



Another good dose of

Bad Medicine



Spring 2018

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Annual Meeting is June 23rd at the Forest Township Hall from 9-11 AM with a social at 8:30 and a light lunch to follow.

From the President

At the upcoming Bad Medicine Lake Area Association Annual Meeting on June 23rd, the membership will decide on proposed changes to the Association's bylaws recommended by the Board of Directors. The bylaws outline the purpose and basic structure of the BMLAA as well as the rules under which it operates. The 2018 proposal, if approved, will amend the current bylaws that were last revised in 2011.

So, to prepare for the vote on the proposed changes, I refer all members to the current 2011 Association bylaws and also to the 2018 proposed amended version, both of which can be viewed on the BMLAA website (<http://badmedicine.mnlakesandrivers.org>).

Summary of proposed amendments to current BMLAA bylaws:

In general: An effort was made to adjust language and format to favor consistency and clarity throughout the document. Among other changes, this includes deleting the word "corporation" wherever it occurs and replacing it with "association" as BMLAA is not currently a legal corporation.

Art II.1, Member Qualifications: Specifies property ownership in Forest Township and family members over the age of 18. Others may become members with Board approval and payment of dues.

Art II.2, Dues: Replaces "increases" with change in annual dues.

Art IV.1, Annual Meeting: Notice will be given by email. Notice by regular mail may be requested. Only members whose dues are paid for the current fiscal year are permitted to vote at the Annual Meeting.

Art IV.2, Special Meetings: Special Meetings may only be called during the months of May, June, July and August. Notice shall be given within 10 days after a Special Meeting is called in the same manner as for an Annual Meeting. Only members whose dues are paid for the current fiscal year are permitted to vote at a Special Meeting.

Art V.1, Number: The Board of Directors will be reduced from 10 to 9 members.

Art V.2, Nominating Committee: a) The nominating committee shall consist of two Directors and two volunteer members. b) The requirement to have at least one more nominee than the number of open Director positions is deleted.

Art V.4, Terms of Directors: Three Directors will be elected each year for three year terms.

Art VI.3, President: "Corporation" is replaced by "voluntary association."

Art VI.5, Secretary: Delete the word "complete."

Art VIII.1, Inspection: Members may inspect records of the Association by making a verbal or written request to any officer of the Board of Directors. The phrase "at all times during reasonable business hours" is deleted.

Art VIII.2, Annual Review: Volunteer committee of members to review the transactions and the financial condition of the Association with a report to the membership at the Annual Meeting.

Art X: Dissolution of the Association: Remaining funds will be distributed to one or more non-profit 501(c)3 organizations judged to have missions compatible with the BMLAA by majority vote of the Board of Directors.

There will be a brief explanation of the proposed changes at the Annual Meeting and an opportunity for discussion before voting. The proposed bylaws will become effective immediately upon approval by the membership.

Our featured speaker will be Dr. Rick Koch from Bemidji State University who is leading the three-year lake study at Bad Medicine. He will update us with findings from the first year and outline directions for further research in years two and three.

I look forward to seeing you at the BMLAA Annual Meeting on June 23, 2018 at 9:00am in the Forest Township Town Hall. Come early for coffee and stay late for a light lunch.

Scott Benson,

BMLAA President

Forest Township News

Barb Christiansen

Winter is over and another summer is upon us. As the weather improves and more residents return, there will be more people on our roads, so please drive carefully. Our township is busy with amnesty day and road work. Dry weather has kept the weeds at bay thus far, but that will likely change. The township will continue to spray to control the weed population. Spot spraying has typically been done in the past and will be completed again this spring and fall.

This year, the town board has decided to apply gravel on most of the maintained roads in the township. When this gravel is being applied, the roads may be soft, making it difficult to maneuver, so please drive slowly. We are also working on creating road policies in order to ensure procedures are in place on how best to maintain the roads.

The board will be purchasing a new large dumpster this summer with the goal of retiring all the older dumpsters. The older dumpsters may be sold when they are no longer needed; if you are interested in purchasing one, please contact one of the township supervisors. Unfortunately, there continues to be some illegal dumping. There are cameras at the dump and the town board continues to fine individuals that put non-household garbage into the dumpsters. If you are not sure what can be put in the dumpsters, take a minute and read the sign on the gate or you may be fined \$250. Please hold your demolition materials, appliances, tools, etc. for the amnesty dates. The next amnesty date is Aug. 25th. Please RECYCLE! The township receives money for the recycled materials and it saves on the cost of our trash. Last year, the township received \$2,162 for our recycling materials.

