet with minnows and leeches on a jig or bare hook under a bobber. Most lakes in the area, over the last 8 years, are putting out large numbers of descent sized bass, so we encourage you to eat them. Smallmouth taste really good too!

Walleye fishing will be interesting. This is the year when larger fingerlings stocked 3 years ago should be showing up at about 13 inches long. Larger fingerlings were an attempt to get the species by all the bass that were looking for an easy meal. In addition, low numbers of perch have been a factor in poor walleye survival. The question must be asked: since bass have eaten down the crayfish population, are they now consuming the young perch and stocked walleye fingerlings? Stocking walleye fingerling numbers have been more than sufficient, but survival to age one has been the problem. The DNR will be doing their every five year lake survey in July, which should give us more info on the 3-year old larger fingerling survival. Northern pike numbers in Bad Medicine are low but their size makes up for the low numbers. Practice catch-and-release on the larger fish so they can eat the smaller northerns.

Currently, most central Minnesota lakes have a lot of small northerns that eat large quantities of stocked walleyes. To control the over population of small northerns, the DNR was going to raise the limit in central Minnesota from 3 to 10 on fish under 24 inches, but the



## Forest Township Report

Lynn Lindow

The town board is off to a good start with the new year. We held our annual meeting with township residents in March and conducted our annual road tour the last week of April.

During the annual meeting, constituents from Forest Township gave the board supervisors input on needs and concerns affecting the township. After reviewing the input from residents, the board will review costs and value for additional gravel versus laying chloride for dust control on the stretch of East Bad Medicine Lake Road from the south end beginning at County Road 129 to Sunset Drive. The board will review the information at our May meeting and determine the best way forward. Last fall, gravel was placed on a portion of East Bad Medicine and the beginning of Sunset Drive.

During the road tour, supervisors identified areas where additional gravel and roadwork is needed. Those requests will be forwarded to our road maintenance contractor to complete the work over the summer months.

Last fall there was a surge of noxious weeds taking root along the roadways. More spot spraying was completed at that time, but the need for more coverage is necessary to deal with the increase in the weed population. The weed spraying will be addressed in June with additional spot spraying taking place in early fall.

The board will be purchasing a new dumpster again this summer. The goal is to retire all the older dumpsters with new ones, which are larger and easier to open. Over the past year the board has purchased cameras to identify those who dump illegally. The penalty for illegal dumping is a \$250 fine.

The dumpsters are for household waste only. Waste placed must be bagged when in the dumpster. No electronics, building

materials, etc. are allowed. Please be aware of what can be placed in the dumpsters. The rules are posted on the gate as you enter- PLEASE READ. We also want to emphasize recycling. The township receives money for recycled materials, which lowers your taxes. More importantly, recycling reduces the trash in the dumpsters, providing more room for household waste and less costs to have trashed hauled. Recycling is a win-win, so PLEASE RECYCLE.

This is a reminder that we have two amnesty days scheduled. The first will be on Saturday, May 27th. The second is on Saturday, August 26th. DO NOT bring materials before or after those dates! We will hire a supervisor to be present to insure that the trash is disposed of properly. We have already found materials in dumpsters that should be disposed of on Amnesty Day so PLEASE save your junk for Amnesty day.

The Verizon tower has been approved by the county. Land has been secured just beyond the north end of East Bad Medicine Lake Road across HWY 113. This spring, the developers will be taking core samples to be sure the site is appropriate to build the tower. When that is finalized, Verizon will begin construction on the tower. We assume construction will occur this summer.

Finally, remember to follow the appropriate procedures if you are planning any building projects. All buildings require a permit and compliance with the Becker County ordinance, so your initial stop is with Becker County Planning and Zoning. If your building falls more than 267 feet from the lakeshore, then you must obtain a permit from Forest Township as well. Forms are available on the Forest Township website. We are hoping that you all have a fun and safe summer season.

Forest Township Board Members

legislature Sunfish get more populations of large sunfish can get cropped off quickly by fishing pressure. The biology of the sunfish world says, large sunfish are required to keep the smaller sunfish from maturing and reproducing too early in their life, causing over population and stunting. In addition, sunfish need plant cover to hide in. All property owners can help by **not** removing any plants from their shoreline. Protect all plants both on shore and in the water!

