

Ten Mile Lake Association

Newsletter

Spring, 2001

Dedicated to the Preservation and Improvement of Ten Mile Lake and its Environment

MARK YOUR CALENDARS!:

WELL WATER TESTING

SATURDAY, JULY 14, 2001, 10:00 a.m. to 3:00 p.m.

by Fred Brosius, Environment & Ecology Committee

THE TEN MILE LAKE ASSOCIATION will conduct another well water testing day on Saturday, July 14, between 10:00 a.m. and 3:00 p.m. **All lake residents are strongly urged to participate in this easy but important testing program.** Pick up a sample container at the testing station nearest you and follow the simple instructions that will be included with the container. Then return the filled container to the same location. There will be a charge of \$16.00. You will receive your test results in about 10 days. If your water is all right, you will be happy to know it is safe. If your water does not pass the test you will be able to take the necessary action to make your water safe.

Testing stations will be:

**South Shore — Former Woock's Store,
Lower Ten Mile Lake
Road**

**North Shore — Jerry Mill's Garage, at
5323 Upper Ten Mile Lake
Road**

THE TESTING PROGRAM analyzes the water samples for nitrates and for coliform bacteria. Nitrates can result from both acid rain and and septic systems, especially old ones, and coliform bacteria from fecal contamination. Last summer 51 samples were turned in for analysis. All samples were negative for nitrates, but nine samples tested positive for coliform bacteria; water with coliform bacteria is not

considered to be safe for drinking, in standards set forth by the Minnesota Department of Health. Such water must be boiled for at least three minutes before being consumed.

IF YOUR WATER TEST is unsatisfactory, you will receive instructions with your test results as to appropriate corrective procedures. For coliform bacteria, the problem can practically always be solved by chlorinating your well overnight. Diluted chlorine bleach solution is poured into the well casing or into the suction pipe and allowed to remain there 12 hours. Then it is pumped out and discharged through an outside hose spigot so that most of the chlorinated water by-passes your septic system. You can do this chlorination procedure yourself or obtain professional assistance. After chlorination the water should be retested. To retest, get a sample container and instructions from the Department of Environmental Services at the Cass County Office Building in Walker (adjacent to Courthouse).

WHILE CONSIDERATION was given to holding the water testing program every two years, the Environment and Ecology Committee believes that safe drinking water is of utmost importance to all lake residents, and will therefore continue to test annually. For simplicity, minimal cost, and maximum water safety, this water testing program is something no lake resident can afford to pass up.

Ten Mile Lake Association Officers

Bob Crom, President	547-2473
Don Willis, Vice-Pres.	675-6231
Tom Cox, Treasurer	675-6844
Lisa Tuller, Secretary	675-6906

Resident Directors

Gail Becher	547-3214
Heidi Hoppe	675-6255
Al Griggs	675-6312
Stuart Lane	675-6998
Jerry Mills	547-1164
Larry Urbanski	547-3107

Summer Resident Directors

Stan Benbrook	675-6810
Ray Black	675-6903
Bob Crabb	675-6120
Dave Losby	675-6066
Hank Sandvig	675-6521
Randy Vosbeck	547-3840

Watershed Coordinator

John Alden	547-3114
------------------	----------

Committees

Adopt-A-Highway - Robert Nelson, David Losby,
Judy Bryngelson, Stuart Lane

Advisory Committee - Jim Miller, Jack Adams, Al
Hoover, Ross Melgaard, Jim Schwartz, Stan
Skaug

Environment & Ecology - Jim Schwartz, Gail
Becher, Jack Adams, Fred Brosius, Pat Carey,
Bruce Carlson, Amelia Gislason, Al Griggs, Carl
Hertzman, Dick Horn, Marty McCleery, Jim McGill,
Ross Melgaard, Jerry Mills, Tom Moore, Bob
Nelson, Ellie Nelson, Brad Putney, Bob Rydell,
Dick Sempel, Hank Sandvig, Fred Shrimpton,
Lorraine Stromquist, Forrest Watson, Don Willis

Environ. Protection Fund - Al Hoover, Ray Black,
Rod Owre, Stan Skaug

Finance - Bob Crabb, Al Hoover, Jack Adams, Stuart
Lane, David Losby, Ross Melgaard, Ted Melby,
Jim Miller