Perhaps you have been wondering why construction of the cell tower has not begun. News is that the tower will not be built. We are not aware of any future plans for a cell tower in Forest Township. 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. Hope you have a fun and safe summer season.
Forest Township Board Members

Another Way to Keep Bad Medicine Clear and Clean And Some Help to Do It!

Howie Anderson

The Becker County Soil and Water Conservation District (BCSWCD) is one of our key allies in keeping our lakes clean and clear. Allowing shorelines to go back to their natural formations (which prevents yard run-off from reaching the lake) and choosing to not fertilize near the lake are two strategies which help keep Bad Medicine pristine, and the BCSWCD can help us do more! They have the expertise to help us create shoreline buffers and rain gardens.

Shoreline buffers consist of natural plants which can absorb run off. Rain gardens are planted with indigenous plants and some underground tiling to collect the water that runs off of our driveways or roofs. Also, the BCSWCD might be able to provide matching funds to help defray the costs! Bad Medicine is considered a "pristine" lake, and is at the top of the priority list for being selected for matching funds for rain gardens or shoreline buffers. If you are interested, contact Shoreline Specialist Claire Olson at 218-846-7360 or at their office in Detroit Lakes at 809 8th Street S.E.

Bad Medicine Research Project 2018

Steve Lindow

Rick Koch, Bemidji State University Aquatic Department, will be giving a presentation at the annual BMLAA meeting on June 23rd to report their 2017 findings. The project is a cooperative effort which was initiated by the Bad Medicine Lake Area Association and funded by tax-deductible donations through the Bad Medicine Lake Area Foundation (BMLAF) and the West Central Initiative. After the annual meeting, the BMLAF will host a couple of informational meetings for people to hear and ask questions about the project. So far, donations are covering the first two years and part of the third. You will find a copy of the pledge card in this newsletter to use to help cover the costs of the last part of the third year. Thank you to those that have donated and will be donating again. If you have not donated yet, please consider helping out with this effort to help keep your lake clear and property values up. (**continued on page 3**)

The first year findings will establish a base line to detect any changes over the next two years of research sampling. For 2018, the team collected their first samples shortly after the ice was out on May 3rd. They have done three additional samplings since then. Rick has hired a graduate student to take over the project for the next two years. The student will be responsible for collecting and analyzing the data and writing the final report in the spring of 2020.

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. 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 stuff growing on the metal framing of docks and boat lifts. Both observations suggest something in the water is changing.

The bi-monthly water samples are taken at three different locations and at three different levels within the water column. They are used to analyze phosphorus concentrations and as a means to collect different species of 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 can lead to summer algae blooms and less water clarity. Excessive phosphorus collected in the bottom sediments that is not measured in surface samples could encourage algae growth that residents are beginning to see.

Also, researchers will analyze water calcium (hardness) concentrations and pH (acidity) in the water samples to see if these parameters are impacting water clarity.

Last year (2017), the DNR did their five-year net lake survey. The lake survey indicated walleye and perch numbers are still low. The research project may help to explain the low numbers.

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 both aesthetic value and for property values. The 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 and preserve the future water quality of where we live and play.

DARK SKIES

Linda Bentson

One appealing aspect of being at the lake is being outside after dark and looking up to see a glorious array of stars. It is so dramatic here because we are in a relatively dark spot in Minnesota. Itasca State Park is working to become a recognized Dark Sky Destination with the International Dark Sky Association (darksky.org). This is an organization whose mission is to bring back star-filled skies unpoluted by artificial light.

To help reclaim the bright stars in the dark skies, please consider the following:

- Turn off all outside lighting when possible.
- Use light fixtures that cast light downward.
- Eliminate the use of permanently on outdoor lights.

Your star-gazing neighbors will thank you and you'll get an even more spectacular view of the night sky.



"Stop staring at my wife!"

LITTLE FREE LIBRARY ON BAD MEDICINE

Forest Township now has its own library – a Little Free Library! It is located on the south side of the Town Hall so you can't miss it when you bring your garbage to the dump.

If you are not familiar with the Little Free Library system, they are a place to take, share, and leave books. They are free - no library card required. If you see a book you'd like, take it! It is for you. When you finish a book, pass it on to a friend or return it to the library. If you have adult or children's books you would like to share, please do. We want kids using the library, too. If you choose, include a note about who read or shared the book.

