



Bad Medicine

A NEWSLETTER FOR THE RESIDENTS OF THE BAD MEDICINE LAKE AREA

Spring 2016

ANNUAL MEETING

June 18th, 2016

9:00 -11:00 a.m.

Come at 8:30 for coffee and stay after for a light lunch and fellowship with neighbors.

Inside this Issue

* NEWS - Pg. 2

- * Cell Tower
- * AIS update



* REPORTS - Pg. 3-4

- * Fishing
- * North Country Trail
- * Forest Township News
- * Deer Population
- * Water Quality

* Reminders and Refreshers - Pg. 5

* COMMUNITY - Pg.6-7

- * Calendar
- * Events
- * From the Kitchens of Bad Medicine
- * Book Club

* BMLAA Membership - Pg 7

* ANOTHER GOOD DOSE - Pg. 8-9

- * Loon Nesting
- * Legends of Bad Medicine
- * "Paying it Forward, Bad Medicine Style."

* BMLAA Board Information - Pg. 10

From the President

Dear Bad Medicine Lake Residents and Friends,

The Bad Medicine Lake Area Association Board met in May in preparation for the annual meeting on Saturday, June 18th at the Forest Township town hall. A social with coffee, juice, and donuts will start at 8:30 a.m. with a lunch following the meeting.

We will have a speaker from the Forestry Department. We will discuss aquatic invasive species (AIS), as it is a very important part of Bad Medicine Lake. Bad Medicine has always been known as a very clean and beautiful lake, traits we wish to maintain. Steve Lindow is still very active in this; be sure to read his article on this issue on the next page.

Water quality is also very important to our lake. We want to keep this lake as beautiful as it has always been.

I hope everyone had a wonderful winter and looks forward to having a wonderful summer as well.

Please visit our web page at MNLakesandRivers.org

See you on June 18th.

Mary Lindstrom

BMLAA President

BMLAA ANNUAL MEETING AGENDA

- 8:30 - 9:00 (coffee, juice and donuts)
- Welcome and meeting call to order
- Approval of agenda
- Approval of 2015 Annual Meeting minutes
- Treasurer's report
- Election of Board Members
 - Presentation of nominees
 - Nominees from floor
 - Vote

UPDATES

- AIS and COLA - Steve Lindow
- Water Quality and Shore Line protection - Jim Eisele
- BMLAA website - Jim Eisele
- Newsletter
- BMLA Foundation- Roger Olsen
- North Country Trail- Ray Vlasak
- Forest Township- Lynn Lindow

- Fall road cleanup; September 24, 10:00 - John La Fond
- Amnesty Day; Saturday August 27,2016

NEW BUSINESS

- Speaker- Forestry - Dan McLaughlin
- Topic: "Forestry Practices in Becker County."
- Recreation on the lake
- Pontoon Social - Sunday July 10th
- Lake swim
- Fireworks celebration at Veronen's - Sunday, July 3rd

ADJOURN

- Lunch (sandwiches, chips, and beverage)

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



*Increased inspection hours
having a positive effect on
protection against AIS*

By Steve Lindow

Thanks to funds provided by Becker County Soil and Water, Forest Township, and Bad Medicine Lake Area Association donors, Bad Medicine received 768 hours of boat inspection time, checking 505 boats entering and 414 boats exiting.

Violation rate: 5.1% plugs in
3.4% attached vegetation or water in boat

Boats entering from infested waters: 9.7%

Boats entering from outside Minnesota: 2.4%

These hours covered opening fishing weekend through Labor Day weekend, with shifts going from about 6 a.m. to 6 p.m. Friday morning through Sunday night, including holidays. A few hours were spread into Veronen's Resort on Saturday afternoons. The violation rate is 3% less than 2014 even though we increased inspection time by about 200 hours and saw about 100 more boats in 2015. Boater compliancy with invasive species laws is improving. Having inspectors at the accesses in an educational and denial of access role is working to reduce violations. We will be adding inspection

hours this year to cover Monday through Wednesday mornings.

In addition, Veronen's resort will not be allowing non-client boaters to enter through their access this year, providing another layer of protection.

Last year at the resort, an inspector denied access to a client pontoon containing hundreds of zebra mussels attached to sea legs that are used as a lift for the pontoon. The pontoon had entered the lake after a short drying time in 2013 and 2014 so the DNR did a scuba and snorkeling search and found no zebra mussels. The search will take place again this year.

