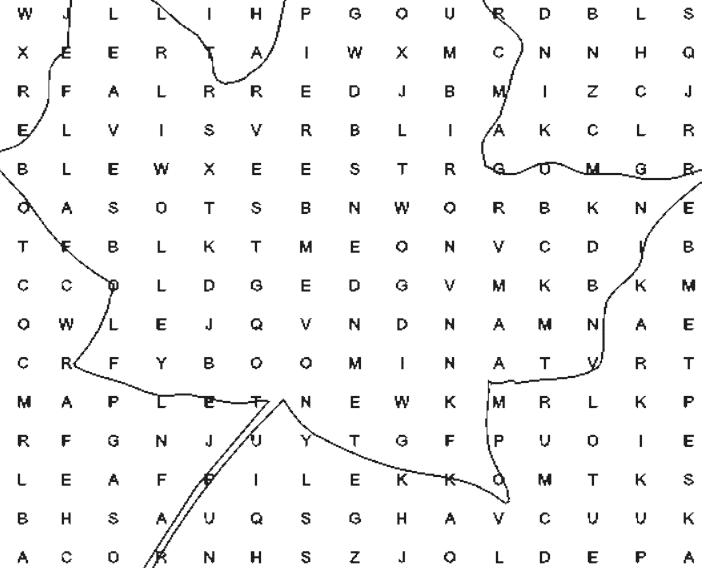


Autumn

Word Search #1

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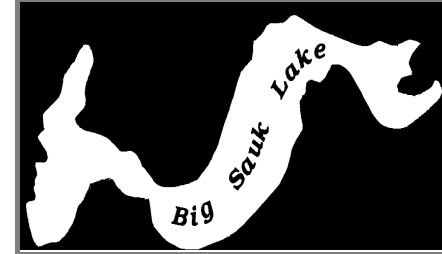


Find these words:

- | | | | |
|--------|-----------|----------|-----------|
| Acorn | Fall | Maple | Pumpkin |
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| Brown | Harvest | Oak | Raking |
| Cold | Leaf Pile | October | Red |
| Corn | Leaves | Orange | September |



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BIG SAUK LAKE ASSOCIATION INFORMER

FALL EDITION 2009

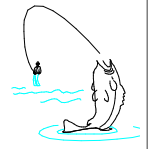
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FROM THE PRESIDENT

Dear Fellow Members,

Our summer thus far has seen unusual chilly temperatures, many windy days, a period of little rainfall but currently a glorious late summer series of warm but again, days of little moisture. Dahlias which were planted much later than normal are blooming profusely. Garden bean plants are still flowering and producing a late season harvest. The tomato harvest looks good despite the typical withering of the plant leaves. The lawn grass shows no tendency to stop growing nor does the obnoxious and invasive "creeping Charlie". I almost forgot to mention the invasion of "army worms" which plagued portions of our shoreline. Our spring issue contained a story concerning the possibility of a renewed infestation this summer. It proved to be prophetic. The outbreak was scattered but it points to the possibility of a heavier infestation next year. Will it be necessary for property owners to band together and contribute a pool of money to hire a professional sprayer?? Time will tell.



This summer, Board member Dean Hilgers resigned to accept a position to serve the Catholic Church in developing small business opportunities among people in developing countries. His office will be at the Vatican. We wish him well and hope he will return to our Board within a year. We were pleased to have Jeff Mayer join us to replace Dean. There are still vacancies on the Board. Note our recurring ad in the newsletter!

We were sorry to hear of the passing of long-time Lake Association member LaVerne Spehn. Vern was a strong advocate of keeping our water quality high. In fact he was a designated LAKE ADVOCATE when that program was initiated by the MPCA. In past years, he spent many hours staffing the BSLA booth at the Fair.