Thank you to the Bad Medicine Lake Area Association for paying for the plaque and registration of this Little Free Library. Little Free Libraries are registered worldwide.





Dear Friends of Bad Medicine Lake,

The Bad Medicine Lake Area Foundation is the fiscal agent for the Bad Medicine Lake Area Association's Water Quality Research Project. The Foundation's role is to collect 501(c)3 qualified donations and then issue grants through the West Central Initiative Fund to pay for contracted work. Our contract is with Bemidji State University and their Aquatic Biology Program. Data collection and analysis is being done by BSU staff and students as well as Bad Medicine Lake volunteers.

Funding for work completed in Project Year 1 (2017) and now underway in Year 2 (2018) has been completed. To fully fund Year 3 (2019), we need an additional \$28,000 by March 1, 2019. That will complete our project funding drive. Total project cost over three years will be \$152,000 with BMLAF providing \$105,000 and BSU \$47,000.

The Bad Medicine Lake Area Foundation Board of Directors and Bad Medicine Lake Area Association thank all those who have supported this research to understand and protect the wonderful lake we all share and love.

If you have not yet contributed or, if you wish to increase a previous contribution, please use the form below.

Ray Vlasak (Chairman), Roger Olsen (Secretary), Jim Luttrell (Treasurer), Chuck Church, Tim Holzkamm, Tom Lorentzsen, Mike Slette, David Wiest, Steve Lindow (Project Coordinator)

BAD MEDICINE LAKE WATER QUALITY RESEARCH PROJECT PLEDGE/DONATION FORM

My total donation commitment is: \$3,000 \$2,000 \$1,000 Other amount: \$ _____

I would like to pay my pledged donation in the following years: 2018 \$ _____ 2019 \$ _____

I would like to make a one-time donation for the Bad Medicine Lake Water Quality Research Project: \$ _____

I would like to make my pledge payment in _____ (month)

I would like my gift to be anonymous

Mail your pledge or donation (checks payable to Bad Medicine Lake Area Fund) to:

West Central Initiative
PO Box 318
Fergus Falls, MN 56538-0318

Pledges and credit card payments to the Bad Medicine Lake Area Fund may also be made online at: www.wcif.org.

The Bad Medicine Lake Area Foundation is a component fund of West Central Initiative, a non-profit 501(c)(3) tax-exempt corporation.

NOTE: Donations must be received by March 1, 2019

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Signature _____

Community



Join the

Nextdoor network for Bad Medicine Lake

Our Nextdoor network for the Bad Medicine area now has 83 members. This private and free online neighborhood alerts members by email when new information is posted. No information is shared with advertisers or anyone outside of our Bad Medicine group.

It's a great way to STAY INFORMED:

- There's a bear in the area
- A tree is blocking the road
- We found (or lost) a dog
- There has been a break-in

It's a way to get INFORMATION FROM other members:

- Any recommendations on who can install my dock?
- Can anyone let my dog out at 3:00 on Saturday?
- Who's a good electrician in the area?

It's a great way to get INFORMATION TO other members:

- 2010 20ft pontoon for sale.
- Found a red kayak floating at the south end of the lake.
- Too much zucchini, anyone want some?

If you would like to join our online neighborhood, go to nextdoor.com, enter your lake address and email address and you will be directed to Nextdoor for Bad Medicine Lake.

Becker County Coalition of Lake Associations (Becker County COLA)

Howie Anderson

Our Bad Medicine Lake Area Association is one of several dozen lake associations in Becker County. In order to

protect our lakes and have our voices heard on issues which confront us as lakeshore owners and residents, we join with the other lake associations. In matters of county, state or federal government actions and policies, Becker County COLA gives us a much stronger voice in calling for protection of our most precious resource in the county: our lakes. Its primary purpose is to "facilitate cooperation among member lake associations and to protect and enhance the quality of lakes and their shore areas." COLA is in close touch with staff who deal with important issues like aquatic



invasive species

(AIS), lakeshore issues, political decisions which impact lakes, and education of the public about water quality issues. Becker County COLA sponsors or co-sponsors educational events such as the recently held AIS Summit in Detroit Lakes and the earlier AIS Summit held in St. Paul, where top experts from all over the state and even the world shared the latest research in our battle with the spread of aquatic invasive species.

