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LAKE ASSOCIATIONS

FALL 2017



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meparrish1@gmail.com | 218-330-5610

DIRECTOR | Eric Davidge
eric.e.davidge@gmail.com | 218-829-2241

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hotmamam76@hotmail.com | 651-764-2976

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essersplace@charter.net | 218-963-2752

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psetzell@gmail.com | 218-963-0654

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neliquor@gmail.com | 218-963-9832

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patandnick@charter.net | 218-820-4083

Mike Niebur
michaelniebur@gmail.com | 816-516-0915

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ruthzauhar@charter.net | 218-963-4721

Bob Rusnacko
rusnacro@yahoo.com | 651-246-4157

NORTH LONG LAKE BOARD OF DIRECTORS

PRESIDENT | Bill Schmidt (Big Lake)
bill.schmidt@northlong.org | 612-309-6361

VICE PRESIDENT | Sandy Loney (371 Bay)
sandy.loney@northlong.org | 218-820-4635 and 218-838-6968

SECRETARY | TBD

TREASURER | Jim Voiss
jim.voiss@northlong.org | 763-286-3301

BOARD MEMBERS
Jim Cook (Big Lake)
jim.cook@northlong.org | 612-965-0090

Harris Goldstein (Merrifield Bay)
harris.goldstein@northlong.org | 612-803-1850

Al Hansen (Big Lake)
al.hansen@northlong.org | 218-821-0050

Doug Hohman (Big Lake)
doug.hohman@northlong.org | 218-963-4307

Jim Anderson (Merrifield Bay)
jim.anderson@northlong.org | 507-251-4701

Tom Gerrety (Big Lake)
tom.gerrety@northlong.org | 763-245-4739

Jim Peterson (Big Lake)
jim.peterson@northlong.org | 320-815-0807

NEWSLETTER EDITOR
Harris Goldstein (Merrifield Bay)
hmgolds@gmail.com | 612-803-1850

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President's Message | North Long Lake



North Long Lake Association

| Bill Schmidt | President

Greetings to North Long Lake Association members, property owners and friends.

A couple weeks ago on one of those rainy, lazy days I was reading association meeting minutes from years ago when the association was first formed back in the late 1950's. As I read through the meeting minutes from years past, I realized that the purpose of the association remains the same: to be helpful to one another and their needs and protect the lake and its needs. I also became very thankful to those who had the foresight to organize and start the association.

Today our challenges differ from those of the past but the process to resolve remains the same, ensure that our members are well informed, concur on a strategy, and unite to bring the power of our lake association to bear on the issues that affect us. Your board has been working very hard on achieving the goals set forth at the beginning of the year. I would like to touch on one of those goals; to keep all property owners well informed on all activities and challenges.

Each month we inform you, if you have provided us with your e-mail address, of what is happening at and on our lake. Some

may have significant impact on our members, such as FEMA Flood Plain zoning changes and storm updates. Others impact our lake, such as AIS management and regulations, water quality, and DNR fish management. And some are about our lake community, such as our association events and our fishing contest.

Last, but not least, we inform you about activities of the board, so members can actively participate in our lake association. Your comments are not only very helpful to the board – but are necessary - in formulating the direction the association takes on communication at the Local and State levels when needed. We can have an impact on decisions made that will affect our future.

As you will see in the membership report, we have reached a new high in association membership – 412 members. There is strength in numbers. We will continue our efforts to attract and retain our lake residents until every lakeshore owner is a member.

It was great seeing many of you at our annual meeting and picnic this past July. For those of you heading south this fall have safe travels; and for those staying here enjoy the fall colors and winter activities.

As always thank you for your continued support. And I also want to thank the NLLA board for their dedication and hard work.

Is your email current?

If you're not getting our NLLA email updates, your email address may not be current in our records. Please send a note to newsletter@northlong.org if you think that might be the case.



President's Message | Round Lake



Round Lake Association

| Mark Parrish | President

Over the past year approximately 17 properties on Round Lake have changed hands. I thought the new owners might be interested in an overview of how the Round Lake membership entities operate. There are actually two different organized entities that operate for the benefit of the property owners and also the general public that enjoy Round Lake. Both entities have the same board and officers. Elections are held at the annual picnic in June.

The Round Lake Improvement District, - RLID is the organization that every property owner on the lake is a member of by virtue of owning property on the lake. Each parcel on the lake is assessed \$135 that is collected by Crow Wing County and held in a special account for use by the RLID. This assessment was put in place several years ago through an organized effort by lakeshore property owners and it's reviewed for renewal every 5 years by the Crow Wing County board of directors. The following is from the Crow Wing County web site:

"A Lake Improvement District (LID) is a taxing district formed around a lake in accordance with Minnesota Statutes, sections 103B.501-103B.581. A lake improvement district is a local unit of government established by resolution of appropriate county boards and/or city governing bodies, or by the commissioner, for the implementation of defined lake management projects and for the assessment of the costs thereof.

The overall goal of establishment of the LID program (103B.511) is to preserve and protect the lakes of the state and to increase and enhance the use and enjoyment of the lakes. Crow Wing County has adopted policies and procedures in addition to those established by state statute/rule."

The funds that are collected for Round Lake have been used primarily for control of curly leaf pond weed on an annual basis and various other projects which relate directly to water quality and lake preservation.

The Round Lake Improvement Association, Inc. - RLIA is a non-profit organized as a 501(c) (3). The IRS explains it this way:

"To be tax-exempt under section 501(c)(3) of the Internal Revenue Code, an organization must be organized and operated exclusively for exempt purposes set forth in section 501(c)(3), and none of its earnings may inure to any private shareholder or individual."

The RLIA was formed as more of a social organization. Membership is voluntary and property ownership is not a requirement. However, there are few non property owner members. There are approximately 165 members of the RLIA and there are 267 separate lakeshore property owners. So doing the math, roughly 60 % of property owners choose to be members. Because the RLIA is organized as a 501 (c) (3), dues are generally income tax deductible. The funds collected are used for purposes such as dredging of Bishops Creek to make it easier to navigate from Round to Gull Lake, the buoys that are on the lake which mark navigation hazards, the annual RLIA and RLID meeting and picnic as well as any other lake related improvements that are not covered by the statutes that govern the uses of the RLID funds.

There is an annual notice that is sent out annually to non-members asking them to consider joining the RLIA. That mailing may have arrived prior to your receipt of this newsletter. If you are not a member, please consider joining!

The financial statements of the RLID and the RLIA can be found in this newsletter for your review. Also, if you ever have any questions please contact a board member.

Have a great fall!
Mark

Mandatory Boat Inspections in Wright County

Wright County has become the first county in the state to require boats, trailers, docks and other equipment to be inspected for aquatic invasive species (AIS). While the mandatory inspections apply to only four lakes in the county, this may be a precursor to when Minnesota boaters are required to "Clean! Drain! Dry! Dispose!".

Wright County commissioners adopted the regional inspection program last month, with DNR approval. Boaters launching on four lakes — East and West Sylvia, John and Pleasant — would first have to first visit an inspection and decontam-

ination station in Annandale. A zip tie is placed on their trailer and any trailers at the four lakes without a zip tie would be subject to a citation from county sheriff's officers. Local lakeshore owners suggested the program after starry stonewort was found in East and West Sylvia lakes.

Since aquatic invasive species are easy to spread and hard – if not impossible – to eradicate, strong preventions measures are necessary. Voluntary measures and random inspections are helpful, but may not be enough.

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North Long Lake History - Fullerton's Park

| Courtesy of Sue Kampala

The neighborhood in the northeast corner of Merrifield Bay, known as Fullerton's Park, is on land originally ceded by the United States Government in 1864 to the Northern Pacific Railway. Part of a general government undertaking initiated by President Lincoln, those legislative measures provided land across the country (mainly in the West) for constructing a broad network of railroads.

Brainerd residents had begun coming to North Long Lake in the 1870s and 1880s for fishing in summer and winter - as well as ice harvesting in the winter. Fishing shacks were built at several spots on the lumber company land (by the Loweyes and the Fullertons, among others).

