

# Another good dose of **Bad** **Medicine**

A newsletter for the

residents of the Bad Medicine Lake Area

Published by the Bad Medicine Lake Area Association (BMLAA)

**Fall 2018**

As another summer at Bad Medicine Lake slips into fall, it seems like a good time to reflect a bit. Our family has been at the lake for 40 years now. We arrived as 32 year-old “kids” on the lake and now we’re old-timers. We’ve seen the lake rise to kill trees that were 100 years old and then gradually fall back toward its “normal” level. We’ve watched development on the lake as more people have been attracted by the magic of Bad Medicine Lake. Now, the lake homes we build can no longer be considered cabins. Technology has changed. Motorized recreational equipment has changed. Speeds have changed. Sounds have changed. AIS is an acronym nobody had ever encountered in 1978. The constant, I suppose, is everything changes and the lake experience is not immune to change.

The people of Bad Medicine have always been an independent sort usually with a strong desire to claim, customize and enjoy their own little piece of heaven. Bad Medicine was and is a place where lots of independence and energy merge with an inner sense of deep spiritual gratitude for the many opportunities the lake presents us. For longer than we’ve been here, the lake has refreshed, renewed and energized its people.

Of course, there have been conflicts and disagreements. And there are irritations and complaints. We don’t always agree about what constitutes fun and to what degree we should be mindful of our neighbors as we pursue the activities we most enjoy. There are more of us now. We operate at different speeds and with different ideas about what makes for a personally satisfying experience at the lake. What unites us is the same as always – the mystical experience of being on, in or near Bad Medicine Lake.

The lake asks nothing from us but is always there when we need it. Consciously or not, we depend on that. It seems permanent and unchanging but it isn’t. It does not seem vulnerable but it is. Just consider Minnesota lakes to the south that are un-swimmable and lakes nearby that are dealing with aquatic invasive species.

We have an obligation to care for and protect the Bad Medicine experience to the best of our individual and collective abilities. What can we do? Here are a few suggestions:

- 1) **Know and abide** by the laws, rules and regulations that govern your building, landscaping, shoreline and septic systems.
- 2) **Educate yourselves** about the impact of your personal decisions on the lake and the surrounding environment.
- 3) **Support the water quality research** study with your contributions.
- 4) **Speak up and get involved.** Get active in the lake association, COLA and other organizations that advocate for clean water and healthy lakes.
- 5) **Get trained as an AIS inspector** and volunteer.

6) **Strive to be a considerate neighbor** to all your lake neighbors.

Here's hoping the Bad Medicine magic goes on forever.

Scott Bentson  
BMLAA President

## **Bad Medicine's Water Quality Study: Please Donate!**

By now, most property owners on Bad Medicine Lake are aware of the three-year water quality study currently underway. Data collection for 2018 will be completed in October and analysis for the first two years should be immediate treatment and 2) to establish a comprehensive health baseline against which a future problem can be detected early and, thereby, increase the chances of effective treatment. Bad Medicine Lake is the patient in this analogy and our lake study is the Mayo Clinic exam. Keeping our lake "healthy" is the goal.

**FUNDING:** The study is a partnership between Bemidji State University and the Bad Medicine Lake Area Association. Total cost of the study is about \$150,000 with BSU picking up about 1/3 of the total. The lake association, through the Bad Medicine Lake Foundation, has raised about \$70,000 so far. The study is fully funded through 2018 but we still need to raise approximately \$30,000 by March 1, 2019, in order to go ahead with the final year of the study.

**APPRECIATION:** On behalf of all property owners on Bad Medicine Lake, the lake association offers heart-felt appreciation to all those who have participated in the funding of this project, a significant investment in the long-term health of Bad Medicine Lake. Many thanks also to Bemidji State University for their major contributions.

**WE NEED YOUR HELP:** I really hate asking for donations, but here goes. To complete the three-year water quality study of Bad Medicine Lake, we need to raise **\$30,000 by March 1, 2019**. Every one of us has a practical, financial and emotional stake in keeping our lake healthy. For those who have not yet contributed to this project, I urge you to do so now. Large donations are wonderful but it would be great to see everyone pitch in to whatever extent their circumstances permit to get us across the fund-raising finish line. Please. We really need your help now!

**CONTRIBUTE:** Contributions to the Bad Medicine Lake Area Fund are managed by West Central Initiative and are tax deductible. Checks and credit cards accepted. Online contributions may be made at [www.wcif.org](http://www.wcif.org). See the pledge form below.