We rely on COLA to magnify our voice in defense of our lake, and COLA relies upon BMLAA and our Bad Medicine Lake Foundation to forge new strategies in shoreline acquisition and preservation as well as projects like our water quality research with Bemidji State University. Each lake association is asked to send one representative to serve on the COLA board. COLA meetings, which occur each month from May to October, consist of speakers sharing important information, provide an opportunity for various lakes to compare notes and strategies, and allow COLA to find out where its member lake associations' priorities lie. These meetings are open to the public and are both fun and informative. Please consider attending and become more active in our lake association.

COLA meetings are held the third Thursday of the month from May to October, at 5:30 P.M., at the Detroit Lakes Holiday Inn. Upcoming dates are:

July 19

August 16

September 20

October 18

Just a Reminder to check out

BMLAA website at
<http://badmedicine.mnlakesanddrivers.org/>

Forest Township website at
<http://www.foresttownshipmn.net/news.aspx>

Next Amnesty Day is Aug 25th

UPCOMING EVENTS

June 14 Yoga at Veronen's Resort – starting June 14th; Thursdays at 9:00 A.M. Come and enjoy stretching strengthening, and balance postures on the shore of Bad Medicine Lake. \$5.00/class. R.S.V.P 573-2254

June 23 Annual BMLAA meeting – social time starting at 8:30 A.M. Meeting will be 9:00-11:00 A.M. with a light lunch served after the meeting. Speaker is Rick Koch from Bemidji State University; he will be talking about the research project on Bad Medicine and his findings from last year.

July 3 – Fireworks at Veronen's Resort – Tuesday at sundown in front of the resort. We look forward to another incredible fireworks display. We need your support! Please send donations to Veronen's Resort. Be safe and respectful.

Late July/early August – Swim Bad Medicine – You can do it! Contact Linda Bentson at 218-684-1234 if you are interested. The plan is to swim either the last weekend of July or the first weekend in August.

FISHING REPORT Steve Lindow

Ice went out May 3rd but 12,000 rainbow trout were stocked in the end of April. How is that done? At the access, the DNR used a maul to open up a channel through the ice into deep enough water to slide a tube from the truck under the ice. About a dozen of our local residents and our dog Lacey were on hand to watch the operation. Everything went smoothly with only 4-5 trout not surviving the experience. I suppose the ospreys and eagles were not too happy with the ice cover!

Trout fishing this spring has been good. Most boats are catching 2-3 of the newly stocked 11-inch trout per person. Trolling small rapalas



way behind the boat seems to work the best. As the water warms, switch to down riggers and night crawlers or power bait under bobbers.

As I write this, smallmouth bass are just starting to spawn, so catching them has been tough. Catching should improve as they come off their spawning beds and begin to feed. Success can be found casting minnow shaped baits toward shallow water during the early morning and late evening and in the late afternoon using a jig tipped with a leech or night crawler in deeper water. The population of bass is still high, so keep and eat some. Out of this lake, bass taste quite a bit like sunfish.

Walleye fishing is still slow. A DNR lake survey in 2017 caught on average 6.3 fish per net, but about half of those came from one net, so the 6.3 is probably higher than what is actually in the lake. The net showed a good number of 8-9 inch walleye, which is promising as we look ahead. Bad Medicine is scheduled for stocking this fall with about 580 pounds of fingerlings. The DNR stocked larger fingerlings in 2014 and 2016 so it

seems like more of those got by the smallmouth bass.

From the DNR lake survey, perch numbers were extremely low, under one per net. Perch are the food base for young walleyes and probably to some extent, larger bass.

Northerns are low in number but are nice sized when you catch one. They seem to have smaller heads and big bodies (probably a result of eating a few trout).

Sunfish numbers are low due to very little vegetation for cover and people keeping the large ones. With water levels low, the lake may develop more plant beds, especially in the bays. Please do not remove aquatic plants from the shoreline. Sand blankets lose their sand to the shallow water and cover emerging vegetation, so try to establish some kind of barrier at the shore line so waves do not erode the sand into the lake and cover plants.



Sunfish need plants to hide in and find aquatic insects to eat.

Last March, Bad Medicine became the “go-to” lake to catch eelpout (Burbot). It turns out eelpout spawn under the ice in large groups. A few fisherman figured out the location of some of these spawning areas and were catching 50-100 each night. Fortunately, most of those guys did not keep very many. Apparently they do not freeze very well, causing the meat to become soft and mushy after thawing. The DNR is looking at establishing some regulations and catch limits to prevent people from fishing them out when they are vulnerable during spawning.

Good luck fishing!