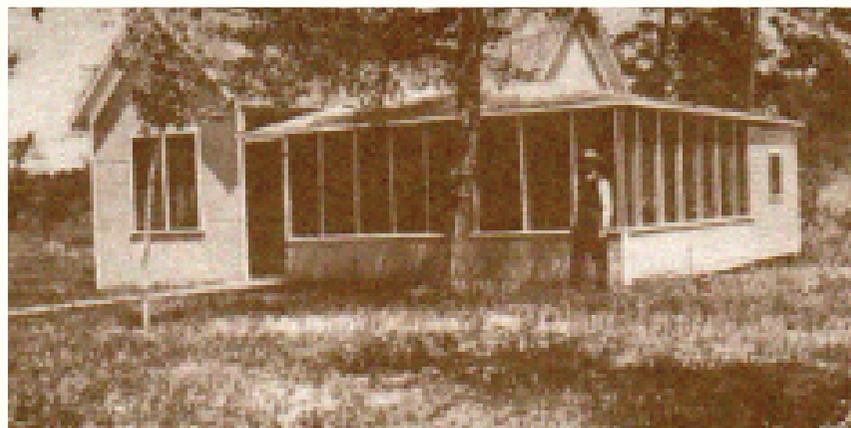
The Northern Pacific Railway laid tracks from Minneapolis to Winnipeg shortly afterward and then sold the tract of land by the lake (excluding the railroad right of way) to the Gull River Lumber Company in 1884 for \$7,500. The railroad itself was sold in 1895 to the Brainerd and Northern Minnesota Railway Company for \$15,000 per mile of track. Older residents still remember the sound of the whistle of the 4 a.m. train, beginning first in the far-off distance and then rumbling within 200 yards of the Park on its way to Brainerd.

The Gull River Lumber Company proceeded to log off most of the virgin forest which still surrounded the lake. Logs were loaded onto railroad cars at the Merrifield Station and taken to Brainerd where lumber processing undergirded the economy of the town.

In 1906, David K. Fullerton and his wife Sara purchased 30 acres of this land from the lumber company for \$298. This tract of land, in the northeast corner of Merrifield Bay, abutted the lake on the south and west, and the railroad right-of-way on the north and east.

The Fullertons immediately began a cottage; it is pictured as it was in 1910. David Fullerton was a foreman on the Northern Pacific and built the cottage (most of which exists today) from scrap material that came from the railroad yards in Brainerd. The corrugated iron cladding that was layered over the exterior wood siding in order that sparks from the nearby railroad would not set fire to the cottage.

Selecting 7 1/2 acres on the shoreline, Mr. and Mrs. Fullerton then registered the platting for what they called "Fullerton's Park" in 1911. Twenty-two lots made up the sub-division and were sold over a long span of years. David Fullerton died in 1938 with some lots still unsold. His son Harry Fullerton and his wife Thora then sold the remaining properties.



Descendants of some of these families still live on the lake: Robert Koop; Robert Lindquist and Karne Boyer; William Stoppel and Marsha Stoppel Meier; John Lowey. Synnove Schiel, granddaughter of Harry and Thora Fullerton, sold the last remaining portion of the Fullerton homestead in 2009 and the last descendant of the Anderson's sold their cottage in 2012.

The M&I Railroad right-of-way continues to delineate the north and east boundaries of Fullerton's Park. The train bed became the Paul Bunyan State Trail in the early 1990s and is used by bikers, hikers, runners, skateboarders, and snowmobilers. Although that traffic is heavy, noise from the trail is a tiny fraction of the commotion that the trains made. The presence of the trail, however, indicates how the historical forerunners of a community can define it for years to come.

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Monitoring Water Quality on North Long Lake

| By Sarah Fogderud, A.W. Research Laboratories, Inc.

Once again during the summer of 2017, A.W. Research Laboratories (AWRL) has been monitoring the water quality of North Long Lake. Sara Ahlers of AWRL and Al Hansen have been visiting 3 sites every month to collect water samples and to measure the clarity of the water with a Secchi disk.

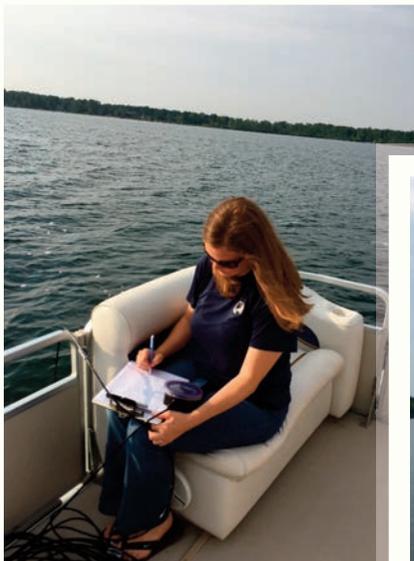
Water samples are collected at the deepest part on each bay of the lake and are analyzed for total phosphorus (a nutrient needed by plants to grow) and chlorophyll (a plant pigment used to estimate the amount of algae in the water). A 2-meter long PVC pipe is used to collect an integrated sample of the top layer of the water column. The water is then poured into sample bottles and taken to AWRL's certified lab for analysis.

Next they collect a Secchi disk reading. A Secchi disk is a white metal disk attached to a rope with measured markings every half foot. The disk is lowered straight down into the water until it is no longer visible. The depth at which the disk just disappears from view is recorded as the water clarity (or Secchi reading). Typically the water is the clearest in the spring and gradually becomes less clear as the water warms up and algae begins to grow in the later part of the summer. Rain events can also have a large effect on water clarity. When sediment and the associated phosphorus and other nutrients are washed into the lake following a large rain event, it can

muddy the water and encourage more algae growth, thus lowering the water clarity.

In addition to the water samples and Secchi reading, AWRL uses an electronic probe to measure temperature, dissolved oxygen, and pH at each site. Readings are taken at the surface and every 10 feet to the bottom. This allows us to gain a better understanding of the lake as habitat for fish and other aquatic life. Typically in the late summer, as water quality diminishes, we see higher water temperatures, and lower dissolved oxygen readings in the lake.

All of these measurements put together help to tell the story of the health of North Long Lake. As we collect data over several years we are able to assess long-term trends, identify potential pollution sources, and find ways to improve the water quality of the lake.



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Curly Leaf Pondweed Treatment in Merrifield Bay

Each year, the North Long Lake Association treats an area in the northeast corner of Merrifield Bay for Curly Leaf Pondweed. In spring, curly-leaf pondweed can interfere with recreational and other uses of lakes by producing dense mats at the water's surface. Matted curly-leaf pondweed can displace native aquatic plants. In mid-summer, curly-leaf plants usually die, and dying plants can accumulate on shorelines.

A pre-treatment assessment is done each year as part of the permit process to determine the extent of the treatment area. After treatment, properties along the treatment area are posted with signs and bouys are placed in treatment area. A post treatment assessment is done to evaluate the effectiveness and apply that knowledge to plans for the following year. This year, on May 17th, PLM treated 6.9 acres with 52.4 gallons of the herbicide Aquathol K.



Curly Leaf Pondweed typically grows in 3-10 feet of water. It's growth varies with the weather, including snow cover over the ice in the early spring. While it's almost impossible to eradicate, it can be controlled by application of a herbicide.

The North Long Lake Association has been contracting for treatment since 2013; we use PLM

Lake and Land Management. A permit from the DNR is required each year and nearby property owners are notified by mail or Association volunteers going door-to-door.



If you spot Curly Leaf, please send a note to ais@northlong.org. If possible, include a photo and location. If you can provide gps coordinates from your phone, that will help greatly.



Photos for Fishing Contest and Life at the Lake

We love your photos for the fishing contest and for life at the lake. We love them even more when they're reasonably high resolution photos suitable for newsletter and website.

Most phones today are capable of taking very good photos. But when photos are texted, they are compressed. They'll look OK on another phone, but not so great on the website and definitely not good enough in print. If emailed from your phone via your cell carrier, they may be compressed as well to conserve data usage. And even some mail systems will compress photos unless told otherwise.

To make things more complex, iPhones will compress photos if sent to non-iPhone devices or if "Low Quality Image Mode"

is set, but not if sent to another iPhone via iMessage.

I won't go into all the details about image quality and compression but, as a rule of thumb, a jpeg photo file should be at least 500kb for our purposes. This is roughly the equivalent of a 1 to 2MP camera, so it's probably well within the capability of your phone.

So for the best quality for photos taken on your phone, email them to newsletter@northlong.org while connected to the internet at home or a hotspot. If your phone gives you an option to choose resolution when sending, choose "Actual Size" or at least "Large".

QR Codes

QR (Quick Response) codes are those small, square barcode-like labels that can be created to point to a specific website. There are applications for tablets, Android phones and iPhones that will scan the code and go to that website. That capability may be integrated into the phone's camera as well. There are also programs and websites that allow you to scan from your computer's webcam.