Scott Bentson

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### **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 make my pledge payment in \_\_\_\_\_ (month)

I would like my gift to be anonymous  yes  no

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

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

or pay with a credit card on line at: [www.wcif.org](http://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)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Signature \_\_\_\_\_

**Donations need to be received by March 1, 2019 - Thank YOU**

## **RESEARCH PROJECT PROGRESS - SUMMER 2018**

Year two of the project is almost over. Bemidji State University has been collecting data every two weeks with additional sampling done whenever the water clarity decreases. This year the secchi disk readings hit 15-16 feet twice. The long term summer average is about 23 feet. Collecting water samples during those decreases in clarity should point out the changes that we are looking for. A summary of the project can be found on the Bad Medicine Lake Area Association web page <http://badmedicine.mnlakesanddrivers.org/> or click here <http://badmedicine.mnlakesanddrivers.org/water-quality-research-project/> . At this time, no additional information is available beyond what was presented at the June association meeting. I know everyone is anxious and waiting for a report. Research like this takes three years before anything definitive can be determined. In the mean time, anything you can do along your shoreline to prevent water run-off and soil erosion into the lake is a big step in keeping our water pristine. See "Preserving our Lake Quality" in this newsletter for additional information on funding for shoreline projects. At the June association meeting Rick Koch talked about the data measuring oxygen and temperature, pH(acidity),and conductivity from the top to bottom of the lake.

Temperature profiles compare to other Minnesota lakes. Surface temperatures remained the same all the way down to about 20 feet before dropping off rapidly through the next 30 feet. Below 50 feet there is very little temperature change spring to fall. Cooler temperatures are rarely a barrier to fish. However, fish species have preferences for certain temperatures. Temperatures above 85 degrees become stressful to most species.

Dissolved oxygen levels are limiting to fish. Bad Medicine is not similar to most lakes in Minnesota where the oxygen level decreases as you go down. Some lakes have no oxygen below 10 feet. In bad Medicine, oxygen levels stay the same down to about 20 feet and then jump up sharply for the next 10-12 feet before dropping off like other lakes. The increased oxygen level in the cooler water range is what allows trout to survive in the lake. The question is, what is causing this rapid increase in oxygen? Photosynthesis produces oxygen so some kind of rare algae has to be present here and not in other lakes. The analysis of the samples of algae species should point out the cause of the oxygen increase. As the summer progresses, the oxygen band narrows, squeezing trout into a thin band of water. As long as the cool narrow band of water has oxygen, they can survive. If the warming water from above forces the trout into deeper water where there is little oxygen, they die. This dynamic between water temperature and dissolved oxygen seems to be the dance that other lakes in the area don't have.

Acidity (pH) levels were similar top to bottom and compares to most other lakes in Minnesota. The lake water is a little on the hard side so it has some protection from acid precipitation.

Conductivity is a measure of the ability of water to conduct an electrical current. When pollutants enter lake the conductivity goes up. Bad Medicine numbers fall within the range for pristine, natural lakes.

This year, in addition to repeating the above measurements, the team will be adding an aquatic plant survey and measuring phosphorus concentrations in the soil around the shoreline area. This research project is an effort to keep the lake pristine and keep your property values up. Many of your neighbors have been supporting the project for two years. I join Scott Bentson in encouraging you to make a donation towards funding year three. **Thank you.**

Steve Lindow (project coordinator for BMLAA)

## **Water Ski/Recreation Report for 2018** (through the eyes of Kurt Withnell)

Hello All.

Hopefully you are enjoying the changing season to the cooler weather and colors of fall. I am mixed in my emotions towards the fall colors. Their beauty and crispness are appreciated but it also means the water ski season is coming to an end. As some of you may know, I am responsible for the presence of the slalom water ski buoy course on the north end of the lake. This year was a very different year in many ways. In the past I was the primary user of the course. This year we had many newcomers with some of them using it on a regular basis. My boat experienced a myriad of mechanical difficulties that left me dry for 5 weeks! In addition, I tore some muscles in my forearm putting me on injured reserve for 6 weeks. Somewhat frustrating, to say the least. No worries, my role was driver/coach for much of that time. Thanks to Justin Johnson's and Mark Veronen's MasterCrafts we were able to continue the sport throughout the summer.

Proliferating water skiing is my passion so I have made the ski course free for all the use while it is in the water. Watching people of all ages and abilities challenge themselves by skiing in the course is very satisfying to me. I love seeing the smiles and confidence that a new course skier shows when they make it around all six buoys. Especially the kids. Whether I'm skiing, driving, riding in the boat or sitting on my deck watching it all makes me smile!