Fisheries - Nick Melby, Larry Urbanski, Don Brown,
Pat Carey, Adam Gislason, Bob Horn, Dick Horn,
Gary Marchwick, Karl Reuland, Jim Schwartz

Handbook/Directory - Gail Becher, Phoebe Alden,
Sarah Cox, Willa Martin

History - Willa Martin, Stan Benbrook, Don Buck,
Tom Cox, Sue Eikenberry, Deb Hamilton, Anne
McGill, Ross Melgaard, Lorraine Stromquist, Larry
Urbanski

Lake Level - Walt Kane

Lake Level Mgmt. - Tom Cox, John Alden, George
Brandt, Don Brown, Dan Eikenberry, Marty
McCleery, Walt Kane, Jim Schwartz

Lake Safety - Jerry Mills, Terry Cook, Pat Gjevre, Don
Harris, Jim McGill, Barbara Roberts, Mary Ann
Schmidt

Loons - Dick Horn, Bob Moe, Bob Crom, Chet
Malek, Lynn Martin, Ken Regner, Murry Towler

Membership Coord. - Phoebe Alden

Newsletter - Sarah Cox, ed.; Jim Schwartz

Webmaster - Geoffrey Cox

Zoning & Land Use - Ellie Nelson, John Alden, Ray
Helsman, Bob Nelson, Don Patterson, Dick
Roberts

FROM THE PRESIDENT'S DESK

by Bob Crom,
TMLA, Inc. President

In the interest of getting this Newsletter into your hands as early in the season as possible, it is being prepared as we approach the first regular Board meeting of 2001 on June 2. As I'll be reporting to the Board, and to the Annual Meeting August 4, it's been a busy winter and spring. Here is a list of some of the issues we will be discussing. You will hear more about these issues in the July Newsletter.

- ▶ I'm pleased to report that **John Alden** has good news relating to funding of the research proposal supported by Board action last fall.
- ▶ Several of us who wintered over here have been involved in sessions about ecological preservation concerns relating to potential development projects on the Lake.
- ▶ Several chairs or co-chairs of task groups and committees have made me aware of activity within their purview. Among them are the Handbook Task Group and the Committees on Lake Safety, Lake Level Management, Environment and Ecology, Fisheries, and Adopt-A-Highway.
- ▶ To get public input on which to base decisions relating to the future of Upper Ten Mile Lake Road (CSAH 50) and CSAH 71 the Cass County Highway Department has established Project Management Teams. John Alden and I have been asked to serve on both. Two meetings of each have been held to date.

Although upcoming Newsletters will be reporting on many of these activities, I urge you to plan to attend the August 4th Annual Meeting to learn more about them and to give the Board the benefit of your concerns and interests.

See you there!

A DIETARY NOTE

by Jim Schwartz, Associate Editor

THE MINNESOTA DEPARTMENT OF HEALTH has issued a simplified guide for safe consumption of fish from the State's lakes and rivers. For the general population, the Department says it's okay to eat as many sunfish, crappie, perch and bullhead as you wish since they don't contain as many contaminants as larger, older fish. Larger fish of other species, however, should be eaten only once a week.

FOR WOMEN who are or wish to become pregnant, and for children under age 15, eat panfish only once a week. Walleyes shorter than 20 inches and northern pike shorter than 30 inches should be eaten only once a month. Larger fish should not be eaten at all. When cleaning fish, it's a good idea to remove fat, particularly belly fat, since contaminants tend to build up in those areas.

MARK YOUR CALENDARS! —

PERMIT TRAINING FOR WATERCRAFT OPERATORS (Ages 10 through 17)

Thursday, June 28, 2001, 9:00 a.m. to 3:00 p.m.

HACKENSACK COMMUNITY CENTER

by Don Harris and Jerry Mills, TMLA Safety Committee

On Thursday, June 28, 2001, from 9:00 a.m. to 3:00 p.m., the Cass County Sheriff's Water Safety Officer will provide training leading to the Water Craft Operator's Permit for children ages 10 through 17. The training session is hosted by the lake associations of Ten Mile, Birch, Pleasant, and Poquet Lakes. The Hackensack Lions Club will sponsor lunch (hot dogs or hamburgers and soft drinks) as well as treats at breaks, and will assist with the overall program. The training program will begin at the Hackensack Community Center and continue at the Hackensack City Dock on Birch Lake.