As a resident, you have the responsibility to take steps to protect the lake from invasive species. If you can launch a watercraft from your shore, be sure to clean all vegetation, drain all water, and dry your watercraft. Another option is to simply enter through the public access where an inspector can check the boat for you. Most lakes in Minnesota are **not** infested (95%), but inspectors treat all watercraft as though they just came from infested water. It usually takes two years before Zebra mussels can be readily observed. **CLEAN-DRAIN-DRY all watercraft every time you enter and leave a lake.** Also, if you purchase a used dock or raft, it is required to be out of the water for 21 days before it can be put into another water body.

Cell Tower Update

Rolf Christiansen



On Feb. 25th, the town board received a "Notice of Public Hearing" for a cell tower. This was a request from SBA Communications for a conditional use permit and a building permit to construct a 310-foot communication tower. The proposed cell tower was to be located at the north end of Bad Medicine Lake on the Jendro property about 200 feet north of highway 113 and about 200 feet east of Whitetail Drive.

Becker County Zoning requirements for communication towers requires a 2640-foot setback from the ordinary high water (OHW). The conditional use permit requested relief from the required 2640-foot setback. The proposed tower would be 1160 feet from Bad Medicine Lake's OHW.

On March 7th, there was a hearing to address this conditional use permit. Prior to this hearing, interested parties were invited to submit to the Becker County Department of Zoning written facts, arguments, or objectives before the scheduled date of the hearing. Many people emailed the zoning department and several residents attended the hearing to voice their concerns. After all the testimony, the applicants decided to table the request. The Becker County Planning commission strongly suggested that SBA Communications look for another location for the tower that would comply with the zoning ordinance.

At this time, it appears that SBA/Verizon is looking at a new location that is just north of Minnesota Highway 113 and across from East Bad Medicine Lake Road. The new proposed site would be located about a block north on the East Bad Medicine Truck Trail. This location would meet the required setback to the OHW of Bad Medicine Lake but has not been finalized, so it is possible there could be changes.

When a new location is submitted by SBA/Verizon, there will be another public hearing to address their request. Again, interested parties will have an opportunity to submit arguments or objectives before the scheduled date of the hearing and/or also attend the hearing to voice their opinions about the new location. The town board, along with property owners in the area of the new location, will be notified of the hearing date and time.

Fishing Report

Steve Lindow

Winter this year was rather mild with a smaller amount of snow. The ice flooded, however, which made traveling difficult. Some eelpout fishermen ventured out a few evenings. Most were catch and release with one pout measuring 28 inches, which is large for that species.

I did not see anyone on the ice who had any success fishing for walleyes. A couple guys caught a few perch. The low catch correlates with the last DNR lake survey which indicated few walleyes and fewer perch present. In addition, the White Earth Tribe has Bad Medicine on their list of lakes open to fall gill netting. They did net last fall and took numbers of nice sized walleyes.

Ice was out this spring on April 15th. Lake level is close to what it was last fall. The water was clear with a Secchi disc reading of 33 feet on May 8th.

Trout were stocked on April 21st. Twelve thousand Rainbows weighing about a half pound each were hauled in from the Lanesboro trout hatchery in southeastern Minnesota. About a dozen lake residents showed up to watch the release. An osprey showed up and easily snatched a rainbow off the surface. A golden retriever named Lacey spent a lot of time swimming in the cold water trying to grab a trout; they always escaped just before she would get close.

I expect the fishing opener on Bad Medicine to be slow again this year. Chances are if you catch a walleye it will be about 21-23 inches. The DNR lake survey showed few walleyes under 15 inches in 2012. The DNR is stocking the lake at a high rate and tried larger fingerlings in 2014 to get by the small mouth bass.

As a shoreline property owner, you can help maintain fish habitat in the lake. Keep or re-plant a 50-foot natural buffer zone along your shore. The buffer zone prevents the erosion of soil into the lake. Eroding soil carries phosphorus, which is the nutrient algae needs to grow, thereby decreasing water clarity. **Lawn grass close to the edge of the lake is not what you want!** Also, **never use fertilizer** on your lawns no matter how far the grass is away from the shoreline. Residents who choose to fertilize their lawns anyway should make sure the middle of the three numbers on the fertilizer bag is a zero (phosphorus).

In the water, keep all the aquatic vegetation you can. Water plants provide food and cover for young fish. Please do not remove any emergent or submerged vegetation from your shoreline. Without a permit from the DNR, it is against the law to remove any aquatic plants. As residents, these are practices you can do to protect your lake water quality and fish habitat. If your shoreline could use improvements, start a project this year. The Bad Medicine Lake Area Association has materials that can help you get started and guide you through the project. Every little, positive thing you do helps protect water quality. Thank you for your help!