I noticed this summer that there a lot of people enjoying the lake. It's not just about water skiing. Wake surfing is becoming much more popular. There are also some very cool pontoons that seem to be as nimble as my ski boat! Jet skis, stand up paddle boards, kayaks, sail boats all seem to be more prevalent. I think I saw more fisherman than in years past, especially during the midweek days. It's great that the lake is being used for all types of recreation, but it is important that we all respect each other and be safe so we can all enjoy the lake. Also, please spread the word to anyone you know that is bringing a boat in from other lakes to be sure to follow the rules for preventing the influx of invasive water species.

I would like to also mention this year we lost Jean Beck. She was responsible for 3 generations (that I know of) of water skiers. I am honored to have known her and had the opportunity to teach her grandchildren a little about water skiing. RIP

Enjoy the upcoming seasons, be safe and see you next summer!

## **An open invitation**

# to share your ideas and insights

if you would like to submit an article for the spring 2019 newsletter  
please contact  
jane Gudmundson  
at  
edwardsqud2@yahoo.com

*The mission of the newsletter is to provide lake area residents with information to build community. It is intended to present current lake issues and events in a non-controversial and positive format – for suggestions or comments contact: Jane Gudmundson*

## **An idea and information** from DeDe Kreig

It had been over 10 years since the residents of Red Top Road had a “block party”. Everyone agreed that the turnout, food and fun this year was well worth the effort. We are hopeful that this will be a yearly event.

The committee of 5 provided Gobble up Turkey and the residents of Red Top each brought a dish to share.

Some tips for other groups of Bad Medicine Lake residents who would like to arrange something similar are:

- 1) Start early and form a planning committee.
- 2) Select a date.
- 3) Pick a house to host
- 4) Provide games for the kids
- 5) Get the word out, flyers, mailings and a sign on the road.
- 6) Meet your new and old neighbors and enjoy the day.

**It is time to update the BMLA directory.** Please take a moment to review your information as written in the 2016 directory. If you have changes or are not listed in the directory, please do one of the following:

1. email Dekrieg@aol.com
2. text or call 701-261-9331
3. use the NextDoor app
4. mail D. Krieg, 3638 21<sup>st</sup> St. S. Fargo ND 58104

Please include home and lake address, cell phone #, email address and any land line numbers that you wish to share.

**Thank you to those who have responded already.**

## **Becker County Emergency Management System**

Lynn Lindow

Becker County has established an emergency notification system called **CodeRED**. CodeRED is a web-based system that allows Becker County the ability to reach a large number of citizens in a very short period of time. This service allows emergency officials to notify residents by telephone, cell phone, text message, and/or email regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system.

What triggers a CodeRED call? A message regarding the safety, property or welfare of the community will be disseminated using the system. These may include AMBER alerts, notification of hazardous traffic, or road conditions, boil water advisories or evacuation notices. An example would be the Callaway Train fire when Callaway residents needed to be notified of potential evacuation. Occasionally there are severe weather alerts.

County residents can create their own account so they can add or remove numbers they want the system to call. If you are interested or want to know more, please visit the Becker County website, [co.becker.mn.us](http://co.becker.mn.us), and go to the department of Emergency Management.

## Soil and Water Issues

We are blessed to be able to spend time in the Bad Medicine Lake area. Whether we spend our time on the water or in the woods, it is our responsibility to preserve this wonderful place for ourselves and for future generations.

**Becker County Soil and Water** is a great resource to help protect the lake from water run-off and soil erosion. Soil and Water identifies two ways to prevent runoff and erosion to protect water quality-storm water containment and a shoreline vegetative buffer zone.

By creating a vegetative buffer zone on the shoreline, there will be a reduction of shoreline erosion caused by wind and boat traffic. The buffer also acts as a water filter for chemicals and pesticides that are carried off lawns through water runoff.

Storm water containment is used to manage water run off from structures and other impervious areas. Rain gardens are used to collect and hold water and act as a buffer to slow water runoff, preventing soil erosion.

Becker County Soil and Water has a program available to help lake property owners develop buffers and rain gardens. They will help design and recommend native plants for the development of a rain garden and/or a shoreline buffer zone. They will charge \$200 for assisting with the design. The lakeshore owner will then buy the plants through Soil and Water and construct the project. On completion of the project, the lakeshore owners will be reimbursed by Soil and Water for 75% of the costs, including the \$200 design fee.

If you chose to work on your own, Soil and Water has native plants available for purchase for individuals. The native plants available can be used anywhere on your property.

Now is the time to think about what action you might want to take in the spring. The contact person at Soil and Water is Claire Olson 218-846-7360 or [csolson@co.becker.mn.us](mailto:csolson@co.becker.mn.us).