### AQUATIC INVASIVE SPECIES -

#### Stop any spread into Bad Medicine Lake

##### ZEBRA MUSSELS

- >> May disrupt food supply affecting the native aquatic invertebrate community and fishery.
- >> Will kill all or most all native mussels.
- >> Can clog motors, intake pipes, and other equipment in the lake making them difficult to use.
- >> Can make swimming hazardous where ZM's cover lake bottom with live ZM's and beaches with sharp shells of dead ZM's.
- >> Filtering capacity can cause conditions that increase growth of other plants to greater depths in a lake.
- >> Have an open water reproductive form called a veliger that is invisible and can move in a bait bucket, boat live well, trailer, or other non-drained or dried up water surfaces.
- >> Pelican and Lizzie Lakes in Ottertail County, Gull Lake in Crow Wing County, and Mille Lacs are the closest infested locations to Bad Medicine.

- >> Fish populations will decline as ZM filter out nutrients for smaller fish.
- >> ZM attach to any submerged surface including docks, boat lifts, swim rafts, and pumps.
- >> One female ZM produces one million eggs each year.

##### SPINY AND FISHHOOK WATER FLEAS

- >> Prolific and can displace native plankton that are native fish food for trout, walleye, and walleye in Bad Medicine Lake.
- >> Because of the tail spine zooplankton are difficult for certain fish to feed on and can kill larval fishes.
- >> Impedes fishing by entangling in lines and fishing equipment.
- >> Can change a lakes ecosystem.
- >> Have an overwinter egg that can resist drying and freezing, making them easy to transport.

>> Lake of the

Woods and Mille Lacs are the infected lakes closest to Bad Medicine Lake.

##### VIRAL HEMORRHAGIC SEPTICEMIA (VHS)

- >> VHS is an extremely serious disease affecting fresh and saltwater fish.
- >> Spreading in Great Lakes and was recently verified in Lake Superior although no fish kills have been documented in Lake Superior.
- >> Can cause large scale fish kills and have severe economic consequences on the fishing community.
- >> Can be moved in water or the fish themselves such as bait fish and/or stocked fish from infected populations.
- >> At high rate of infection fish will display widespread internal and external hemorrhages (bleeding) throughout body surface and within internal organs.

For more information contact: Darrin Hoverson, Invasive Species Specialist, MN Department of Natural Resources, 218-699-7293, [darrin.hoverson@state.mn.us](mailto:darrin.hoverson@state.mn.us)

#### REGULATION REFRESHER TOWNSHIP AMNESTY & RECYCLING

Tim Holzmann

If you cannot wait for Amnesty Days, two area transfer stations are available to you:

~Main location - 3 miles north of Detroit Lakes on Highway

#59 and 1/2 mile west on CR# 144. The hours are Monday, 8 a.m.-6 p.m., Tuesday-Thursday, 8 a.m. - 4:30 p.m., Friday, 8 a.m. - 6 p.m., Saturday, 8 a.m. - noon.

~New East location - 1/2 mile west of Osage on Highway #34 and 1/2 mile south on CR# 47. Hours are Tuesday, 3 p.m. - 6 p.m., Saturday, 9 a.m. - 1 p.m.

More information on Township Trash Rules are posted on the new township website [http://www.foresttownshipmn.net/pdfs/Trash\\_Rules.pdf](http://www.foresttownshipmn.net/pdfs/Trash_Rules.pdf)

With spring and summer come hungry, messy bears. Everyone must fasten the dumpster covers. If a chain or fastener breaks call Tim at 573-3442.

Please call Tim Holzmann, Township Supervisor, at (218-573-3442) or email at [chairperson@foresttownshipmn.net](mailto:chairperson@foresttownshipmn.net) if there are any questions or to report problems at the refuse collection site.

##### KEYS

You may obtain a gate key from Tim Holzmann 573-3442 to gain access to the area. You are responsible for everyone who uses your key - be sure they know the rules. Lock the gate when leaving or close the gate if the lock is not present. Fee for the replacement of a lost key is \$25; each additional key is \$5.