Forest Township Report

Lynn Lindow

Welcome back to the best time of the year. At this time, the trees are leafing out and the bird migration is on. We have seen orioles, rose-breasted grosbeaks, goldfinches, hummingbirds, and scarlet tanagers. Truly a fun start to spring and summer.

Things are moving along well in the township. We have completed our road tour and weed inspections. At this time, the roads appear in good shape. We were able to determine several areas that need additional gravel. Road maintenance will take place in these areas over the summer months. At the annual meeting, it was voted on that we put the dust control on the second mile of East Bad Medicine Lake Road, starting at the flag and continuing to Sunset Drive. This will result in placing additional gravel along this stretch of road followed by the dust control application.

The dump is certainly proving to be a trial this spring. At this time, we have a multitude of illegal dumping taking place at the town hall. This is the worst we have seen in a long time; discarded appliances, bikes, lawn mowers, antennas, and other junk have recently been illegally discarded. This is why we continually discuss eliminating this service provided to lake residents. *There is no respect for the rules.* Forest Township has imposed a fine of \$250 for illegal dumping. Our next step is to purchase

surveillance cameras to catch those who are non-compliant with dump rules. We need all of you to help with complying with dumping rules as well as talking with neighbors about also complying. **PLEASE! PLEASE!** Follow the dumping rules!

We also want to remind residents to recycle. Our township benefits from the recycling in several ways. By recycling, there is more room for household garbage in the trash bins, the recycled materials provides revenue for the township, and it is good for the environment. Please recycle!

Finally, we would like to remind our residents to review the building ordinance for Forest Township before planning or completing any construction. A **township permit** is required for any construction that occurs in the conservation district, which is 267 feet beyond the high water mark. Permits can be obtained on our township website: foresttownshipmn.net. A county permit is also required for all construction, including buildings, sheds, patios, driveways, decks, etc.

Have a good summer.

Forest Township Supervisors
Tim Holzkamm
Barb Christiansen
Lynn Lindow

2015 Deer Population Goal Setting

Ray Vlasak

Last spring, I reported on my participation on the Block 2 North Central Plains Moraine Deer Population Goal Setting Advisory Team. Block 2 includes deer permit areas 169, 172, 184, 197, 210, and 298. The team recommendations were to raise the population by 50% in all areas. The final decision by the DNR was to manage for 50% increases in all except area 172 (25%). They are managing to these goals with a review expected in 3-4 years.

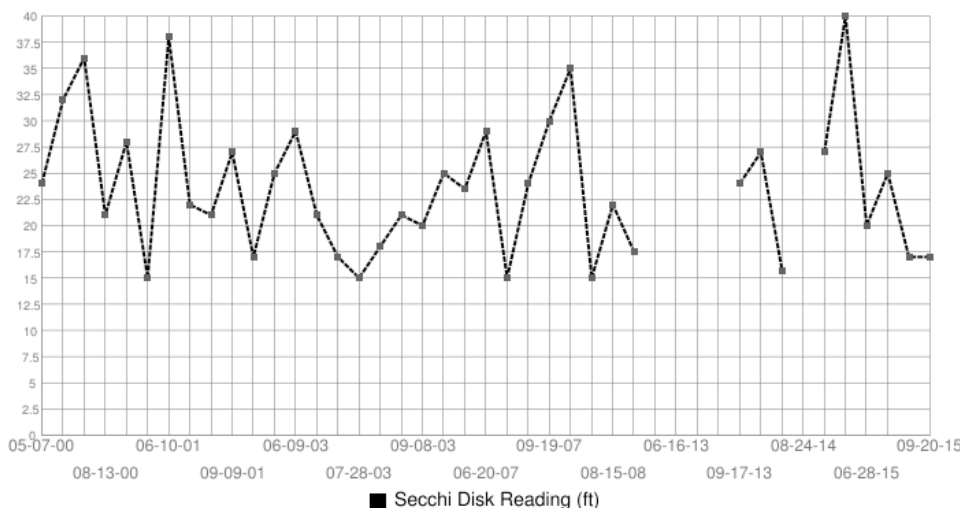
There was significant criticism of the DNR's deer management process, especially by sports organizations; the Legislature in 2015 requested an audit of the DNR goal setting process. The Office of the Legislative Audit was to complete an audit by early 2016. The audit report is currently unavailable.