Lynn Lindow

## Updates from Linda Bentson

We now have over 100 members of our **Bad Medicine NextDoor community** who are finding it's an easy way to alert neighbors. After this summer's break-ins it's good to remember if you see anything that seems questionable, send a general message so we can all be watchful. Also, if you have items to sell or give away, it's an easy and free way to do so. There are now a limited number of advertisements that show up but NextDoor will not give out our names to advertisers and they are not able to see our posts. The posts are only seen by the Bad Medicine area NextDoor members. Keep an eye on NextDoor for upcoming announcements from the Lake Association.

### **Learning Life-saving Skills**

Most of us on the lake recognize the need for lifesaving skills since we are some distance away from first responders. The Lake Association is looking at this area of concern as well. This summer, with the help of the Fargo Firefighters, we held a CPR Class at VERONEN'S resort. We know many more were interested in attending but were unable to because it was such short notice. We are planning to expand the class next summer and offer more opportunities to learn what to do in an emergency. Being able to take the right steps can save lives. If you are interested, watch for announcements on NextDoor.

## **Township News**

It is hard to believe that summer is already behind us. We hope that all of you had a good summer at the lake.

The township has been moving forward with our agenda set in the spring. At this time, the roads are being graveled where it is needed and the ditches will be mowed one more time. Brushing will be completed where the woods encroach on the road right-of-way. This will enhance the ability to see oncoming traffic and people as you drive the township roads.

There are two points of information we would like to forward to our residents. The first is regarding Amnesty Day. We hold two, one in May and one in August. We will continue to provide this opportunity to you to dispose of waste next year. It was brought to our attention that the township is not authorized to collect and haul hazardous waste. Therefore, we will not allow you to bring you hazardous waste to the town hall on Amnesty Day (Hazardous waste examples-paints, stains, varnish, solvents, pesticides, flammable products, poisons, adhesives, lawn care products, cleaners, automotive chemicals. Basically, if it is liquid don't bring it on Amnesty Day). You must bring your hazardous waste to the Osage Transfer Station or the Detroit Lakes Transfer Station.

The second issue that has been brought before the board is speed limits. There have been multiple complaints of vehicles traveling too fast on our roads. Please remember there are many uses for our roads that go beyond cars and trucks. Many residents walk/jog on the roads and many have dogs. Because of the

terrain, you do not see people ahead of you in a timely manner. We certainly do not want to have an accident on the roads. We would appreciate it if all of us could slow down on the township roads, especially the roads that parallel the lake. Please be courteous of those individuals who walk the roads by slowing down as you pass them. **SLOW DOWN!**

Hope you have a great rest of the year. We will see you all in the spring.

Lynn Lindow

## Home Security Issues

In recently researching home security issues I have found that quite a lot has changed since I've retired from law enforcement. The name of the game today is "technology". When home security systems were first invented they were expensive and had to be professionally hard-wired into the home. Today completely wireless systems, often referred to as a "smart-home" security system are readily available and they offer cellular monitoring. A smart-home security system helps provide security against break-ins and theft. Alarms for the entire house can be set from a smartphone app even when you're not home. Surveillance features allow you to watch real-time video of your home's interior or exterior (my daughter mostly uses her system for keeping an eye on her menacing cat while she's at work). The more elaborate systems will allow you to set thermostats, turn lighting on or off, or even lock or unlock a door from anywhere using an app on your smartphone.

Home security systems can be as simple as your budget will allow and I would encourage all of you to investigate the various options available. With all that said, as much as we would all like to have smart-home technology in place, it is probably not realistic or even possible. We live in a rural area where cellular service can be sketchy and power outages are frequent. For many of us, this is our vacation home or cabin and paying for year around internet service simply is not practical. The use of "land-line" based alarm systems are still an effective option and should not be overlooked. These systems will alert law enforcement of a break-in and systems with corresponding audible alarms are best.

I am a firm believer in the use of video surveillance equipment, as not only a deterrent, but also to assist law enforcement in solving property crimes. One of the last cases I worked before retiring involved a series of break-ins and thefts in northeastern Becker County. These cases were solved largely because one smart property owner had several strategically placed "trail cams" on his property which helped us identify a suspect. The suspect was later convicted and much of the stolen property recovered. Trail cams are inexpensive and very helpful in solving property crimes. The use of a trail cam alone is not really a deterrent because they should be concealed when placed on your property. Trail cams in conjunction with a sign declaring "this property is under electronic/video surveillance" can be highly effective. Trail cams indeed constitute surveillance and if it were me, I would announce to the world that my property (or neighborhood) is under 24-hour surveillance. I know that we would rather not clutter our neighborhoods with signs, but they do work.