##### BECKER COUNTY AMNESTY

We encourage you to take your appliances, tires, and batteries to the transfer station north of Detroit Lakes, phone 218-847-6382. Appliances include refrigerators, freezers, ranges, microwaves, washers, dryers, dish washers, and dehumidifiers. Take these items to the transfer station instead of waiting for Township Amnesty Days. This

will save the township having to pay for hauling.

##### FOREST TOWNSHIP TRASH RULES

1. Use the recycle bins - all clean cardboard must be recycled. Follow the posted recycle rules. Place unbroken fluorescent bulbs in labeled recycle container.
2. Recycling saves the township thousands of dollars every year and it is the environmentally sound thing to do.
3. Put only bagged household garbage in dumpsters. Close and secure the lids to keep bears out. Fill dumpsters completely (front and back lids) in order starting from the east.
4. Take all other trash to transfer stations - Detroit Lakes, the new east location, Park Rapids, or Elbow Lake.
5. Do not leave the following: appliances, TVs, microwaves, electronic equipment, furniture, building materials, steel, ashes, or charcoal.
6. Animal carcasses, dirt, gravel, leaves, grass clippings, brush, or logs should be put in the woods out of sight from roads and trails.
7. Take treated lumber to transfer station (do not burn).
9. Hire a commercial service if you are operating commercially from your home.

##### BURNING REGULATIONS, DID YOU KNOW???????

The leading cause of wildfires is burning barrels. Burning barrels are regulated by MN statute.

A burning permit is required for **ALL** open burning of brush/leaves/wood when there is less than three inches of snow on the ground. You can obtain burning permits at Bad Medicine Resort or Veronen's Resort. A permit is not required when there is over 3 inches of snow on the ground.

NOTE: Several of your lake neighbors can testify to the cost of being cited by the DNR for burning without a permit.

#### Septic System Do's and Don'ts

Maintaining lake water clarity is key to Bad Medicine property owners. Becker County has identified our lake as having pristine water that should be carefully protected. Noncompliant septic systems threaten water quality by leaching sewage under ground into the lake. Sewage encourages algae growth which decreases water clarity. Over the last three years residents have been updating noncompliant septic systems. Once their septic system is compliant, it is important to maintain the system so it stays functional for many years. The following is a list of do's and don'ts to help keep your septic system functional.

##### Do:

- Conserve water
- Divert other water sources (i.e. roof drains) away from the septic system field
- Repair leaking toilets and sinks immediately
- Keep accurate records of maintenance and inspections
- Routinely pump your system every 3-5 years
- Keep vehicles off of the drain field
- Make sure all the covers are safe and intact
- Know the location of the septic system and drain field
- Keep all septic tank covers accessible for maintenance
- Use phosphate free detergent
- Use biodegradable toilet paper. Some are better than others

##### Don't:

- Don't flush any of the following: Coffee grinds, floss, cigarettes, diapers, wipes, cat litter, sanitary napkins, tampons, condoms, fats, grease, oil or paper towels
- Don't over load the system with high volumes of water in one day, spread over several days
- Don't drive over or park on any part of the septic system
- Don't enter a septic tank for any reason-the poisonous gasses can be fatal
- Don't use additives-they destroy the natural bacteria that keeps your system functioning properly
- Don't plant anything except for grass over any part of your septic system. Mow grass about 2-3 times a year
- Don't put chemicals down the drain such as: disinfectants, bleach, toilet bowl cleaners, solvents, paints, varnishes or pesticides. They kill good bacteria
- Don't use a garbage disposal, it increases pumping by 20%

## GET INVOLVED!

Check out the Bad Medicine Lake Neighborhood on [Nextdoor.com](http://Nextdoor.com)!

Nextdoor.com offers a private social network for neighbors to share information of relevance and interest. In 2017, the Bad Medicine Lake Neighborhood will cruise into its second year with 67 registered users. Have something to sell or give away? Looking for a short-term pet sitter? Lost (or found) a kayak floating on the lake? Want to report interesting wildlife sightings? More mushrooms are here but you'll have to think about saying where. Want to alert your lake neighbors to suspicious activity? Looking to compare thoughts with a neighbor who is interested in adding solar panels to their home? The Bad Medicine Lake Neighborhood of Nextdoor.com may be just what you're looking for.

Visit Nextdoor.com for the complete official introduction or ask one of your lake neighbors to tell you about their experience. You're invited to join the Neighborhood!