AIS Update Steve Lindow

Invasive species boat inspectors are hired by Becker County Soil and Water Conservation District. Most of the funding is provided by the state legislature based on the number of lakes in the county, number of accesses, and the number of access parking spots. Becker county qualified for about \$320,000 to hire inspectors (35). Forest Township added an additional \$2500 and the Bad Medicine Lake Area Association added another \$2300 for inspections on Bad Medicine Lake. Thank you to everyone who has donated to the AIS fund with your membership to BMLAA.

The boat inspectors have been checking boats since the fishing opener and will continue through Labor Day. Weekends are covered from 6:00 A.M. Friday mornings to about 4 PM each week-end day. During the week, most mornings are covered for 2-3 hours. This year we do not have a decontamination unit at the access. For issues related to invasive species we will have to deny access and send the boats away.

A new invasive plant called Starry Stonewort has shown up in eight Minnesota lakes over the past two years, mostly around accesses. Stonewort is a stringy, coarse-like algae that grows in thick mats that makes watercraft travel near shallow water nearly impossible! It is very tough to remove from boat trailers because it gets smashed between the boat and the bunk of the trailer and will survive there a number of days. Killing Stonewort requires using at least 120 degree water for two minutes. I would strongly recommend not going into any lake known to be infested with Stonewort before coming here.

Inspectors can only do so much. As residents and boat owners, we are responsible for checking our own boats for invasive species before launching at the access or at your private launch site. The inspection needs to be done every time and be especially thorough when you are coming from a known infested water. Please be diligent with your boats.



Comic sent to us from Rose Anderson, founding editor of "Another Good Dose of Bad Medicine."

THANK YOU FOR HELPING TO KEEP OUR LAKE FREE OF INVASIVE SPECIES.

CLEAN- DRAIN- DRY EVERY TIME!



From the kitchens of Bad Medicine....

Broccoli Cheddar Quinoa Bites

1/2 cup uncooked quinoa (80g)

1 1/4 cup water

1/4 tsp salt

2/3 cup finely chopped broccoli (I used frozen, thawed)

1/3 to 1/2 cup cheese shreds, such as daiya vegan, or nutritional yeast

1/2 tsp baking powder

1/4 tsp onion powder

1/8 tsp garlic powder

salt + pepper

Line a muffin tin or grease a mini muffin tin very well. Set aside. Bring water to a boil. Add quinoa and salt, cover, and lower to a simmer. Simmer (covered) 35 minutes, then turn off heat and check on it. If quinoa is not yet light and fluffy, put the lid back on and let it sit without heat on for an additional 20 minutes. Preheat oven to 350 F. Stir all remaining ingredients into quinoa, and add salt and pepper to taste. (I like to add another 1/4 tsp salt.) Portion into the muffin tin, smoothing the tops. Bake on the center rack 22 minutes, then—never opening the oven door (important)—turn off the heat and let sit in the closed oven an additional 5 minutes. Let cool completely before going around the sides with a knife and removing from the muffin tin. Leftovers can be covered and refrigerated or even frozen for another day

2018 BMLAA ANNUAL MEMBERSHIP FORM - Dues \$15/person

Member Names _____

Mailing Address _____

Lake Address _____

Home Phone _____ Lake Phone _____

Cell Phone #1 _____ Cell Phone #2 _____

E-mail Address: _____

CC -E-mail: _____

Note Enclosed a donation for Invasive Species Monitoring for \$_____

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

BOARD MEMBERS AND CONTACT INFORMATION

Scott Bentson	President	218-684-1234	sbentson@gmail.com	6/16-6/19 1st Term
Mary Lindstrom	VP	218-573-2044	mary_lindstrom@hotmail.com	6/16-6/19 2nd Term
*Howie Anderson	Secretary	218-573-2403	papihowiea@gmail.com	6/15-6/18 1st Term
*Monette Lundquist	Treasurer	218-573-3943	molundquist@gmail.com	6/15-6/18 2nd Term
Linda Anderson		218-573-2403	lindaleeanderson@gmail.com	6/16-6/19 1st Term
*Mary Follett		218-573-3186	gmfollett@gmail.com	6/15-6/18 2nd Term
Marc Shannon		218-573-2637	marc@shannonengr.com	6/17-6/20 1st Term
Paul Stadem		218-573-3886	pstadem@hotmail.com	6/17-6/20 1st Term
*Marge Lorentzsen		218-573-2457	mlorentzsen@cableone.net	6/17-6/18 1st Term
Linda Bentson		218-684-1234	lbentson23@gmail.com	6/17-6/20 1st Term

*END OF THEIR TERM