Water Quality Report

Jim Eisele

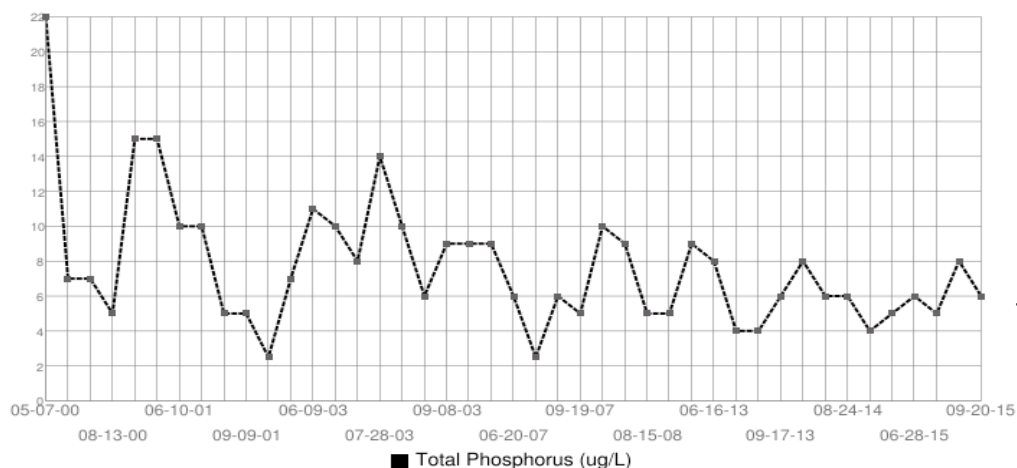
During 2015, the water clarity of Bad Medicine Lake was consistent with previous years, as we can see in the chart below. The maximum Secchi disk water clarity reading was 40 feet in May. The minimum reading was 17 feet in both August and September. This excellent water clarity is the result of slightly decreasing phosphorus levels over time.

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



This is shown in the chart below. Phosphorus gets into lake water as a result of run-off from the surrounding land. It is naturally occurring, but can also be impacted from things such as poorly operating septic systems and lawn fertilizer. To maintain the good water clarity, it is important to minimize these human caused sources of phosphorus.

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



North Country Scenic Trail Report

Ray Vlasak

This year, the Laurentian Lakes Chapter, in combination with the Itasca Moraine Chapter and Itasca State Park, are sponsoring a series of guided hikes promoting the 100th anniversary of the National Park Service and the 125th



anniversary of Minnesota State Parks. The hike series was kicked off on January 2nd with 54 participants on a snowshoe hike into, across, and around Hernando DeSoto Lake. There are rewards for people who hike 100 miles on the North Country Trail (NCT) and 125 miles (hike, pedal, and/or paddle) in Minnesota state parks. These monthly events will continue through December. Dates for future events are June 4th (National Trails Day), June 25th, July 13th, August 27th (10th Annual North Country Hiking Fest), September 24th, October 1st, November 29th, and December 3rd. Details are at http://files.dnr.state.mn.us/destinations/state_parks/itasca/itasca_north_country_trail_hikes.pdf or <http://meetup.com/HikeNCTinMN/>.

Many of you may have noticed the new trailhead on Minnesota Highway 34 about nine miles east of Detroit Lakes. The developed trail in our area now stretches about 170 miles to Remer. This popular trailhead has attracted many new hikers to the trail.

Additional significant news is the formation of the new Glacial Edge chapter, which will be responsible for developing the rest of the trail to North Dakota. There is now an organization responsible for every mile of the trail in Minnesota; just under 80% of the trail in Minnesota is complete. This compares with about 60% for the entire 4,600 miles.

The Laurentian Lakes Chapter continues to work to secure a route to Frazee and can always use more volunteers to construct and maintain the trail. Contact the chapter at llc@northcountrytrail.org if you are interested in volunteering.

COLA REPORT/Lake health monitoring event

On Thursday, June 9, 2016, as part of a COLA meeting focus on **Lake Health Monitoring**, beginning at 3:30, there will be a "hands-on" program demonstrating monitoring applications that may be used to systematically gauge the health of lakes and/or to identify specific lake problems. In addition to standard lake-level, clarity and chemistry measurements and samples, there will be demonstrations of temperature and dissolved-oxygen profiling, bottom sampling, shoreline surveys, aquatic plant sampling, and more.