Minnesota boating laws require that for all motorboats with motors larger than 25 horsepower, children ages 12-17 years old **must have a watercraft operators permit** or someone on board who is at least 21 years old and in reach of the controls. There are no restrictions for motors under 25 hp.

The training will be free, and offered in three phases: **Phase One** will start at 9:00 a.m. and will consist of lecture and videos by Sheriff's Deputy Tom Berglund. Phase One will include a break and end at lunch. **Phase Two** will start after lunch at the City

Dock on Birch Lake, and will involve hands on boat safety exercises. It will include instructions with personal watercraft. In **Phase Three**, participants will receive a written test, to be completed later and mailed to the Minnesota Department of Natural Resources (DNR). After evaluating the tests, DNR will mail watercraft operators' permits directly to the graduates.

Tim Berglund, Cass County Sheriff's Water Safety Deputy, has requested that **ALL PARTICIPANTS PRE-REGISTER** for the training. You may register your child with any of the following

Don Harris, Ten Mile Lake	675-6285
Jerry Mills, Ten Mile Lake	547-1164
James McCormick, Birch Lake	675-6127
Ollie DeGray, Hackensack Lions	675-5139

We hope to make this training an annual event and we would really like to see an enthusiastic turnout for this first session. It will be an important step to improving boating safety on all our lakes. We strongly urge parents and grandparents to get their children ages 10-17 signed up.

SUMMER SAILBOAT RACING SCHEDULE ANNOUNCED

from *The Squall Line*, Spring 2001

Among other sailing news, the Spring 2001 issue of *The Squall Line*, (Newsletter of the Ten Mile lake Yacht & Tennis Club) sets forth the race schedule for Summer 2001. The schedule is now expanded to include five races, with the winner to be determined by best in total points (by boat, not skipper) in four out of five races. By using the best four-of-five, the program seeks not to penalize a boat that is unable to race in all five races.

Race dates (all Saturdays) and titles are:

June 23	June Summer Series
July 7	Fourth of July
July 21	Memorial Cup
August 4	Moxness Cup
August 18	August Summer Series

Two races will be held on each race date. The first race begins at 1:30 p.m.; the second race begins shortly after the first race is concluded. If a race is cancelled because of bad weather, it will be rescheduled for 10:30 a.m. the next day (Sunday). If weather conditions remain poor for that event, the second backup is Saturday of the following weekend, at 1:30 p.m.

The reports on last year's races show Mimi Carlson as overall winner, with Ki Hoffman and Bob Crabb second and third.

Tom Sigveland is editor of *The Squall Line*. If you would like to receive the sailing newsletter, or want to participate in the program as a racer or volunteer, please call Tom at 675-6262.

WHAT DO YOU KNOW — about sleeping birds?

by Carl Hertzman

Recent studies indicate that a number of species of birds, particularly waterfowl, sleep with one eye open (called uni-hemispheric sleep) allowing one hemisphere of the brain to sleep while the other stays awake. Presumably the birds switch eyes during the night. The open eye focuses on the direction from which danger is expected. The bird can awaken and react instantly. In birds the optic tracts cross over to the opposite side of the brain. Thus they differ from humans where each eye is represented by both sides of the brain.

The length of time birds sleep depends on the length of night. They tend to retire up to an hour before darkness and wake up before dawn, even singing while it is still dark. This is presumably because they are hungry early in the morning. In northern winters, birds such as chickadees may sleep 14 to 15 hours; with their high metabolic rate this gives them little time to stoke up for the following night, since having enough fat reserves is critical to surviving a cold night. Therefore, if you are feeding birds, getting food out early in the morning and late in the afternoon is important. Chickadees can lose ten percent of their body weight on a cold night. Some birds, such as redpolls, store seeds in their cheek pouches and swallow them during the night to maintain their metabolism.