For example, this is the QR code for the North Long Lake Association website:

We'll start using these QR codes when we have to publish long website addresses that are difficult to retype into a browser, such as this issue's article on the new floodplain area.

Using Lake Water for Irrigation?

Watch out for zebra mussels in your pumps, pipes, and sprinkler heads. This photo was sent by a member having a problem with their sprinkler system. This sprinkler head was covered with zebra mussels. While they die off over the winter, their shells remain – and provide a great surface for future zebra mussels to attach.

It's virtually impossible to screen out the larval-stage zebra mussels (veligers). Power plants on the Great Lakes that use lake water for cooling have had to mechanically remove them. There's very little practical means to treat your irrigation systems. Best bet is to drain your system after each use or flush with well water.



Flood Plain Maps

The Federal Emergency Management Agency (FEMA) updated flood plain maps for Crow Wing County (CWC) in August. Some of our properties, or portions of our property, are now considered in a flood plain. This is based on the revised determination of the 1% probability Special Flood Hazard Area (SFHA). This is what is commonly referred to as the 100-year floodplain.

FEMA has established a regulatory floodplain elevation for each lake. For North Long Lake, it is 1200.3 feet above mean sea level. For Round Lake, it is 1197.85 above mean sea level. If any part of your structure, even a crawl space, is below this level it is considered within that Special Flood Hazard Area.

If you have a mortgage or secured loan from a federally regulated or insured lender (this includes most loans) and the principal structure on your parcel is within the Special Flood Hazard Area, then by Federal Law, your lender must require you to carry flood insurance.

Most lenders are checking their loans against the updated maps. They will send a letter to all properties in the SFHA (or close to it) to notify the property owner that they must purchase flood insurance within 45 days.

Do not ignore this letter. You will have 45-days to purchase flood insurance through the National Flood Insurance Program (NFIP). Flood insurance is available through your insurance agent or by searching the "agent Finder" section of FEMA's flood insurance website, FloodSmart.gov. If a policy is not purchased within this time period, the lender will "force place" a policy, which is normally much more expensive than you purchasing flood insurance through NFIP. If there is no mortgage on your property, you have option to whether or not to purchase flood insurance.

You can view a detailed map of the flood plain and its impact on your property at <http://fema.maps.arcgis.com/home/webmap/viewer.html>

But for many of us, the new flood plain does not extend to the principal structure on your property. In that case, you may wish to document that and have your lender reconsider the requirement for flood insurance. One option is to access the CWC geographic information system to create a map that shows your primary structure is outside the flood plain. Here's an example:



Alternatively, you can contract with a licensed land engineer or surveyor to determine the elevation of your structure relative to the flood plain elevation. Crow Wing County Land Services can provide a list.

Finally, any new construction or additions to existing structures will need to be built so that the lowest floor of the structure is at or above the regulatory flood protection elevation.

For more information, see the Crow Wing County Press Release concerning the new floodplain maps in this issue. You can also contact Crow Wing Land Services at 218-824-1010.

Crow Wing County
Geographic Information
System (GIS)



FEMA Maps



PRESS RELEASE

FOR IMMEDIATE RELEASE
Date: August 25, 2017

Contact: Chris Pence
Phone: (218) 824-1010

FEMA Floodplain Maps Effective

The Minnesota Department of Natural Resources and the Federal Emergency Management Agency (FEMA) have completed a new floodplain study to create new Flood Insurance Rate Maps (FIRMs) for Crow Wing County and became effective on August 15, 2017. These maps will replace maps in some portions of the county, while others are being mapped for the first time. At the same time, Crow Wing County has adopted a floodplain management ordinance in compliance with both State and Federal requirements.

If a property has a mortgage or secured loan from a federally regulated or insured lender (this includes most loans) and the principal structure on the parcel is within the Special Flood Hazard Area (SFHA, the 1-percent, or 100-year floodplain), then by Federal Law, the lender must require flood insurance to be purchased for the property.

Lenders will check loans to verify if a property is in the Special Flood Hazard Area. Letters from lenders will be sent to all properties in the SFHA (or close to it) to notify the property owner that flood insurance must be purchased within 45 days. Since Crow Wing County is an approved participant in the National Flood Insurance Program (NFIP), property owners can purchase insurance at a discounted rate through this program. Flood insurance is available through your insurance agent or by searching the “agent finder” section of FEMA’s flood insurance website www.floodsmart.gov. If a policy is not purchased within this time, the lender will “force place” a policy, which is typically more expensive than purchasing flood insurance through NFIP.

There are often scenarios where the boundaries of the floodplain do not accurately reflect the true topographic characteristics of a site. If it is felt that a structure and/or parcel is higher than the actual base flood elevation, there are several options to appeal to the lender for relief.

1. Check the FEMA mapping website to see if a Letter of Map Amendment (LOMA) has already been issued by FEMA for the property. This should be submitted to your lender.
2. Ask the lender to conduct a manual review of the property (most of the initial analysis will be done by computers with auto generated letters. Having a person review the actual property may show that it is out of the floodplain and the lender may reverse the decision.)
3. Visit the Crow Wing County Interactive Map site and create a map showing that the building is out of the floodplain and provide this map to the lender for their review.
4. Contact the City or County for those areas outside the City boundaries to obtain a Letter of Map Amendment or ‘LOMA-Out as shown map’ to give to the lender or FEMA showing the structure is out of the floodplain.
5. Hire a surveyor to determine the lowest adjacent grade and complete the LOMA paperwork to send to FEMA.

Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.

The lender is the entity that decides if flood insurance is required and must use the FEMA maps to determine if a structure is in the floodplain.

In addition to insurance requirements, FEMA is also concerned with structures and the lowest adjacent grade of fill around the foundation and its elevation compared to the Base Flood Elevation (BFE) of the water body nearest the structure. Any new construction or additions to existing structures will need to be built so that the lowest floor of the structure is at or above the regulatory flood protection elevation.

If a structure was legally constructed before the date of the first FEMA map that shows that structure in the high flood risk zone, it is considered a nonconforming structure. The owner can continue to use that building, and it is not a violation. The building is considered to be "grandfathered" and does not have to be altered to meet the new local ordinance requirements unless certain changes are made to the building.

The property owner is not required to bring the existing building into compliance with the current ordinance unless the building is "substantially damaged" or "substantially improved" as defined in the County or City ordinance. Routine maintenance and repair can be done (e.g., painting, roofing, siding, doors, windows), but extensive additions might be considered substantial improvement and require bringing the entire structure into conformance - typically through elevation or relocation.

Floodplain Mapping Websites:

Crow Wing County Interactive maps: <https://mn-crowwingcounty2.civicplus.com/85/Interactive-Maps>

MN DNR Mapping and Floodplain info:

http://www.dnr.state.mn.us/waters/watermgmt_section/floodplain/map_appeals.html

Minnesota website for topographical maps: <http://arcgis.dnr.state.mn.us/maps/mntopo/>

FEMA historical maps: www.msc.fema.gov

FEMA National Flood Hazard Layer (NFHL) viewer: <http://fema.maps.arcgis.com/home/webmap/viewer.html>

The Land Services Department is committed to providing excellent customer service while helping our residents make wise choices that protect Crow Wing County's extraordinary natural resources. Citizens are encouraged to contact the Land Services at (218) 824-1010 or for more information, please visit the Crow Wing County's Web site at www.crowwing.us.

END

Land Services Department

322 Laurel Street, Suite 14
Brainerd, MN 56401

Office: (218) 824-1010

Fax: (218) 824-1104

www.crowwing.us

The Path to the Lake

"Give us seed so that we may live."

| Courtesy of Judy DuBois

The above quote is from Genesis 47:19. It is from the biblical story of Joseph when his brothers (the Canaanites) were pleading with him during a time of famine in Egypt. It got the gardener in me to thinking about the birds that I so much enjoy here in Lake Country.

I LOVE THE BIRDS! A DNR poster I picked up at the Crow Wing County Fair about 20 years ago has a list on it of the 12 most popular birds in Minnesota. At that time (1996) the list included: rose-breasted grosbeak, scarlet tanager, pileated woodpecker, black-capped chickadee, evening grosbeak, ruby-throated Hummingbird, American goldfinch, American robin, Bal-timore oriole, northern cardinal, indigo bunting and the eastern bluebird. I have seen them all in the years since 1973 when we purchased the cabin we had been renting. I feel very blessed in that regard.