Handouts will address the purposes for each type of measurement. The program will begin on the Holiday Inn dock at 3:30 beginning with a preliminary introduction. We will transfer to pontoon boats for the actual demonstrations. Refreshments will be available. The program will end at 5:15 at the Holiday Inn Dock (the regular COLA Meetings will begin at 5:30 at the Holiday Inn.)

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, tullaby, 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

**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

#9 and 1/2 mile west on CR# 144. The hours are
8 a.m. - 4:30 p.m. M-F and 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 10 a.m. - 2 p.m. Saturday only.

More information on Township Trash Rules are posted on the new township website 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 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!

AN ANNUAL TRADITION; THE BORDERLINE PHILHARMONIC

If you like classical music, this is for you! Hoot Owl Lake Resort will be holding the annual Borderline Concert again this year. Led by nationally recognized conductor Cary John Franklin, a music camp for adults and all accomplished musicians will provide a concert on Friday, August 12th at 8 p.m.

Admission is free although donations are accepted. The Borderline started in 1965 and since 1974 has been at Hoot Owl. It offers a wonderful opportunity to tailgate. Call resort owner Bill Fritze at 218-734-2245 or 1-800-635-2157 for more information.

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%. MRL 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, 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.

Veronen's Resort

Making memories for 70 years. Let's keep the legacy alive. Join us Sunday, July 3rd.

The Veronen family extends an invitation to all our neighbors to help celebrate Independence Day. There will be a variety of activities, such as a fishing contest, beach dancing with Donna, and a vehicle parade.

Mandy Maltrud will sing some crowd favorites, culminating with the flag raising and national anthem around 10:15. The Bemidji VFW will once again do the flag ceremonies. This year's fireworks show will be on Sunday, July 3rd with a rain date set for Monday, July 4th.

The photo display to honor our veterans is looking for more heros. Please send or bring a picture and short synopsis of your veteran's duty. In this way we do them honor.

John Bently and family will again be our technicians this year. Contributions are needed and appreciated to cover costs of the fireworks.

A small addendum to the celebration list is the Veronen's Resort 70th anniversary. Stop by to visit at our Monday potlucks, which are at 6:30 p.m. starting June 13th.

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
4th - National Trails Day	3rd - Veronen's Fireworks	12th - Borderline Philharmonic Concert @ Hoot Owl Lake Resort - 8:00 p.m.
13th - First of weekly Monday Potlucks at Veronen's Resort - 6:30 p.m.	10th - Pontoon Social	
25th - Guided Hike	17th - Lake Swim Contact Donna Waliczek at 573-2254 or Linda Benson at 218-684-1234 for more information	
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
18th - Annual meeting - 8:30 a.m. - coffee, 9:00-11:00 a.m. - meeting	13th - Guided Hike 29-31 - Blueberry Festival, Lake George, MN	27th - 10th annual North Country Hiking Fest 27th - Amnesty Day

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

BMLAA ANNUAL DUES & MEMBERSHIP FORM-CALENDAR YEAR 2016

Member Names _____

Lake Address _____

Home Address _____

Lake Phone _____ Home 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 Bad Medicine Lake Book Club is still meeting almost every month. We greatly miss Ed and Bonnie Strohmeier - our group has gotten smaller! This is an open invitation to anybody that would like to join us! In April we met at Bill and Sue Sanger's and welcomed Patti Morgan to our club. We discussed the Best Seller *The Nightingale* by Kristin Hannah. In May we met at David and Alice Hagen's and discussed the book *Ordinary Grace* by William Kent Krueger.

Looking ahead: We meet at Larry and Diane Dahl's on June 14th and we are discussing *Secret Daughter* by Shelpi Somaya Gowda. Then, as always, we skip the month of July and enjoy time with our families. On August 23rd, we will meet at Sanger's again and will discuss *The Wright Brothers* by David McCullough. On September 27th, we will be at Lynn Lindow's, October 25th will be at Gloria Church's, and Nov. 15th at Roger Geddes in Park Rapids. The books to be discussed are still to be determined!

If anyone is interested in joining us just contact any of the members I've mentioned. We'd love to have you!!



"I got so fed up with dropped calls and no service, I bought my own cell tower and take it where ever I go."

A Good Dose of Humor

From the Kitchens of Bad Medicine....