I should start with our Annual Meeting held at First Lutheran Church in late May. A very substantial and tasty breakfast was served by the Youth of the Church. It was followed by a very informative talk by Holly Kovarik, the most recent administrator of the Sauk River Watershed District. She spoke briefly about her background and more extensively about the 2009 Plan of Operations which includes the Watershed's vision, overall plan, plan implementation and the twenty-six goals and objectives for 2009. Several of them were highlighted. Concurrent with the meeting, a clinic was held to analyze member's well water samples for the presence of nitrates. Board member Mike Blenkush operated the analyzer. Virtually all the samples showed very low or zero levels of nitrates. A 2008 summary of our receipts/expenditures as well as the 2009 budget was handed out to the members. Our attendance represented a small percentage of our total membership. Since the Board continues to keep the date set in our By-Laws for the Saturday prior to Memorial Day, you can go to your 2010 calendar and circle the date. That way if your cousin Charlie calls and says he and the family want to come up on Friday night, you can tell him that you will be busy for a couple of hours and expect to make their own breakfast on Saturday morning. Although I have not spoken to Tim Adams, our "carp man", we fully expect that his crew will appear after the ice forms, probably sometime in December. Only then do we expect to see large numbers of carp removed from the lake.

On July 9th, we hosted a pontoon boat tour of Sauk Lake. We were initially contacted by Sue McGuire, the Stearns County

Water Management Plan Coordinator to conduct the tour. It was necessary to utilize 4 pontoons to transport the guests who attended. The major objective was to observe restoration projects along the lakeshore including sites along Sinclair Lewis Park and St. Michaels Hospital and the Beuning and Fiedler properties. Along the way, comments were transmitted to all members via a microphone/amplifier. These remarks centered on project costs, some history of the lake and references to sites which need major restoration to eliminate soil erosion into the lake. The only clip noted was growing in a relatively small area near the outlet of the Sauk River. I want to publicly thank the men who furnished the pontoons and did the driving. They were Gary Mueffelmann, Vern Beckerman, Mike Blenkush and John Sells.

Our Fair Booth continues to be a venue to carry our mission of educating the public on water quality issues. This year an unofficial total of 529 visitors stopped at the Booth. One may argue that a majority of them are kids who are attracted to our games and prizes and thus "drag" their parents over as well. However, just answering the questions is an educational experience. In many cases our volunteers can speak to parents about our lake while the kids are taking the quizzes. There are improvements which can be made. We need a more professional looking banner. New photos are needed. You, our members could very well supply pictures of family experiences on the lake as well as photos of the natural beauty of the shoreline and sunsets. The appearance of our booth has been enhanced by the aquatic plants. I wish to thank Dave Jacobson for sharing the specimens with us. I also want to thank new Board member Jeff Mayer for contacting the PCA to furnish the packets of non-lead sinkers, colorful handouts and beautiful pictures of loons - suitable for framing. Many people stopped to avail themselves of these free gifts. Thanks to all of our members who volunteered to staff the booth.

continued on page 2

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NORTH BASIN (NEAR GULL POINT)

By Dave and Tim Weir

DATE	CLARITY DEPTH
6-2	6.5'
6-14	10.5'
6-22	9.5'
7-3	3.0'
7-11	4.0'
7-26	3.5'
8-9	3.0'
8-14	3.0'
8-22	3.5'
8-31	3.25
9-4	3.0'

LAKE WATCH SOUTH SIDE

The clarity readings were again not very good, and this year again, there were almost no weeds in the south basin. It was also a year that the color of the water was already brown in the spring. There was some minor clearing in June but by early July the water was very brown in color.



Following are the readings taken in 2009.