With the exception of maybe our common loon, I don't think this list has changed much over the years. And, I don't see the evening grosbeak at all anymore. Do any of you? What a thrill it was, though, when a flock came in to our feeder in November! I was always alerted by their beautiful song before I actually saw them. I did see in "Landscaping for Wildlife" (Carrol Henderson) that they also like the fruits of the red-osier and gray dogwoods, mountain ash, winterberry and buffaloberry. If the sunflower feeder can't encourage them back, maybe some native plantings will. Besides, these plants are also important foods for cardinals, chickadees and bluebirds -- all favorites of mine -- especially the northern cardinal.



Cardinals will look for dense foliage like shrubs and evergreens in which to place their nests and to seek cover. Unlike most other birds, their nests may be only be four to eight inches above the ground! A "couple" can raise several broods each year so even a mix of small, dense trees is ideal with perhaps wild grape nearby. It has been found that cardinals use the bark of wild grape for nesting material. To form this dense mix of shrubbery, you could also use small box elder, eastern red cedar or nannyberry with some wild grape or rose mixed in.



Then to feed their hungry little babies, momma and daddy look for insects to provide protein for their babes' developing muscle. Caterpillars are perfect! Host plants could be anywhere in your landscape. In your herb garden, they might find caterpillars on dill or fennel; on mus-tard greens in the vegetable garden; or, on hollyhocks or snapdragons in the flower garden.

I know I am thrilled to see a pair of northern cardinals in our yard each season. If I don't see them, I will hear them. I think we are so lucky to have them! If you agree, consider adding one or more of the plants I mentioned here to your landscape. It should encourage them to bless us all year long with their sighting and song!

Have a good winter!
Happy Planting!

Editor's Note: There are bird identification apps for Android and iPhone that allow you to up-load a bird photo and it replies with the name of the bird.

After 10 years – 20 issues of this newsletter – Judy DuBois is retiring her "Path to the Lake" column. Her column has provided readers with a very local insight into flora and fauna and has inspired many of us to take better care of our resources. While she will be sorely missed, we look forward to her continued involvement with North Long Lake and our association.

Thank you Judy!



As much as northern cardinals like sunflower seeds, don't just stop there to entice them to your landscape. The right plant will bring them in, as well as other songbirds. The key to choosing plantings for birds is to focus on food, cover and places for them to raise their families. The shape of the cardinal's bill allows for consuming at least a medium sized seed like those found on a purple coneflower, an actual

sunflower, sweetpea or nasturtium -- or even corn. They enjoy wild fruits too. Here you might try dogwood, serviceberry or scarlet fruits like raspberry, sumac and winterberry. Something I didn't realize was that these latter three mentioned plants helps the male cardinal develop deeper hued feathers. This helps this young guy attract a mate and defend his territory.



Annual Meeting

Our 2017 Annual Meeting and Picnic took place on Saturday, July 15, at Legionville. We hope all who attended had a good time.

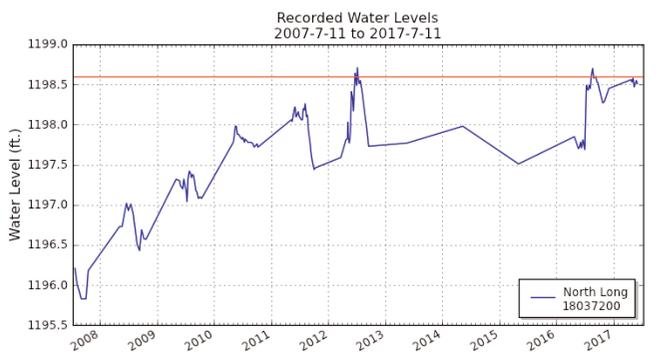
Approximately 180 members and family attended and 90 properties were represented. While we don't have records going too far back, that's greater attendance than the prior two years. During the meeting, kids had the opportunity to play outside with activities and games.

Bill Schmidt, NLLA Board President, called the meeting to order at 10:30am. After a brief introduction, board elections were held. There were four positions open; two were filled with incumbents (Jim Cook and Al Hansen) and a third by a nomination from the floor (Josh Duerr). We welcome Josh to the board and look forward to his contribution.

We were reminded that arsenic may be present in some of our wells. New wells must, by law, be tested. The Minnesota Department of Health recommends that existing wells be tested as well. More information at <http://www.health.state.mn.us/divs/eh/wells/waterquality/arsenic.html>

Our new logo was presented. The logo was created by Lake Printing, who prints our newsletter, at no cost to the Association. We have multiple versions for different purposes. Our thanks to Lakes Printing for doing this.

There was a discussion of our current lake level. While very high by historical standards, North Long is currently slightly below the Overall High Water mark. Sugarbush Creek, which flows from North Long to Round Lake, is flowing without apparent blockage. The lake level has been dropping a bit in the last week or two.



(Editor's Note: Lake levels are measured as feet above mean sea level. As of September 18, the North Long Lake level was xxxx.xx.)

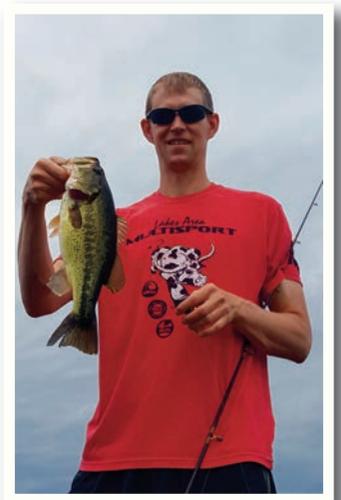
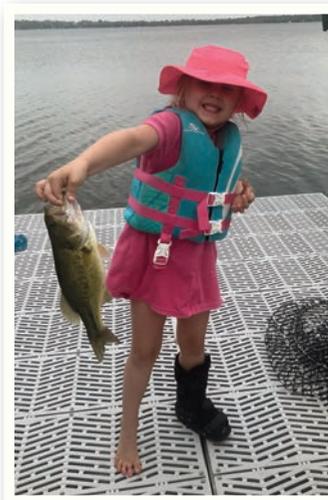
Also raised was the speed of boats, particularly in the channel between Merrifield Bay and the main lake. The association does not have the authority to establish no wake zones. Complaints about boat speeds should be directed to the Crow Wing County Sheriff.

Loon nests on the lake were discussed and we were able to identify some additional locations. We are still trying to locate a couple of the association nests built years ago. We'll have a more in-depth discussion in a future email.

There were more door prizes this year than in the recent past. Almost every attending property owner walked away with a prize. Clothing sales at the meeting raised \$966 and the silent auction items raised \$730. Net clothing proceeds and all silent auction proceeds go to our AIS fund.

The meeting was adjourned at 11:30am for our picnic style lunch.

During lunch, fishing contest winners were selected with names drawn at random from a bowl. Jade Johnson won the 12 and under category and Josh Duerr won the 13 and over category. Jade's fish looks larger.



Also during lunch, a slide show of member photos of life on North Long Lake was presented. Please send your photos to be included next year. They can be sent to newsletter@northlong.org.

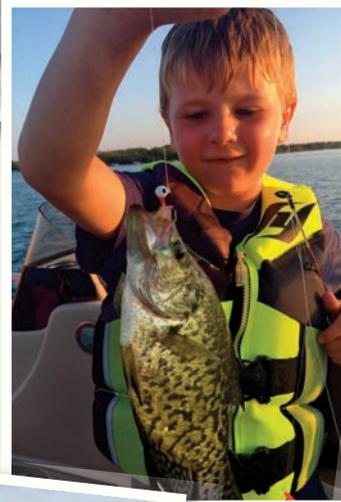
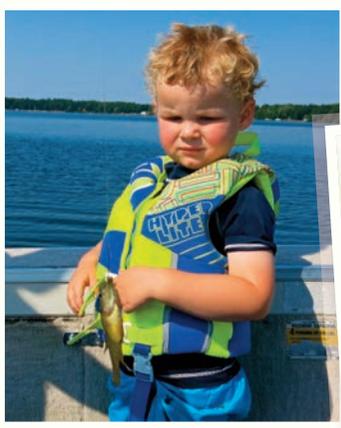
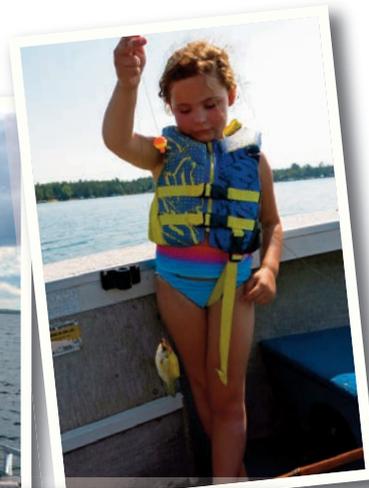
At the meeting, seven membership renewals were received; bringing our total membership to 409 - an all-time high. As a reminder, our memberships run from January 1 to December 31.