As the blueberry picking season hits full force in July and early August, I hope the "fruits" of this recipe motivate you to go out and pick, as it often did for me growing up with my grandma at the lake. I was always



reminded that a full bucket could make five blueberry pies, which we often received over the course of the year. Wow your cabin guests with this recipe, which has been perfected over the years by Dorothy Remark to the point where writing down the exact steps and measurements is more of a moot point, as the art of a perfect pie simply takes repetition and practice. Here is a good guide to get you started:

Crust: You can use your own crust recipe, but be sure to make a two-crust pie in order to make a lattice pie top. A Betty Crocker crust recipe is typically used.

- 2 cups all purpose flour
- 1 tsp. salt
- 2/3 cup plus 2 tablespoons shortening
- 4-6 tablespoons of cold water

1. Mix flour and salt. Cut in shortening, using pastry blender until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time.
2. Gather pastry into a ball. For two crust pie, divide into two rounds and shape on a lightly floured surface. Refrigerate for 45 minutes.

Filling:

- 1 quart or a little more of blueberries (wild blueberries are smaller, so you need more)

1. Wash blueberries (This is a critical step!)

2. Add to blueberries:

- 1 cup sugar
- 2 tablespoons flour

3. Set aside while rolling out pie crust. Roll pastry on a lightly floured surfacing into a circle 2 inches larger than a 9-inch pan. Cut 2nd round into 10-14 strips to create lattice top.

4. Place berry mixture into pie crust.

5. Beautifully place top crust across the mixture, creating a classic lattice top.

6. Take 5-6 little pieces of butter (1/2 tsp.) and place in the gaps of the lattice top.

7. Take a pastry brush and brush the edge of the pastry crust with milk to help brown the crust.

8. Bake at 425 degrees for 20 minutes. Lower oven to 350 degrees for about 30-40 minutes (until it gets "bubbly").



PAYING IT FORWARD – IN BAD MEDICINE STYLE

Kurt Withnell

Hello all! My name is Kurt Withnell. I grew up in Moorhead and have been coming to the lake every year since my parents (Bettie and Ralph Withnell) bought property on the lake in the early 1960's. Bettie and Ralph taught us kids (Cynthia, Todd, and myself) that owning lake property on Bad Medicine Lake requires an incredible amount of work and patience.

The work around the lake was often overwhelming. Projects seemed to go on for years and some of them actually did. We would start a project and before we could finish we'd go to the neighbors' and help with the deck or paint the garage or shingle the roof. It was a community effort that involved the whole family and their friends, too. This often led to lifelong relationships on and off the lake.

But always, when all the chores for the day were completed, we were given enough time to find our way to the water. We loved being in and on the water. We could not get enough of it. Fortunately, there were many other kids on the north end of the lake who shared the same desires. We would swim, snorkel, fish, play "King of the Raft", sauna, and best of all - WATERSKI! There was a lot of laughing, crying, and fun! Actually, I am amazed we did not kill each other. I am sure in our parents' eyes we tried (more than once!).

This set the stage for my appreciation of family, hard work and community at the lake. I can thank the Stordahl family for feeding my waterskiing habit by being kind enough to provide and trust us with "Top of the Line" Silverline boats to use during our teens and early 20's. This allowed us to waterski - a lot! We skied on two skis, one ski, no ski, short skis, trick skis, etc. Without the use of those wonderful boats and the Stordahls' trust in us, we could never have developed the love for skiing that we have today.

Since I have owned a boat, I have made it my goal to share waterskiing with others as the Stordahls did for me. In Washington state I have attended safety seminars, boat driving clinics, and waterski competitions, often working with 'first timers' to the sport.

Now, every summer, my son Kyle and I load up the boat and drive from Seattle to Bad Medicine. We share skiing with as many people that we can as long as they are willing. Every year, there are new faces with confident smiles from waterskiing for the first time. While I was skiing last August, I noticed a gentleman standing on a dock with a waterski in one hand. I approached the dock; he said his name was Bill, and he respectfully asked me to take him skiing in exchange for gas money. I was happy to oblige. Later, Bill told me his daughter would be coming up from the cities with some friends that might also enjoy skiing. We stopped back later that week and pulled his daughter and two friends, who skied with us for the very first time.

I have learned many life lessons through my experiences at Bad Medicine Lake. Anyone who knows me can attest to some of those lessons (So many....please don't remind me... ☹). I am blessed to be able to give back to the sport that was given to me so many years ago. Most of all, I am blessed to have lifelong Bad Medicine Lake friends and family who taught me how to appreciate, respect, and enjoy life through hard work and hard play!

If you see my black over white Ski Nautique on the water feel free to ask me about learning how to waterski!
Ski safe, ski fun!