### Support for MN Lakes & Rivers Advocates (MLR)

Minnesota Lakes and Rivers Advocates (MLR) is a non-profit advocacy group that is focused on protecting Minnesota's lake and river quality and heritage for current and future generations. MLR is your only voice to the legislature. The director and lobbyist spend many hours at the capitol monitoring, advising on, and suggesting changes to laws, codes, and regulations that will affect your lake, your rights and your property taxes. Through MLR efforts, the tax rate on seasonal cabins has been reduced from 2.25% to the current homestead rate of 1%. MLR educates legislators, the general public, and property owners on issues related to preserving our waterways. It sponsors seminars on passing recreational property to the next generation, is involved in Aquatic Invasive Species legislation (doubling of AIS fines), and incentives for sustainable forestry. Membership is not dependent on any level of dollar contribution but individual contributions are critical for

MLR future success. Obtain membership information at the MRL secure website (<http://mnlakesandrivers.org>) or call 952-854-1317.

Contact Jeff Forester, MLR Executive Director directly with any questions or comments: [jeff@mnlakesandrivers.org](mailto:jeff@mnlakesandrivers.org), cell phone: 612-961-6144.

Join today to become informed and help educate the Minnesota legislature.

### Chapel of the Good Creation

Services at the Chapel of the Good Creation, located at Bad Medicine Resort, begin the Sunday of Memorial Day weekend, May 24, at 11 a.m. Worship is at the same time every Sunday through Labor Day weekend.

These services have been held each summer for over 50 years with 30-150 in attendance, depending on the weekend. Following the service there is coffee and visiting with neighbors from around this lake, as well as Long Lost and other lakes.

Worship is led by resident volunteers and everyone is welcome. For more information, contact Don Rice at 573-3140.

### Why should I become a member of the BMLAA?

The answer is simple: to be involved and have a voice in matters concerning Bad Medicine Lake and the surrounding area. Here are a few other reasons as well: to pay your share of what you receive such as the newsletter, the directory, invasive species matching grants, water testing and monitoring, COLA membership, updates on the North Country Trail, access to the website, periodic mailings concerning lake information and responsibilities, etc. Please become a member and become active in our Bad Medicine Lake Area Association.

### BMLAA WEBSITE

If you are looking for information about Bad Medicine lake and the surrounding area, check out the BMLAA website at <http://badmedicine.mnlakesandrivers.org>. Information on the site includes:

- Board of Directors meeting minutes
- Past BMLAA newsletters
- Members of the BMLAA Board of Directors
- Ice On and Ice Off records
- Fishing reports
- DNR beach and dock regulations
- A link to John Sanger's weather station on the lake
- Invasive species reports

### Celebrating Together on Bad Medicine

Veronen's Resort is honored to have the opportunity to present another fantastic 4<sup>th</sup> of July fireworks display. The show will be on Monday, July 3<sup>rd</sup>, at dark. Join us on land or on water.

Please know that safety is always paramount. Be respectful of others and keep an eye to the sky. Donations are needed and always appreciated.

### USEFUL PHONE NUMBERS

Itasca Park phone numbers are:

*Jacob V. Brower  
Visitor Center:  
218-699-7251*

*Douglas Lodge:  
218-699-7217*

*Campground  
Registration:  
218-699-7214*

*DNR information  
1-888-646-6367*

### Check us out on Facebook!

To find us, search for our group: **Bad Medicine Lake Area Association.**



## Community Calendar

June	July	August
17th - NCT Hike 24th - NCT Hike	3rd - Veronen's Fireworks	
Chapel of the Good Creation Sunday Services - 11:00 a.m. @ Bad Medicine Resort	Chapel of the Good Creation Sunday Services - 11:00 a.m. @ Bad Medicine Resort	Chapel of the Good Creation Sunday Services - 11:00 a.m. @ Bad Medicine Resort
24th - Annual meeting - 8:30 a.m. - coffee, 9:00-11:00 a.m. - meeting	28-30 - Blueberry Festival, Lake George, MN	

<http://badmedicine.mnlakesandrivers.org/>

**Please remember to drive slow and watch for people and pets while on lake roads!**



## BMLAA ANNUAL DUES & MEMBERSHIP FORM-CALENDAR YEAR 2017

Member Names \_\_\_\_\_

Mailing Address \_\_\_\_\_

Lake Address \_\_\_\_\_

Lake Phone \_\_\_\_\_ Main Phone \_\_\_\_\_

E-mail Address: \_\_\_\_\_

CC -E-mail: \_\_\_\_\_

Dues are \$15/person Please circle preferred mailing address.