DATE	DEPTH (IN FEET)	COLOR	WATER TEMP.(F)
5-09	3.5	Brown	55
5-17	3.5	Brown	58
5-22	3.5	Brown	60
6-1	5.0	Brown	64
6-10	6.5	Clear	60
6-15	7.5	Clear	67
6-21	6.5	Clear	71
7-02	2.5	Brown	71
7-08	2.5	Brown	75
7-17	2.5	Brown	70
7-27	2.5	Brown	75
7-31	2.5	Brown	72
8-10	2.0	Brown	75
8-18	1.5	Brown	72
8-26	2.0	Brown	72

The elevation of the lake on May 4th, the day the gauge was set, was 1226.75' or just over 1/2" above the summer target elevation of 1226.70'. The lake was high the entire month of June with highest elevation being recorded on June 21st when it was 1227.01' or about 4" above the target elevation. Lake level was near target elevation at the beginning of July and continued to drop until it reached it's low point on July 31st at 1226.23', nearly 6" below target elevation. The reading on August 26th was 1226.39', about 3 3/4" below summer target elevation.

LAKE WATCH 2009

Southern Basin 18' Depth
BY Vern Beckermann

From the President, continued from page 1

We are close to submitting a proposal to the Initiative Foundation for the remaining dollars of the grant designed to implement Best Management Practices on selected sites on Ashley and Hoboken creeks. Tim Weir has been instrumental in updating this proposal.

The Board has approved moving forward to give the Lake Association full 501-(c)3 status. When the paper work is completed, there will be filing fees of approximately \$300 for the Federal government and \$50 for the state. Completion of this effort will ensure that all contributions to the BSLA may be deducted for tax purposes as a charitable contribution. Many of you have probably been doing this already but this makes the contribution unequivocally a legal deduction. Treasurer Rick Jennissen is moving forward in this effort.

The Board will continue to explore the possibility of a Bow Hunting Tournament for Carp. We did not schedule one for this year due to our commitment to the current carp harvesting program. We will see how it progresses and be open to something for 2010.

Recently I read a short article in the Minneapolis Star-Tribune concerning the level of pollution along the north shore of Lake Superior. The National Resources Defense Council conducts an annual survey of the condition of beaches along the entire Great Lakes. Just 5% of the beaches in Minnesota have a level of pollution that is worse than national standards. This is the 14th - best ranking for water quality in the nation. The pri-

mary identified cause of pollution at the 79 public beaches along Superior is storm-water runoff. By comparison, 13% of the public beaches along Lake Superior and Lake Michigan in Wisconsin fall below public health standards. Wisconsin ranks 26th among the states. Does the cause of water pollution sound familiar? I would hope, yes - expect, that our lake residents are doing every thing possible to keep pollutants from entering our lake - whether it be ashes from beach campfires or careless dumping of waste water. Someone has said that never put anything into a lake which the individual would reject from his/her own water supply. It's a simple request which is important for all of us.

Thanks again to all individuals, families and businesses who continue to support the Lake Association with their contributions and time. We believe that your dollars are wisely spent on projects which support the Association objectives as stated in the By-Laws.

As you read through the newsletter, note the column "Cook's Corner". So much as been said about carp that lake resident, Linda Platz, sent me this technique for smoking said fish. If you are into the art of smoking fish or game, try it and send in your comments. In the future, I'm hoping that other members will be bold enough to contribute their recipes for smoked or grilled fish or game for future inclusion.

Your President,
Bob Bjork

GET THE LEAD OUT OF FISHING

Editor's Note:

Information for this article is hereby credited to the September-October Issue of the Shore to Shore newsletter published by the UM Shoreland Education Team.

If you are an angler who may still be using lead sinkers and jigs, search your equipment and replace them with lead-free fishing tackle. In doing so, you are making it safer now and in the future for Minnesota wildlife. It is well known that lead is a toxic metal that poisons birds and other wildlife including loons and eagles.

When lead sinkers are lost through broken fishing lines or other means, birds can inadvertently eat them. Water birds such as loons often swallow lead sinkers when they scoop up pebbles from the bottom of a lake or river to help grind their food. Eating just one lead sinker can poison a loon. Eagles can ingest lead by eating fish that have themselves swallowed lead sinkers.

While it is hard to get an accurate count of water birds and birds of prey that die from eating lead fishing tackle, research indicates that fishing-related lead poisoning can be easily avoided by using non-toxic alternative sinkers and jigs..