During cold nights, birds will seek shelter from wind: in evergreens, under the eaves of buildings, anywhere they can get away from cold wind. (When my wife, Mary, gets up early and raises her window shade, birds including a cardinal will fly out of the evergreen bushes along the house.) Grouse will dive into a snow bank, since snow is a good insulator. In the arctic tundra and plains, birds will find depressions or huddle behind small brush to get out of the wind. Woodpeckers, and some other species, go into cavities; woodpeckers tend to retire early and get up late and may peer out of the hole for awhile before flying off. Some species, such as bluebirds, will pile into a cavity such as a nest box, sometimes suffocating the individual on the bottom. Birds will also fly into a barn, particularly if it is warm with livestock.

During summer, birds sleep less, since night is shorter. In the arctic, where there are 24 hours of sunlight, birds still rest for a few hours around midnight. Particularly in the tropics or in deserts, if the temperature becomes very high birds become inactive during midday to prevent overheating. (There is not much bird activity even in Cincinnati on a hot summer day!)

TEN MILE LAKE WALLEYE HEADS NEEDED FOR DNR STUDY

by Scott Gustafson

Fisheries managers of the Minnesota Department of Natural Resources (DNR) are asking Ten Mile Lake anglers to save walleye heads as part of an ongoing study on Ten Mile Lake. Anglers who keep walleye from Ten Mile are asked to set aside and freeze the heads of their walleye catch for examination by DNR personnel. Walleye heads received by DNR will be measured to estimate the length of each fish, and a bony structure will be removed to determine the fish's age. Fisheries workers also want to check these heads for the presence of a tiny magnetic tag inserted into the head of stocked fish. By determining how many fish carry one of the magnetic tags, fisheries workers can learn to what extent stocked walleye contribute to Ten Mile Lake's walleye population.

"We encourage anglers to practice catch and release," stated Walker Fisheries supervisor Harlan

Fierstine, "but for walleye that anglers wish to keep and eat, we're requesting that the heads be saved and frozen for us to examine." Fierstine said that the frozen walleye heads could be dropped off at the Area Fisheries Headquarters south of Walker during business hours. Bag the heads by month and label the bag. Frozen walleye heads may also be dropped off at the home of Larry Urbanski of the Ten Mile Lake Association. Larry Urbanski has volunteered a spare freezer as a temporary collection site for the samples, which will then be forwarded to the DNR. The Urbanski residence is at 5376 County 71 NW, Hackensack.

Anglers with questions about the project can call the Walker Fisheries Headquarters at (218) 547-1683.

Scott Gustafson is a Fisheries Specialist at the DNR's Walker Area Headquarters.

NOTES ON LAKE MANAGEMENT

by Jim Schwartz, Associate Editor

ABOUT FOUR YEARS ago I wrote a Newsletter article reviewing lessons learned at the annual meeting of the North American Lake Management Society -- lessons as relevant to Ten Mile today as they were back then. Here they are, with some editing, a deletion or two and a bit of elaboration:

- Phosphorus that becomes available to aquatic plants will increase in shallow areas with heavy boating activity. Boat traffic stirs up bottom sediments which, in turn, release nutrients. That also adds to turbidity and is harmful to the aquatic plants that fish rely upon for habitat. Ten Mile's most susceptible areas: Flower Pot, Lundstrom's, Kenfield and lower Long Bays, the Boy River and the small bay behind the island.

- Waterfowl can produce significant amounts of phosphorus and other nutrients. Four Canada geese, for example, can generate as much phosphorus as one properly managed septic system. The experts' advice: **don't feed waterfowl of any kind.**

- Other significant nutrient sources for lakes, including Ten Mile, are lawn fertilizers, storm water runoff, faulty septic systems, construction sites and, of course, the overall watershed. Anyone can help reduce nutrient flow to the lake by adopting best management practices: lakescaping, creating shoreline buffer zones, upgrading and managing your waste water treatment system, keeping leaves and lawn debris out of the lake, avoiding beach fires, etc.

- As lakes become more acidified, mercury deposits change to a methylated state that is readily absorbed by fish. Fortunately for us, Ten Mile is a well-buffered lake and, and therefore, not as subject to acidification. Still, we are not home free. Ten Mile's game fish do have mercury in their flesh and should be eaten in moderation — perhaps a meal or two per week for most of us, less often or not at all for pregnant women and small children. Panfish are generally okay.