North Long Lake Association Fishing Contest

Here are our 3rd quarter fishing contest entries, received as of September 26 (this quarter's contest ends September 30). The winners will be selected in October.

Be sure to email your entries to newsletter@northlong.org and include name, age category (12 and under; 13 and over), and the bay in which the fish was caught.
(Not shown: Hannah Ross and Hunter Ross)



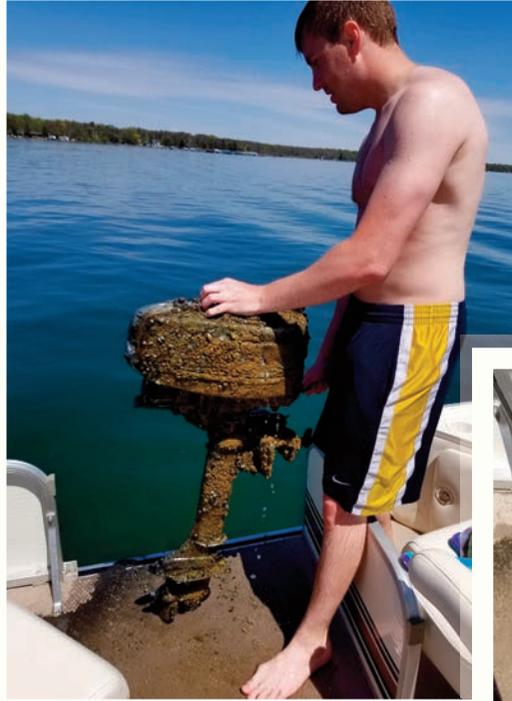
An Unusual Catch

On the Saturday of opening fishing, 2017, we decided to go for a pontoon ride to see how many people were fishing. The water was extremely calm and it was a sunny day. Because of this, we were able to look over the side of the pontoon to see if there were any shallow walleyes given the cold water temperatures. Within about 2 minutes of leaving our dock, we discovered the motor (which we suspect is a 1954 Elgin) lying in about 8 feet of water on a sandy bottom on the north side of the main bay.

The water was a balmy 45 degrees that day and someone had to jump in to retrieve the motor, so I volunteered. While I paced the boat and talked myself into jumping into the cool water (I was wearing basketball shorts, no wetsuit), my father decided to take matters into his own hands and push me into the lake. I must say, I had always heard that cold water could take your breath away but I never really understood what people meant until I experienced it. It was freezing and I had a really hard time breathing for the first several moments in the lake. Once I had adjusted a bit, I made two dives down to retrieve the motor: the first dive was necessary to break the motor free from the sandy bottom that it was partially buried in and the second dive was to wrap part of our anchor rope around the motor's prop so that it could be pulled up.

After successfully retrieving the motor we took several pictures and set out once again on our trip around the lake.

Now knowing there were treasures in the water, we started looking carefully for more objects and found an anchor attached to a rope as well as the remains of what appeared to be a barrel stove from an old fish house, both of which were in about 5 feet of water. We also saw several walleyes and some smaller fish, but unfortunately we didn't find any fishing rods so we went home hungry.



The motor has since been pressure washed to remove all of the zebra mussels that had taken up residence and we are currently keeping it in our garage as a talking piece because it is such a cool find and story.

Jacob Hradsky



Highway 371 Pickup

Our twice-a-year pickup along 371 Bay took place on Saturday, September 9th, organized by Judy and Ral DuBois. This year we had our new "pick-up sticks", making the cleanup much easier. Volunteers for this clean up were Josh and Shawn Duerr, Leo and Darlene Heyne, Wes Hradsky, Jan Olejnicak, Del Schmidt, Gary Villwock and Judy and Ral DuBois. Thank you volunteers!



Native Shoreline Restoration

In our Spring newsletter, we spoke about the lakeshore restoration at Doug Hohman's property on the north shore of the main bay. Doug's goal is a more natural shoreline that enhances water quality and requires less maintenance. Doug contracted with Prairie Restorations to prepare the shoreline and plant native varieties.

In July, Prairie Restorations prepared the ground by burning off the excess vegetation: non-native and undesirable plants.

were killed as they can overtake native plants in wetlands and shorelines.

The new, native plants included wildflowers, sedges, and rushes. In addition to seeding, approximately 1,000 plants were planted to give a head start.



Oat seeds were added to the seed bed, providing a cover crop. The oats are an annual that won't carry over to future years. If planting in the fall, winter wheat is used.



While it's too early to see the results, on Doug's property, he can expect a shoreline like this – thick, low maintenance, and with lots of color.

Along the lake, the left desirable native plants (native reeds and rushes, sedges, blue vervain). They also did a light rototill to provide a better bed for seeds.

Existing reed canary and cattails (both non-native but common)



NEWS & NOTES

North Long Lake

North Long Lake Association Membership Report



The Association's Membership is 412 as of September 30, surpassing the previous high of 402 for the full year 2016. The Association remains in solid financial position and will finish the year with cash in excess of \$60,000. The Association maintains financial records to ensure that all cash receipts and all cash payments are properly accounted for, that cash is properly safeguarded and that funds are correctly designated for AIS purposes or for General use.

The association By-Laws require an annual audit of the financial records by a committee of board members to ensure proper accounting procedures and documentation. The audit committee is comprised of the Board President and other members of the Board as appointed by the President. The audit of the 2016 financial records will take place on October 12, 2017 prior to the regularly scheduled board meeting.

NORTH LONG LAKE ASSOCIATION FINANCIAL REPORT Full Year 2016 & YTD September 2017

<u>Income</u>	<u>Full Year 2016</u>		<u>YTD September, 2017</u>	
Membership Dues		\$ 14,140		\$ 14,315
Aquatic Invasive Species Income		10,091		9,945
NLLA Clothing Sales		1,284		1,602
All Other Income		525		735
Total Income		\$ 26,039		\$ 26,597
<u>Expense</u>				
Aquatic Invasive Species Expense:				
Watercraft Inspection	\$ 3,330		\$ 5,511	
Curly Leaf Weed Treatment	4,830	\$ 8,160	5,535	\$ 11,046
Water Testing		1,977		1,527
Postage & Mailing Costs		1,388		1,286
Donations & Memberships		1,000		1,250
Cost of NLLA Clothing		902		1,166
Website		788		157
Annual Meeting/Picnic		662		612
Liability Insurance		450		867
All Other Expense		81		1,038
Total Expense		\$ 15,408		\$ 18,948
Net Income		\$ 10,632		\$ 7,649
Cash On Hand		\$ 58,593		\$ 66,242