In loon breeding areas - the Great Lakes, northeastern United States and eastern Canada - studies show that lead poisoning accounts for about 25 per-

cent of dead loons found by researchers. In some areas, up to 50% of loon mortality is caused by lead. This year the MPCA and the MnDNR partnered with nonprofit angling group, Recycled Fish (<http://recycledfish.org>), to offer a special, "Sustaining Anglers, Fish and Ecosystems," Angling Kit that contains lead-alternative sinkers and biodegradable lures, as well as hooks and other supplies.

The kits are available at Joe's Sporting Goods in St. Paul and on the Red Rock Wilderness web site at www.redrockstore.com

Tips to help anglers safeguard wildlife and themselves:

1. Use fishing weights made from non-hazardous materials such as steel, tin and bismuth.
2. Dispose of old lead sinkers and jigs at your local hazardous waste collection site.
3. Wash your hands after handling lead fishing tackle or cleaning your tackle box.
4. Ask your favorite retailer to stock non-lead fishing tackle.

In many states, lead-free tackle isn't just a good idea - it's the law. Restrictions and bans of lead fishing sinkers and jigs are becoming more common, both in the U.S. and in other countries.

More information can be found at the MPCA web site at www.pca.state.mn.us/sinkers/.

CONTINUED SALE ON BIG SAUK LAKE MAPS!!!

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at 50% off the regular price.

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Help Wanted

THE BSLA IS LOOKING FOR VOLUNTEERS WHO HAVE TALENTS JUST WAITING TO BE USED!

OPENINGS ARE CURRENT FOR:
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 WATER SAMPLERS, PEOPLE-CONTACT TASKS,
 BSLA DIRECTORS,
 WEB-SITE MANAGERS, ETC. ETC.

TIME COMMITMENT:
 AT DISCRETION OF VOLUNTEER.
 MUST BE IN REASONABLY GOOD HEALTH E.G., BREATHING AND HAVING A HEART-BEAT.
 MEDICARE RECIPIENTS ARE APPROVED.
 MUST BE INTERESTED IN IMPROVEMENT OF SAUK LAKE.
 CONTACT BOARD MEMBERS BY PHONE.
 SEE FRONT OF NEWSLETTER.

COMPENSATION?:
 PERSONAL SATISFACTION
 BUT MILEAGE COSTS MAY BE REIMBURSED IN CERTAIN SITUATIONS!

MACROINVERTEBRATES: A Key to Water

Many readers are aware that macroinvertebrates collected from the sediment of lakes and streams have become a key part in determining the health of a lake or stream. Recall that invertebrates are animals without backbones and of course "macro" describes those which are large enough to be seen by the naked eye. Usually the "macro's" collected are the larval stage of aquatic insects e.g., stoneflies, caddis flies, and "dragon"flies. However, another group of these animals are the bivalves, commonly called mussels but more accurately are called mollusks.

Mollusks perform other important functions in rivers. As filter feeders, they transform nutrients into a form that is usable by other species. Large concentrations of mollusks may stabilize river sediments, and their presence in a river generally indicates good water and sediment quality. Generally, the more species found, the better the favorable conditions exist for other aquatic animals to survive.

Mollusks constitute one of the largest classifications of animals on earth both in number of species (47,000 or more) and in numbers of individuals. Their name is derived from the Latin "mollus" meaning soft bodied which in most species is protected by a hard, calcium containing shell. Biologically, they can be divided in 3 classes: Bivalvia (clams and oysters), Gastropoda (aquatic and terrestrial snails and slugs), and Cephalopoda (containing the predatory cuttlefish, squids and octopuses).