**Send Membership Dues to BMLAA, 37617 Red Top Rd, Ponsford, MN 56575**

Enclosed an Additional donation for Invasive Species Monitoring for \$ \_\_\_\_\_

### Book Club

The book club on Bad Medicine Lake meets at 1:30 p.m. on the fourth Tuesday of each month (except for July and December). In June we will meet at Larry and Diane Dahl's and the book is We are Going to Pick Potatoes by Irene Levin Berman. Our meeting in August will be at Chuck and Gloria Church's and September will be at David and Alice Hagen's. The books for these meetings will be announced at a future date. You are welcome to attend book club. If you are interested, please contact Lynn Lindow, 218-573-3765.



A Good Dose of Humor

## From the Kitchens of Bad Medicine....

Peanut Butter Chocolate Slow Cooker

Multigrain Breakfast

While this dish can be prepared with instant oats on the stove in the morning, it is best prepared in a slow cooker or on the stove the night before to allow deepen the flavors and allow the grains to cook and absorb the liquids. It will leave you happy, healthy, satisfied, and ready to conquer a full day of work or play at Bad Medicine Lake!



### Ingredients

- 1 1/2 cups of oatmeal
- 1/4 cup quinoa
- 1/4 cup barley
- 1/4 cup bulgar
- 3-4 cups of almond milk
- 3-4 cups of water
- 3 Tablespoons of dark chocolate cocoa powder
- 2-4 Tablespoons of peanut butter
- Dash of stevia, agave nectar, honey, or sugar
- 1-2 bananas
- 1 Tablespoon ground flaxseed
- 

### Directions:

- Fill up a large (5 quart if feeding a large group) saucepan with about 3 cups of water and 3 cups of almond milk or dairy milk. Turn oven on high and bring to a boil.
- You do not need to wait for the water to boil before adding in the grains. Add in old fashioned oatmeal, quinoa, barley, and bulgar. Stir constantly and boil for 5-10 minutes. Turn to low and allow to simmer
- While the cereal is simmering, put the cocoa powder, peanut butter, banana, flax seed, stevia, honey or agave nectar, and more milk into the mixture. Blend until liquified.
- Stir into oats. Cover and let sit overnight.
- In the morning, heat up, stir, and enjoy! Cover with yogurt, cereal, or melt a chocolate bar into your bowl for added decadence!



**BAD MEDICINE LAKE AREA ASSOCIATION**

Monette Lundquist  
37617 Red Top Road  
Ponsford, MN 56575



Board Members	Officers	Phone	Term Started	Email
Mary Lindstrom	President	218-573-2044	6/16	<a href="mailto:mary_lindstrom@hotmail.com">mary_lindstrom@hotmail.com</a>
Steve Lindow	Vice President	612-581-4137	6/14	<a href="mailto:steve.lindow@yahoo.com">steve.lindow@yahoo.com</a>
Howie Anderson	Secretary	218-573-2403	6/15	<a href="mailto:thelakepapi@gmail.com">thelakepapi@gmail.com</a>
Monette Lundquist	Treasurer	218-573-3943	6/15	<a href="mailto:molundquist@gmail.com">molundquist@gmail.com</a>
Paul Lundquist		218-573-3943	6/14	<a href="mailto:plundquist68@gmail.com">plundquist68@gmail.com</a>
John La Fond		218-573-3709	6/14	<a href="mailto:lafondjk@uwalumni.com">lafondjk@uwalumni.com</a>
Linda Anderson		218-573-2403	6/16	<a href="mailto:lindaleeanderson@gmail.com">lindaleeanderson@gmail.com</a>
Scott Bentson		218-684-1326	6/16	<a href="mailto:sbentson@gmail.com">sbentson@gmail.com</a>
Mary Follett		218-573-3186	6/15	<a href="mailto:gmfollett@gmail.com">gmfollett@gmail.com</a>