North Long Lake Membership Roster

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BAUER, RANDY & CINDY
BECKER, STEVE & CLAUDIA
BENNETT, DON & MARY ANNE
BERG, RICHARD & DEBBIE
BERG, STEVE
BERNING, RALPH & SHARRY
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BETLAND, DAVE & KAREN
BETLAND, JIM & CARRIE
BLYTHE, JAMES & ELIZABETH
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BOY SCOUTS OF AM (CENTRAL MN), DAVID
TREHEY
BURLEY, ROBERT & JO ANNE
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BUTLER, THOMAS J & BONNIE R
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CHMIELEWSKI, MARY
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ERICKSON, MARK
ERICKSON, RICHARD & MAVIS
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FINNEGAN, ROBERT & JULIA
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FISHER, BRIAN & DEBRA
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FORTNEY, PAUL & KATY
FRITZ, JULIE
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GENELIN, LOREN & SUE
GERRETY, TOM & ANITA
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GOLDSTEIN, HARRIS & MARIJO
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MEUWISSEN, LYNN
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NORDSTROM, KEITH & SUSAN
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NYDEGGER, JOE & LINDA
NYGAARD, MARY
OBEIDZINSKI, RON & SUE
OLSON, LEN & KRAUT, DOUG
ORTH, MARK V & LISA L
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PETERSON, TOM & LE ANN
PETERSON, WAYNE & LEESA
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REUTER, JERRY & LOIS
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ROBERTSON, MICHAEL & GAIL
ROBINSON, DAVID & SHARON
ROCHE, KEVIN & SUSAN WOODWICK
ROHRBACHER, KEITH & JANE
ROSS, EINAR & ELOISE
ROSS, TIM & DIANE
RUSH, BARRY & PATRICIA
RYAN, WILLIAM & CYNTHIA
SANDBERG, BRUCE & CINDY
SAPLETAL, DAVID & MARTHA
SCHMIDT, WILLIAM & FERN
SCHULTZ, STEVE & JULIE
SCHWARTZ, KENNETH & RHONDA
SEUBERT, DALE
SHAW, MARGARET ANN, & SAMSON,
HARVEY
SHAWGO, BOB & BECKY
SIGSTAD, JOHN & JAN
SMITH, THOMAS & KIMBERLY
SNAZA, LAWRENCE P & MARILYN J
SOBOTA, PAT & KAREN
SOULE, PAUL & ROZELLA
SOULE, RICK & JUDY
SOUTHERLING, RICHARD J
SPEAR, RICHARD & ANDREA
STANICH, KAY
STELLMAKER, RICHARD & PHYLLIS
STOCKING, PAT & JANELLE
STORMS, CHARLIE & CATHY
STRAIT, RICHARD

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STROHMAYER, FRANK & NANCY
 STROHMAYER, PATTI
 SVEE, KEN & DORIS
 SWANSON, THOMAS & HELEN
 TERHAAR, TOM & KATHY
 THOMAS, DON & ANGIE
 THORSON, THOR & KIMM
 THUNE, KENT & KATHY
 THUNELL, BRYCE & ALICIA
 THUNELL, NORMAN & JOAN
 THUNELL, RICHARD
 TIMMAN, BRUCE & KAREN
 TOPP, WENDELL & TAMBERA
 TRISKO, CHERYL & SCHOEPPACH, JUDY
 TUCHSCHERER, DAVID & CAROL
 TUCHSCHERER, MIKE
 TURCOTTE, LANCE & KARRI
 TURCOTTE, RICHARD & COLLETTE
 UP NORTH INC.
 VAN BEUSEKOM, BOB & BETTY
 VILLWOCK, GARY & LOLA
 VINJE, MIKE & LISA
 VOISS, JAMES
 WALLS, BILLY & JENNIFER
 WELTY, BRUCE & JUDY
 WENNBERG, JON
 WHALEN, CHARLES & MARNIE
 WICKLUND, EDSSEL & EULALIE, BLAIR
 WIKSTROM, GEORGE
 WINDJUE, HEATHER & RODNEY
 WITZKE, CHUCK & CAMILLE
 WODICKA, JEFFREY & JULIE
 WRIGHT, SANDRA
 YALCH, ROUL & JOHNSON, JANICE
 YEAGER, TOM & LOREE
 YOUNG, CHARLES & MARGARET
 YOUNG, RICH & MARCIA
 ZANDER, JOHN & SANDRA
 ZELENAK, BOB & DIANE
 ZUROSKI, LEO

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 ALBERTSON, RYAN & TONYA
 ALBRECHT, CHUCK & DEB
 ALDERMAN, BETTY
 ALDERMAN, GARY & LYNNETTE
 ANDERSON, DAVE & PATTY
 ANDERSON, NICHOLAS & TONIA
 ANDERSON, WILLIAM & LUJEAN
 ANGLIN, LEIGH A & MARLENE M
 ARMSTRONG, DALE & BONITA
 AUBART, MARY KATHRYN
 BENGEN, CLARA
 BERG, THOMAS M & DEBORAH M
 BRAINERD, MARILYN
 BRANDT, LARRY M & JUDY A
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 BURNHAM, DAVID & KAREN
 BYE, BRAD & PAT
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 CHRISTENSEN, PERRY & ANN
 CONNOR, JIM & SUE
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 DALE, MILTON & KAREN
 DOSH, AARON & ALEXANDRIA, C/O
 KATHERINE
 DUERR, JOSH & SHAWN
 EIBENSTEINER, ROBERT (BDM PROPERTIES)
 ELISEUSON, DIANE
 ENGBRETSSEN/PRATT, ROLF & ELIZABETH
 ESLER, ED & LORI
 ESTATE OF DOUG JUNKER C/O DIANE

JUNKER
 FERIANCEK, JERRY & ROSE
 FLATGARD, BARB
 FREED, BILL & AUDREY
 FROLIK, JOSEPH A & JAN M
 GERRETY, SHANNON, STACY, CARL &
 NANCIE
 GIFFORD PROPERTY MANAGEMENT
 GILBERTSON, LARRY & JOSEPHINE
 GOERITZ, STEVE
 GREILING, JAY & WENDY
 GRIES, SHANE & MYONG
 GWOST, GARY & DIANE
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 HANSEN, ED & JUDY
 HAPP, DONALD G & LAVERNE R (LIFE ES
 HARTUP, BARRY
 HARTUP, GRANT
 HARTUP, HOPE
 HAYEK, BONNIE
 HERRMANN, MICHAEL & CARA
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 KENNY & TAMARA)
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 HONERBRINK, DONALD & SANDRA
 HOYER, CHARLES & SANDRA
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 IMGRUND, JOHN J & GABRIELLA
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 JENSEN, MICHAEL & ERIN
 JENSEN, NATE & LAURA
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 JOHNSON, DAVID & CORINE
 JOHNSON, JEFFREY A & BONNIE
 JOHNSON, SUSANNE M
 JOHNSON, TIMOTHY D & JODY A
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 KNESE, JOHN & JENNY
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 KNOOIHUIZEN, MARK G & SANDRA
 KNOOIHUIZEN, MICHAEL & AMY
 KOTTKE, JACKLYN & JAMES
 KRUGER, SCOTT W & STACY D
 KURZ, TOM AND STEPHANIE
 LARSON, VICKI
 LECLAIR, JANET
 LEGIONVILLE SCHOOL, SAFETY PATROL
 LEMIEUX, BRIAN & JACQUELYN
 LITCHY, HILARY & MARY
 LITTLE WATAB PROP C/O JENNIFER
 SCHWIETERS
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 M-3 PROPERTIES LLC
 MARONEY, DAVE & MARY
 MARSZALEK, ROBERT & STRAND, DEBORAH
 MCFARLANE, BOB & LEONA
 MCSHANE, BRENT T
 MEIER, JOHN & DANA
 MEIER, MARSHA
 MOHN, JIM & LINDA
 MORRIS, JOHN E & ARDIS
 MYERS, STEVEN & NANCY
 NARLOCK, NANCY & JAMES
 NELSON, DOUG & JOYCE
 NELSON, GEORGE R TRUST
 NELSON, JOE & KATHY
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 OEHRLEIN, CHARLOTTE

O'HARA, WILLIAM & SHERRI
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 OLEK, JEFF & DEB
 OLSON, MICHAEL & JULIE
 OLSON, ROLAND & BEBEAU, MURIEL
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 PLAMANN, PATRICK & JOY
 PLOECKELMANN, STEVE & CAROL
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 PREDMORE, STEVE & CYNTHIA
 PRENTICE, JERRY D & TAMRA
 PUFFER, CHUCK & LANA
 RAJKOWSKI, TIM & GLORIA
 RICKE, RANDALL M & JERILYN TRUSTEE
 RIEDEL, MARK & TINA
 ROBISON, MARK & JOSEPHINE
 RODINE, DUANE & DARLENE
 ROELOFS, RICHARD & JULIE
 ROYCE, JEFF & JODY
 RUSH, KENNETH
 SADLOVSKY, JOHN & KELLY
 SADUSKY, SCOTT & SANDY
 SCHEEL, LYLE & SUSAN
 SCHERER, STEVEN & MARY
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 SCHIFFLER, THOMAS & BRITAN
 SCHILLER-MICHAELS, PATRICK & LINDA
 SCHMIDT, DELBERT & NANCY
 SCHUGEL, BRADLEY & ANGELA
 SCHULTZ, BRAD & VICKI
 SHIPMAN, DANIEL & NANCY
 SHOEMAKER, STEVEN & SUSAN
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 WANDERSEE, PATRICIA
 WASSERBURGER, JON
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 WEBER, MICHAEL & DEBRA LEE
 WEILAND, JOHN & JUDY
 WESCH, SCOTT & SUSAN
 WILLIAMS, ROGER
 WILZBACHER/HAMLING, M&J, P&P
 WYNN-PRATT, AIMEE ELLEN
 YARMON, LORAN K (PETE) & JANE M
 ZIMMERMAN, RANDAL & LORI

NEWS & NOTES

North Long Lake

The sale of clothing has generated \$2,700 for the fight against invasive species on North Long Lake

The most popular North Long Lake logo clothing and other items will again be available. All proceeds support AIS funding at our lake. We will have caps and T shirts for sale, as well as Can Koozies. And we have many items available by special order. If you would like to preorder any items to wear at the picnic please contact Fran Cronin at (763) 427-5636 or pfc1964@gmail.com. Please note that 2017 prices are still being finalized.