One example of citizen involvement in determining the health of a river was done by the Menahga Conservation Club in Wadena County. They adopted the Shell River as a stream where the mollusk population could be studied as an indicator of its water quality. The first survey site was located near a historic button-making factory. Over the years the river had provided thousands of shells to make buttons. Few were found. The volunteers then switched to an upstream site which had a healthier population. The second year they sampled the river between Upper and Lower Twin Lakes. Higher numbers were found with greater species diversity. The third year the collection was focused on the confluence of the Crow Wing and Shell rivers. Again high population counts were found for two species. The fourth year they returned to the "factory site". Results from 2009, were not available for this story. All together, eight species were identified

In more and more studies of our lakes and streams, macroinvertebrate collections and identification have become an important tool in assessing water quality. There are advantages to collecting both the insect larvae and the mollusks. Insect life cycles are short and their larval stages are easy to collect using nets which are swept over the bottom sediment. Certain species have been found to be tolerant of quite polluted water, others prefer clean, well oxygenated water. Therefore if a large concentration of those species tolerating polluted water are found, the conclusion about the water quality is pretty obvious. Conversely, the order Plecoptera, or stoneflies, for example, are very sensitive to pollution so their absence can signal a water quality problem. Likewise, certain species of mollusks are strong indicators of water quality. They have been called the equivalent of "canaries in a coal mine". Because they are long-lived and sedentary in a lake or stream, they picture a very different biological picture.

This group of citizens is determined to continue the analysis as one tool in monitoring the health of a river. Closer to home, readers may recall that macroinvertebrate sampling is continuing into this second year of the Upper Sauk River Water Quality Assessment Project. Sampling was scheduled for spring, summer and fall for each of the two years at six site locations. All species are being identified and tabulated by the Lake Superior Research Institute in Superior, Wisconsin.

Editor's Note:
 Information for this article is hereby credited to the September-October Issue of the Shore to Shore newsletter published by the UM Shoreland Education Team.

NEWSLETTER NEWS ITEMS
 Members, you are our best source for events, issues, and information. Our "collective" eyes and ears come across many tidbits of information in the months between newsletters. If you would like this newsletter to mention these topics, please give me a call at 320.351.2513.

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 At
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 From:
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 Tickets
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 Tickets are available at the door or from Association Members



MENU

Roast Pork Sandwiches
 Potato Salad
 Cole Slaw
 Baked Beans
 Homemade Bars
 Beverages

SAUK LAKE DRAWDOWN - A STATUS REPORT

As reported in the Spring Issue of the INFORMER, results of our survey were forwarded to Eric Altena, area Fisheries Manager. The results of that survey (48 respondents) indicated that 44% favored the retention of the current 2.0' drawdown, 29% favored elimination of the drawdown, and 69% favored a compromise of 1.0' (based on their selection of this compromise as a 1st and 2nd choice). Eric felt that the 69% support for the 1.0' drawdown seemed like a reasonable compromise which would test two issues. First, many lakeshore residents are concerned about "ice jacking" - the piling of ice on shorelines in the spring due to prevailing winds causing shoreline erosion and damage to docks, etc. The second was the diminishing plant reproduction in spawning areas and its effect on reproduction coupled with a drastic decrease in overall fishing success in Sauk Lake.

Our Board held a special meeting on August 1st to discuss the issue and arrive at our position. After considerable discussion on the pro's and con's of changing the drawdown, the Directors voted to accept the compromise for a 3-year test period. Subsequently, representatives of the Board, the Public Utilities Commission, Altena, and others met at the PUC office to consider our vote. The compromise was then forwarded to the Sauk Centre City Council where a vote of approval was also made. It was agreed to initiate the change commencing this fall. The drawdown will BEGIN ON MONDAY, OCTOBER 19 and will continue until the lake level reaches the winter target level of 1225.7'. Since the lake level is already below the summer target level, it will not take the full 2 weeks to drop the lake to 1225.7 feet. The lake level will begin to rise commencing March 14, 2010

Considering the comments made on a number of surveys, this decision will be favored by many but certainly opposed by others. The results will be monitored closely.