Common Loons

Paul Lundquist

Have you ever woke up in the middle of the night to a unique noise and said to yourself, "What was that?" What you may have heard, if it was the summer time, was the eerie, haunting, and lonely cry of the Common Loon. This cry makes you realize how special it is to live up here.

The Common Loon is the Minnesota state bird. Both male and female have identical plumage. The male is larger, but it is only noticeable when both are together. We most often see loons when they are swimming above the water, but they spend an equal amount of time swimming below the water. If you see a loon on the land it is either nesting or injured. Loons do fly - the ones in this area migrate to the coastal waters of Florida or the Gulf of Mexico. This is where they spend their winters. Often I think I should join them.

Loons eat fish. Did you know that biologists say that a family of four (two adults and two chicks) can eat a half-ton of fish in a fifteen week period? Now I know why I can't catch fish! Loons need 50-100 yards of space to take off and start flying. They do not take off from land. Loons in this area can live up to 25 years. They usually have two chicks each year; they start reproducing when they are six years old.

Several years ago Dr. David Wiest and Mr. Don Anderson purchased and then donated two loon nests to the Bad Medicine Lake area. This spring, I repaired the deck on one of them. I then cut and secured cattails and long grass to the deck. I placed this loon nest in the bay just to the west of the public boat launch. I recently heard that my efforts have been successful as there is a loon nesting there. Please do not disturb these loons. If you see other people in that area, alert them of this nest. Loons are a shy bird, so none of us should ever approach them. I do realize that the beauty of this area is amplified by the beauty of this bird. I thank God for allowing me to enjoy them.

If you would like to submit an article, story, recipe, or event to the Fall edition of "Another Good Dose," email rseder@live.com. Hearing your reflections, newsworthy items, and events help grow our community in positive ways. Write to us today!

Legends of Bad Medicine

Are they true?

Some of us are familiar with the trolls of Bad Medicine Lake, a reference to the children's book written by Laura Boeringa. We may be aware of the Native Americans' belief in large, aggressive, killer northern pike that hide in the depths of our rocky, clear lake - a legend recounted on the sign at the landing on the north side.

These legends are certainly part of a larger "folklore" that we all know; we also probably have our own stories that have been passed down from one family member to the next. Maybe it is a simple "fish story" - pun intended - something that was actually true but has been exaggerated and embellished as the years have gone by. The stories - or memories (whichever they may be!) are part of what make this place special.

Here is a new story that was brought to my attention. I will let you decide if you think it has any merit:

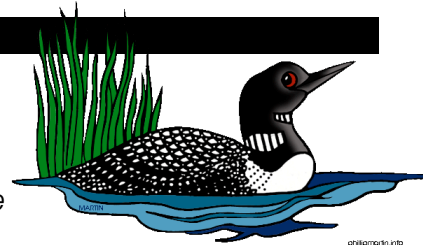
I would be happy to share the facts, surrounding the events that will now lead to great stories around the campfire this summer:

This past winter, while at the cabin one weekend, I told family members that I was going to go out on the snowmobile and do some clearing on a trail we refer to as the "Northwest Passage." My son-in-law and grandson said that they would come along on another snowmobile and help. We headed out to the trailhead and my son-in-law and grandson said that they were going to first ride another trail and then would be joining me. I headed down the trail and began clearing branches that were hanging over the trail with a hand clipper. After getting about a half mile down the trail, I stopped and began to trim some more branches when I happened to notice, about 150 yards behind me, through some brush and branches, someone watching me. They were down on hands and knees, positioned somewhat behind a tree and brush. It was starting to get dark. At this point, I thought it was my son-in-law and possibly my grandson sneaking up on me. So, I yelled out, "I've spotted you!" At that point, whoever was watching me retreated back behind the tree and was gone. A few minutes later, my son-in-law and grandson came up the trail on their snowmobile and I said, "So you thought you could sneak up on me?" Confused, they asked me what I was talking about. I explained what had happened. They said they did not see anyone on the trail as they joined me. We all agreed it was pretty weird since we were deep in the woods and not near any cabins. Because it was getting dark, we headed back to the cabin.

Once back at the cabin, we retold the story. I was being questioned as to my sanity. Most everyone agreed this was just Grandpa making up a good story to be told by the fireplace in the cold darkness of winter. We coined the unidentified as "Forest Boy," since none of us were ready to commit to the insanity that is associated with terms like "bigfoot". At this point, my son said there must be tracks and we should go back out with flashlights and look for proof. We all got bundled up again, climbed on snowmobiles and four wheelers, and headed off into the cold darkness like a half crazed posse looking for the bad guys. We arrived at the sight where I was being watched and what we found was somewhat interesting.