Additionally, we are looking for volunteers to help with manning our table at the picnic. If you are interested in helping us at this year's picnic, we need volunteers for the prizes, the silent auction and the clothing table. We welcome anyone who is interested.

Finally, we are looking for new or handcrafted items and services for the silent auction. The silent auction is always a popular part of the picnic and proceeds support our AIS control efforts. If you have an item or service to donate for the silent auction, please contact any board member.





NORTH LONG LAKE 2017 MEMBERSHIP DUES STATEMENT

The NLLA Board of Directors trust that you find your contribution to the association a worthy investment. Our organization leads the effort to control and limit non-native species, we monitor lake water quality, and we represent you – the North Long Lake resident – with regulatory bodies that impact our lake. The more members we enroll, the better we can continue these efforts. NO OTHER ORGANIZATION IS DIRECTLY RESPONSIBLE FOR THE WELFARE OF NORTH LONG LAKE.

And please be as generous as you can with contributions to the Invasive Species Fund. This is the only resource we have for “in kind” support for boat inspections and invasive species treatment. Remember that we are a 501(3)c organization; your invasive species donations are TAX DEDUCTIBLE.

Dues and Invasive Species contributions are on a calendar year basis. *Thank you!!*

Name: _____

Mailing address: _____

Lake address: _____

Home Phone: _____

Lake Phone: _____

Email address: _____

Cell Phone: _____

2017 dues: \$35.00
 + Invasive Species Fund _____
 = Total Contribution: _____

Please make checks payable to:
 North Long Lake Association
 P.O. Box 54
 Merrifield, MN 56465

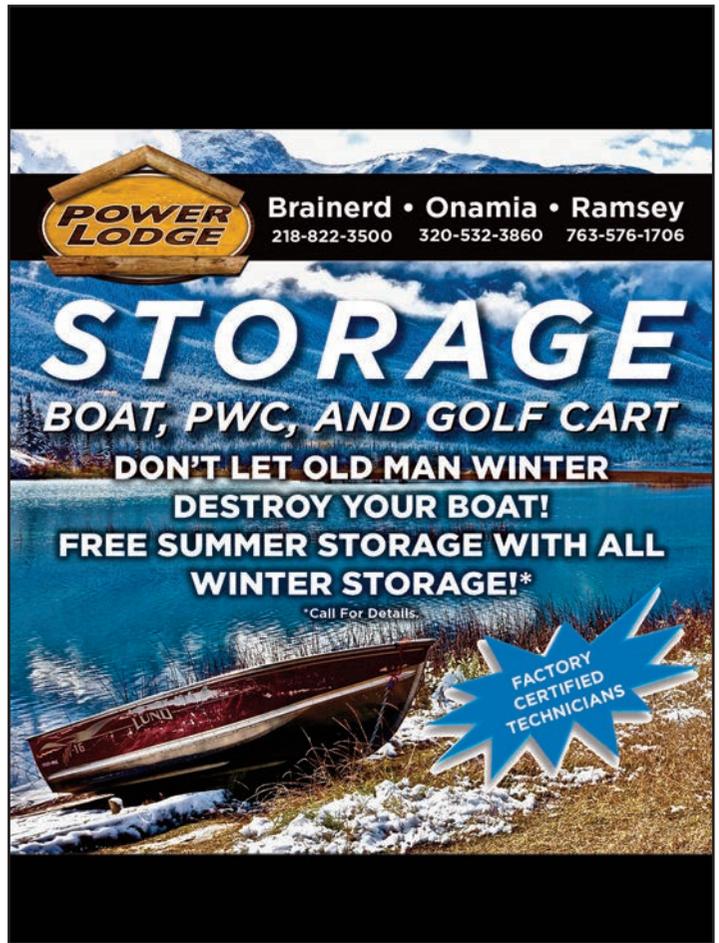
North Long Lake Association Board Members

As noted in our annual meeting recap, board elections were held during the annual meeting. Al Hansen and Jim Cook were reelected to 3 year terms. Josh Duerr, of the main lake, was elected to his first 3 year term. Here’s a bit about Josh in his own words:

Our family moved from Baxter to North Long Lake December 2016 after having frequented the lake for many years fishing, boating, and swimming. My wife, 2 daughters, and I have enjoyed the move to the lake and our location on the main portion of the lake. One of the reasons for our move was to provide our daughters with valuable experiences growing up on the lake. I recently, August to be exact, started serving on the NLLA board. It is my goal to simply make meaningful contributions in the best interest of North Long Lake’s long term health.

Greg Davis, a board member for many years, retired from the board. We thank Greg for his efforts on behalf of the association.

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NEWS & NOTES

Round Lake

New Board Members

Bob Rusnacko was appointed to our board in May, 2016, completing the term of Jake Frie. Then in June of 2017 Bob was elected to a 3 yr term. In May 2017, the Round Lake Board decided to add an additional board member. At that time Ada Larson was appointed to our board. At our annual meeting in June she was elected to a 3 yr term.



Ada Larson

I grew up on a farm near Joice, Iowa. I started coming up to the Brainerd Lakes area when I was one to vacation with my family at a resort on Pelican Lake. Some years after I married my husband Mike, we purchased a timeshare at Causeway on Gull and began our own family tradition of vacationing in the Brainerd Lakes area. In the spring of 2013, Mike accepted the position of chief operating officer at Essentia hospital in Brainerd. At that time we purchased our current home on Round Lake. We raised our kids in Red Wing, MN where we lived for 25 years. I retired from nursing (35 years!) when we moved north. We have 3

sons - Josh (Kaitie), Tony (marrying Amy in December) and Travis (Sarah). We are expecting our first grandchild, a boy, in October! I enjoy spending time with our family and friends, gardening, fishing, sewing, boating and just doing about anything outside.



Bob Rusnacko

I grew up in Columbia Heights, MN and started coming up to the Brainerd Lakes area in my 20's. I have two daughters, Katie and Laura. They both were married in 2017. They are both Registered Nurses, and they enjoy spending time up at the cabin with family and friends. I have owned my home on

Round Lake for 21 years and plan on retiring on Round Lake. I have taught for 30 years at a variety of community colleges in the Twin Cities and also have been a Mortgage Loan Officer for almost 15 years. I enjoy spending time with family and friends, love the water (ocean or lake), golf, biking, working out, vacationing in warm destinations in the winter, and staying active.



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NEWS & NOTES

Round Lake

ROUND LAKE IMPROVEMENT DISTRICT FOR THE PERIOD OF 1/1/2017 - 8/22/2017

	AMOUNT	DESCRIPTION	VENDOR	DATE
CASH BALANCE AS OF 1/1/2017	\$86,219.94			
REVENUES:				
	\$556.36	Jan settlement	CWC	1/31/2017
	\$19,922.03	July settlement	CWC	7/31/2017
TOTAL REVENUES:	<u>\$20,478.39</u>			
EXPENDITURES:				
	250.00	LID ANNUAL ADMIN FEE	CWC	1/3/2017
	1715.00	INSURANCE 2017	MCIT	1/10/2017
	173.00	SUMMER TSI ANALYSIS	AW RESEARCH	4/6/2017
	27,875.77	CLP Treatment	LAKE RESTORATION INC	6/12/2017
TOTAL EXPENDITURES:	<u>\$30,013.77</u>			
CASH BALANCE AS OF 8/22/2017	<u><u>\$76,684.56</u></u>			