Speaking of neighborhoods...Forest Township and Bad Medicine are comprised of many "neighborhoods" and from a security standpoint, I would suggest that they be managed somewhat individually. Let's face it, how often do we drive through other neighborhoods if we don't



actually live there? For most of us the answer is rarely or never. Therefore, it is important for us to get to know our neighbors and look out for one another within our respective “neighborhoods”. I would encourage us all to have discussions with our neighbors; brainstorm and develop new ideas to protect our respective neighborhoods. For example, how about a surveillance sign at the start of your road? Let’s let the bad guy “roll the dice” and try to figure out which homes or properties are being monitored. My guess is they will opt out and target a more vulnerable neighborhood. We always need to consider the best possible deterrents when we conduct a security assessment of our property (which should be done at least annually).

A quick reminder...lighting has proven to be one of the best ways to deter break-ins. Simply put, the bad guys don’t like to work under light. Well placed motion detector lights around your home and property are inexpensive to install and highly effective. Store garage door openers, shed keys, and car keys inside a cabinet or drawer to keep them hidden from view. If your home has sliding glass windows or doors, reinforce them with a metal or wood bar. Reinforce deadbolt locks on entry doors. Consider securing plywood panels on the interior side of garage and storage shed windows during the off season...it’s easy for the bad guys to break glass, but far more difficult and time consuming to punch through plywood. Theft of items from yards, decks, and patios are commonly reported in the springtime when people return to their lake homes. Try to keep items such as grills, canoes, kayaks, etc. stored inside, or at a minimum, cable locked and hidden from view during the off season. And one last thing, record serial numbers! Recording serial numbers of valuables such as guns, electronics, lawnmowers, chain saws, etc. will help law enforcement recover stolen property through the NCIC (National Crime Information Center) database.

Keep safe my friends.

Rob Wirtz

## **Summer 2018 Fishing Report** – Steve Lindow

If you are a trout or smallmouth bass fisher-person, you probably had a good summer. Not so much if you were after walleyes.

Trout fishing started off good right from the opener and stayed good all summer with the exception of early June when the mayflies were hatching. Tough to convince a trout to bite some collared power bait dough when their stomachs are stuffed full of tasty mayflies. Early mornings were best by far from before sunrise to about 8am. Early in the year when the water was still cold, long line trolling with small rapalas and small spoons worked well. Pulling a minnow behind a cowbell spinner seemed to work well too.

A number of larger trout in the 20-22 inch range were being caught. Heard about one near 5 lbs. from Veronen’s resort. As the surface water warmed to 80 degrees, trout moved deeper so down riggers and power bait worked better. By the middle of August, most trout were down around 40-45 feet. Below 45 feet there is little oxygen for fish to survive on. Even eelpout can’t survive without oxygen!

Walleye fishing continued to be poor. If you caught one it was probably near 20-23 inches. Heard some reports of a few smaller walleyes being caught but not enough to indicate a good year class for the near future. Stocking fingerlings is continuing but the fingerlings are not surviving. Smallmouth bass are still everywhere. More fisherman from the access were targeting bass, but the culture of bass fishing is to “catch and release”. For this lake, the culture should be “catch and eat” to reduce the numbers. Crayfish numbers are low so maybe that will help reduce the numbers of bass. Smallmouth bass season closed September 9<sup>th</sup>.

Northerns were few and far between. Minnesota expanded the bag limit to 10 in this area with some restrictions on size. Northerns need a lot of vegetation to reproduce so Bad Medicine will probably never have a lot of them. When you do catch one, they are usually short and thick across the back. The high quality trout protein makes them grow fast.

Fewer sunfish were caught this year. Fisherman have found the brush piles along shore so the few that were hiding there are being caught and removed instead of being released.

There are virtually no crappies left for the same reason. Sunfish and crappies both need plants to hide in and to find food. If you have plants growing along your shoreline, do everything you can to keep them there! It is also illegal to remove emergent plants from a shoreline. Bull rushes are not only important for fish habitat but they remove a lot of phosphorus from the water.

There seems to be a lot of minnows and small perch but they too, seem to disappear before the following year.

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

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

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

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

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

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

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

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

**Please send membership dues to:**

BMLAA Treasurer: **39100 Horseshoe Road, Ponsford MN 56575**

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### **2019 Board Members and Contact Information**

**term ends**

|                           |           |  |
|---------------------------|-----------|--|
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