As previously mentioned, the effect of an earlier spring restoration of the lake level on current and future fish populations will be studied. The DNR fisheries division has already conducted one project and is planning a second. An electrofishing survey was conducted on June 18th of this year. "We found quite a few fish, abundant native vegetation in places and some results that are more than likely, a good sign". "This year the abundance of good native plants is astounding by comparison to last year". The crew spent "virtually equal time on the upper and lower ends of the reservoir." Sunfish, bass, young northern pike, walleye and crappie were found. "We also saw plenty of young-of-year perch, spot tail shiners, blunt nose minnows and a few bowfin(dogfish)." Earlier, Sauk Lake was stocked with 2.4 million wall-eye fry. An assessment of the viability of this stocking will be evaluated this fall by another electrofishing survey. By this time, the surviving fry will have grown to fingerling size. Mr. Altena will consider a stocking successful if an average of 20 fingerlings per hour are "retrieved". It should be mentioned that up to 700 per hour are shocked in some lakes and most lakes will yield more than 20 per hour.

Next spring a concerted effort will be made to chart walleye and northern spawning as well as numbers of carp.



COOKS CORNER

Smoked Carp

Submitted by Linda Platz

Prepare Carp leaving the skin and scales intact using one of the two following methods. I prefer to fillet carp to remove a large share of the bones and to have a quicker smoking time and they absorb brine better. The fillets also fit my smoker better.

Traditional method - Cut the head off and split the fish from the back fin through the rib cage but do not split into 2 halves. Clean out the intestines and rinse the fish.

Fillet method - Remove the fish filets from the back fin and rib sections. Rinse the fillets from the fish.

Prepare Brine: There are a number of brines for smoked fish. I prefer sweeter brine as is listed here.

- 1 cup of pickling salt (this dissolves easier)
- 10 cups of water
- 1/4 cup packed brown sugar
- Bay leaf crushed

Optional seasonings: For variety you can add Chili powder, onion powder and garlic powder or try thyme and marjoram.

Cover the fillets with the brine for 8 hours. Rinse the fillets and place them in the smoker.

I use an electric smoker set about 200°F and smoke the fillets until they appear dry on the surface over a period of about 3 1/2 to 4 hours.

Store the smoked fish in a refrigerator. These have been a hit with everyone that has tried them and they are amazed that they are enjoying carp.

MEMBERSHIP

The following is a listing of BSLA Residential and Business members who have paid dues for calendar year 2009 as of September 1st. **THANK YOU** for your support of Big Sauk Lake and the Sauk Centre community!

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RAIN BARRELS

What Are They and Are They Available?

Those of you who ventured to the Stearns County Fair this year may have wandered past our booth and the adjacent booth which was sponsored by the Sauk River Watershed District. A major display at the SRWD booth consisted of a barrel connected to a continuous water flow. Water flowed in at the top and exited the base only to be recycled. A typical barrel holding about 60 gallons, is becoming more popular to conserve rain water. It may be attached to a downspout into which is built a diverter. Rain enters the top of the downspout, flows through the diverter and into the barrel. When the barrel is full, the diverter is opened and rain will continue to flow downward to the ground. The barrel is equipped with a lid which seals off the water from unwanted debris and mosquitoes who would use the water as a convenient place to hatch their offspring. A valve and discharge hose at the base will allow the water to be released. The amount of rainwater collected can be substantial. A roof with a surface area of 1000 square feet can yield 623 gallons for every inch of rain.

Rainwater is superior to well water in watering plants. A second reason has to do with the direction of rainwater after it leaves the downspout. Is it flowing over an impervious surface such a driveway and from there into a storm drain? Is it flowing directly into a drain pipe which carries it directly into a lake or stream? If these scenarios are occurring, there is an obvious invitation to carry pollutants into a water body.

There are commercial sources which sell rain barrels and diverters. The type shown at the Fair were acquired through the Pope/Douglas County Waste Management Departments. There cost was \$54, a considerable savings. The SRWD is planning to have them available again in 2010. If installation of a rain barrel fits into your life style objectives, watch for further announcements next year or check out other sources.

Big Sauk Lake Association

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