There were a lot of tracks in the snow but no sign of tracks with treads from boots. We did see a depression in the snow where someone, perhaps "Forest Boy," had laid down and compressed the snow, making it hard - perhaps from it being melted and refrozen. We also noticed a lot of pinecone pieces neatly placed in a pile near a tree similar to what you might find from feeding squirrels. I was vindicated. Everyone agreed that clearly something had been there and had made a lot of unidentifiable tracks in the snow. We all went back to the cabin and discussed the mystery of "Forest Boy".

Ryan Sederquist, Editor



The next day we awoke to one of our many very cold mornings. With all the questions still fresh in our minds, my grandson and son decided they would head out again in the morning light to check out the sight from the night before. They were again examining the tracks when my grandson caught a glimpse of movement through the trees and said to my son, "There is FOREST BOY!" My son got out his phone and got one clear shot off. "Forest Boy" then got some trees between them and disappeared deeper into the woods.

My son and grandson returned to the cabin and burst through the door, shouting, "WE GOT A PICTURE OF FOREST BOY!"

That is it - the story as it happened and all the facts. Regardless of who or what it was, it is one of the many great stories that makes Bad Medicine such a special place!

"Minnesota Blue"

Minnesota, how I love you
Minnesota, I've been away so long
How I miss your clean fresh air, your
lakes and rivers too.
How I miss your Minnesota Blue
Do your golden fields of wheat and corn
Still shimmer in the early morn
Waving to the clouds as they drift by
Do moose and bear still rule the earth
In the Red River Valley of my birth
Do the Northern Lights still dance across
your sky
Does the North Star still guide you
Do your farmers still provide you
With the way of life that we all learned to
share
Do they still follow the Golden Rule
And dress up each week for Sunday
School
Do your families still give thanks for
living there

Are your skies still free of smoke and
haze
Do your old folks still remember days
When your skyline was a grove of
Norway pines
Does the North Wind whistle through
your trees
Can you still smell wildflowers on the
breeze
Do bass and pike still play with fishing
lines

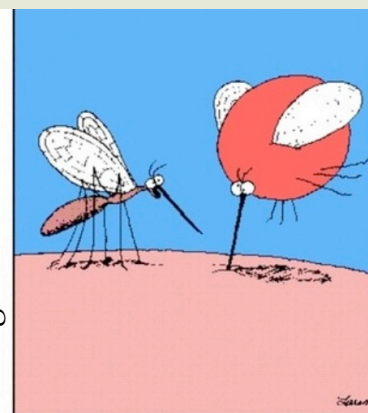
Do your children still walk the rails
Or discover hidden Indian trails
Do canoes glide through Minnesota
streams
Can you hear the cry of the lonely loon
Do wolves still howl at your full moon
Is Viking Land still Mother Nature's
dream

Do you still have dairies and rolling hills
And mines and quarries and flour mills
Do you still brew the best of America's
beers
Do bobcats still cry at night
Does snow still fall so soft and white
Do icicles hang like crystal chandeliers
So many of yours have left to roam
But they still call Minnesota home
Like geese that fly above your lakes and
wids
And for every one of your million stars
There's a prairie son who's traveled far
Oh, please remember this Minnesota
child

Minnesota, how I love you
Minnesota, I've been away too long
How I miss your clean fresh air, 10,000
lakes and you
How I miss my Minnesota Blue
Oh, how I miss my Minnesota Blue
Copyright 1985, C. Keith Haugen



Another good dose of humor



"Pull out, Betty! Pull out! ... You've hit an artery!"

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	6/14	marylindstrom@hotmail.com
Steve Lindow	Vice President	612-581-4137	6/14	steve.lindow@yahoo.com
Mary Follett	Secretary	218-573-3186	6/15	gmfollett@gmail.com
Monette Lundquist	Treasurer	218-573-3943	6/13	mlundquist@gmail.com
Barry Bennett		763-226-4850	6/15	bmbennett78@gmail.com
Paul Lundquist		218-573-3943	6/14	plundquist68@gmail.com
John La Fond		218-573-3709	6/14	lafondjk@uwalumni.com
Ryan Sederquist		701-388-8290	6/14	rseder@live.com
Howie Anderson		218-573-2403	6/15	papihowiea@gmail.com
Roger Olsen		218-233-7995	6/13	cjolsen@cableone.net