ROUND LAKE IMPROVEMENT ASSOCIATION NET WORTH | As of 6/30/2017

ASSETS	Balance as of 6/30/16	Balance as of 6/30/2017
Cash and Bank Accounts		
CD BlackRidge	15,226.39	15,317.64
CD Designated Funds Dredging	29,805.78	8,935.01
Checking	8,272.92	10,023.02
Savings	22,033.41	28,107.53
Special Projects Checking	0	0
Savngs Dredging Funds	100.52	100.52
TOTAL ASSETS	75,439.02	62,483.72
LIABILITIES		
Other Liabilities		
Accounts Payable	0	0
TOTAL Other Liabilities	0	0
TOTAL LIABILITIES	0	0
OVERALL TOTAL	75,439.02	62,483.72

ROUND LAKE IMPROVEMENT ASSOCIATION BANKING SUMMARY | 7/1/2016 through 6/30/2017

INCOME	
Interest Inc	119.44
Interest Inc: Dredging Funds	179.23
TOTAL Interest Inc	298.67
Meat From Picnic	40
Membership Dues	9,860.00
Rummage Sale Income	70
TOTAL INCOME	\$10,268.67
EXPENSES	
Buoys	402.64
Dredging Expenses	21,050.00
Mailbox fee	48.00
Misc	25.00
Picnic	
Picnic 2016	90.00
Picnic: 2017	1,246.11
TOTAL Picnic	1,336.11
Postage (Stamps,etc)	16.39
Professional Fees	250.00
Sale Around Round Exp	95.83
TOTAL EXPENSES	\$23,223.97
OVERALL TOTAL	(12,995.30)

ROUND LAKE IMPROVEMENT ASSOCIATION MEMBERSHIP LEVELS

| Contributions Received 4/1/2017 thru 9/22/2017

OWL (\$25.00 - \$49.99)

Charles Balzer
 Tim & Nancy Baxter
 Rodney & Janice Brouwers
 Chuck & Sandy Burton
 Shellie Cibuzar
 Dick/Lynn Crail/Parker
 Scott & Sue Fisher
 Jake & Angie Frie
 Marian Graphenteen
 Sandra Hayes
 Nick & Pat Heinen
 Dave & Kathleen Hennes
 Bill & Barbara Howard
 Chuck & Marie Jorgensen
 John & Laurie Majka
 Mary McGuire
 John Meyer
 Ted & Nona Newcomb
 Kevin & Kathy Nordstrom
 DeLos & Karen Olson
 Craig & Karen Peterson
 Jo Svendsen
 Chad & Kacie Wottreng
 Roger & Karen Yundak

HAWK (\$50.00 - \$74.99)

Bill & Jean Arndt
 Jo/Nan Bonestroo/Morain
 Joe & Linda Chmielewski
 Robert & Blanca Christensen
 Steve & Linda Esser
 Karl & Jamie Hawkinson
 Denny & Karen Holmen
 Marjorie Holmstrom
 Paul & Bethany Husby
 John & Nancy Jacks
 James & Anne Kalgren
 Jim & Anita Langham
 Joan Lofgren
 Al & Laura Paycer
 Paul & Diane Radintz
 Butch & Janet Rhoades
 Ted & Mary Rogers
 Ken & Donis Smith
 John & Vivian Swanson
 Jeri Veldman

OSPREY (\$75.00 - \$99.99)

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 Kent & Jane DeSautel
 Paul & Mary Etzell
 Steve & Kathy Lusk

Mark & Paula Parrish
 Berniece Slupe
 Dave & Kim Sykes

EAGLE (\$100.00 or more)

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 Bill & Peg Baker
 Galen Bottemiller
 Dan & Kathy Brown
 Steve & Joanne Carfrae
 John & Cindy Carnahan
 Eric & Julie Davidge
 Linda/Patti Domholt/Herzog
 Bill & Elaine Lancaster
 Mike & Ada Larson
 Dan & Jennifer Lee
 Mike & Tanya McDermott
 Bill & Kris McGrath
 Joe & Sheila Nadeau
 Scott & Kathy Potter
 Larry & Cece Stark
 Jim Storm
 John & Amelia Svenningsen
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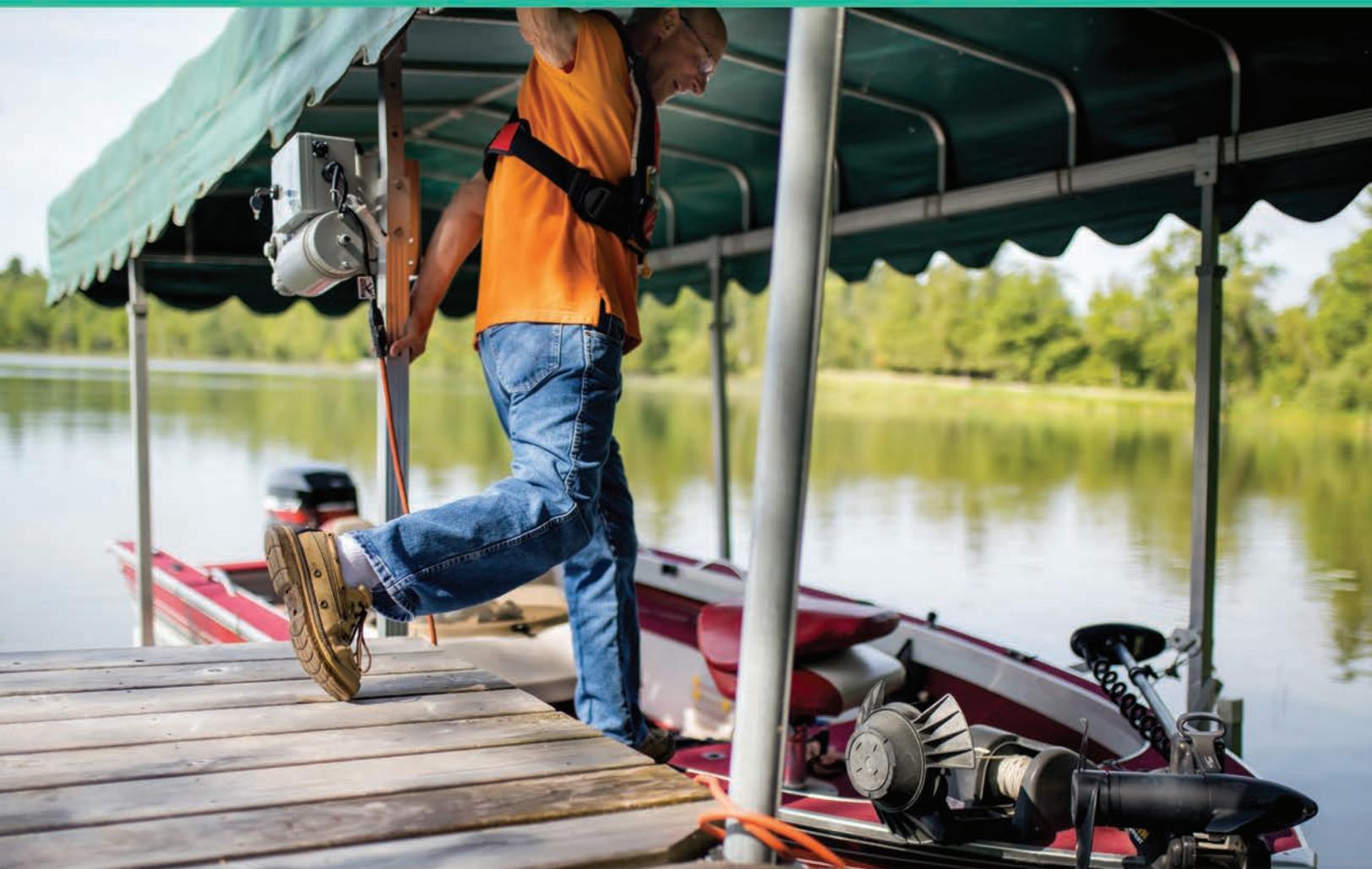
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As he helped a neighbor, Karl Iten injured his right tendon just above his heel. When the avid angler, who lives on McKeown Lake near Hackensack, couldn't go fishing he knew it was time to get help.

Karl appreciated that Dr. Annette Bartel, one of three podiatrists at Essentia Health's Brainerd Clinic, not only explained why surgery was needed, but how she would do the surgery and why she believed it was the best option for repairing his tendon.

Karl is back to fishing and his daily five-mile walk with his neighbor.



Whether you are experiencing pain due to an injury, disease or simply growing older, the podiatry team at Essentia Health can help you get back on your feet and feeling better. For an appointment, call **218.828.7100**.

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