- Loons have a difficult time maintaining their population. A chick every other year for a mating pair is about average. Anything more than that is considered good. The Association's efforts to encourage loon rearing by strategically locating nesting platforms can only help. In the year 2000 there were seven loon chicks on the lake, a good showing.

- In any lake management plan, work should be divided into three categories: that which citizens can do, that which professionals must do, and that which can be accomplished together. We're trying to do

things that way but it is not always easy to distinguish one from the other. For any management plan to succeed, there must be both cooperation and support from lake residents.



A MEMORIAL TO JAMES PETRIE

by Jim Schwartz

AS ANY LAKESHORE owner soon learns, it is a great boon to have someone available who can help with the many tasks involved in caring for lake property. Such a person for many Ten Milers was **Jim Petrie**, a Hackensack resident, who was the handyman they called upon when certain kinds of work needed doing. Whether it was felling trees, mowing yards, raking leaves, hauling brush, painting buildings, transplanting trees or bushes, setting a dock, repairing a balky pump, or any of a host of other chores, Jim could get the job done.

This past winter on January 6, Jim died of a heart attack at his home. He was 50. Jim graduated from Northland High School and worked for the Remer Timber Company for 13 years. More recently he had become a valued helper for Ten Mile Lake residents who needed the kind of services that Jim could offer. He will be sorely missed, not alone for his considerable skills, but also for his wry sense of humor and his cheerful and winning personality.

Jim is survived by a sister, Wilma Nickels.

Bob and Cheris Garrison, summer residents of Batcheller Bay, and Jim's numerous employers and friends have proposed a memorial fund in Jim's name through the Ten Mile Lake Association. Contributions may be designated for the James W. Schwartz Environmental Preservation Fund or for whatever purpose the donor specifies. Donations may be sent to

TMLA, Box 412, Hackensack, MN. 56452

Please specify "Jim Petrie Memorial" on your check.

THE HISTORY PAGE

(This edition of The History Page is not an explication of history but a request for history.)

WANT YOUR GRANDCHILDREN TO KNOW TEN MILE LAKE AS YOU DID?

By Bob Cron, President TMLA

This summer brings a unique opportunity for TML families to ensure their fond memories and unique ties to the Lake are not lost to unborn generations. A publication documenting the history of the greater Hackensack area is one of several major projects being planned to commemorate the Hackensack Area Centennial in 2003.

The planning committee is encouraging all families with connections to lakes, resorts, churches, schols, clubs, civic organizations and businesses over any part of the one hundred years to submit pictures and histories. Plans call for the history book to be available for purchase in 2002.

TMLA member **Lorraine Stromquist** is our link to the Hackensack Area Centennial History project. She's asking for your help in the form of family histories (up to 500 words) and pictures to complement her overview of the Lake's role in the history of the greater Hackensack area

Suggestions for writing your family's story are:

1. Describe your families ties to a location on the Lake-- e.g. where and from whom they first acquired their property and why and when they first came to this area. Start with the first family members to come here and continue to the present.
2. Try to find one or more photos to submit with the history. Photos of particular interest are those that show animal-drawn vehicles or style of dress, cars, boats and equipment of an early era; condition or nature of roads;

appearance of your camp, cabin or lake home; unique or typical social, cultural or recreational activities; local personalities or businesses.

3. Insofar as possible use full names of all family members. In the case of wives, use the full maiden name. Locations and dates of births, marriages, deaths and burial are also of interest.
4. Give occupation and full name of parents, grandparents, etc.
5. Include details about family life, leisure time and community activities, offices held, military service, schools attended, church membership, achievements, honors and hobbies.
6. **If the above suggestions aren't helpful just include things you'd like your grandchildren to know about each generation.**

Family histories, with your mailing address and phone number noted, should be submitted to Lorraine at the following address:

**Lorraine Stromquist
4175 County 71 NW
Hackensack, MN 56452**

no later than July 31, 2001 ---- **earlier would be much appreciated.**

WATER LEVEL REPORT

by Tom Cox, Chair, Lake Level Management Committee

Due to heavy late winter snows and spring rains, Ten Mile waters are at their highest level in three years. On June 2, **Walt Kane** reported to the TMLA Board a June 1 reading of 1380.03 ft. — 5.9 inches higher than a year ago, and 8.3 inches higher than on November 1st. This is 1.56 inches above the DNR's Ordinary High Water Mark for Ten Mile (1379.90'), but 2.16 inches below the highest level recorded

since 1973 (1380.21' in 1979). Contrary to your Water Level Committee's expectations, the Birch Lake outlet structure stop log has been in place all winter. Your Committee Chair is working with the newly formed (September, 2000) Tri-Lake Management Board and the County Engineer to remedy this situation. Meanwhile, warm, dry weather is our best hope of an early lowering of levels.

From the Notebook

by Jim Schwartz

IF YOU HAVE wondered why restrictions are imposed on backyard "barrel burning" of household trash, here is one of the reasons: the Environmental Protection Agency estimated in 1995 that these devices emitted as many dioxins (a dangerous pollutant) as all the municipal incinerators in the country combined. The 1995 date is important because that is when emission standards for municipal incinerators were tightened.

-■-

FEMALE MOSQUITOES (the biters) live for about 30 days, while males only survive from 7 to 10 days. As everyone knows, of course, it's the biters that make life miserable. The 3000-odd mosquito species on this planet are said to transmit more diseases than any other creature.

-■-

MARTY MCCLEERY reports that five trumpeter swans (two males [white] and three females) visited Ten Mile Lake on the first of December, just about 10 days before ice-over. They were feeding on submerged vegetation off-shore from the McCleery property, staying in that area throughout the day. Marty says it's the first time he has seen trumpeters on the lake.

-■-

FOR THE FIRST TIME in the 40-plus years we have spent at least part of the summer season at Ten Mile Lake, we spotted not one brood of ducklings along our shore in 2000. For us, the absence of ducklings was mystifying (I'm told other areas of the lake had their usual complements). To make matters even worse, neither of our nesting boxes produced ducklings, even though both were occupied. One was claimed by a hooded merganser and the other by a goldeneye. When I checked the boxes at the end of the season, both had clutches of unhatched eggs. The hatching failure was discouraging, our first such experience after years of success.

-■-

WHEN THE ICE went out on April 29 it was like nothing my wife and I had ever seen before. If there is any breeze at all honeycombed sheets pile up along the windward shore, sometimes in huge mounds that keep growing until they collapse under their own weight. In a stiff blow, a fair amount of shoreline damage can accompany the event. On April 29, a gathering southeast wind pushed at the rotting

ice and, in classic fashion, sent the floes across the lake's surface toward south-facing shores. As the gale strengthened "ice waves" began forming, a completely new experience for us. As the churning action intensified, disintegration quickened. When remnants reached the beaches they simply morphed into crushed ice, then disappeared -- a riveting but altogether benign performance.

-■-

ONE MEASURE OF the wind's force was that Flower Pot Bay, ice-free prior to the blow, was completely ice-covered again by afternoon. To a lesser extent, the same thing happened in Lundstrom's Bay. Both bays, however, gave up their frigid cargoes that evening, and winter was over at last.

-■-

WE WERE DELIGHTED on our return to be greeted by chickadees, purple finches, rose breasted grosbeaks, pine siskins, downy and pileated woodpeckers and, for the first time in years, a male scarlet tanager. Our old waterfowl friends the hooded mergansers, wood ducks, goldeneyes, mallards and loons were also on hand within a day or so of our arrival. By May 10 the Baltimore orioles and hummingbirds had shown up precisely on schedule. Then came the warblers as well as other assorted species . . . and spring migration was under way.

YOU WERE EXPECTING MARTIANS??

ITS NOT MARTIANS. Just highway planning.

THOSE WHITE CROSSES you may have seen along roadsides around Ten Mile were markers for an aerial survey conducted by the County Highway Department. The survey was done as a preliminary to planned project work on Highways 6, 71 and 50 in the immediate years ahead. Although planning is under way, actual construction probably will not begin before 2005.

Discussions that include Ten Mile Lake representatives are in progress on what can be done about re-routing Highway 50, but no decisions have been made. Meanwhile, Highway 71 will be treated again this year with calcium chloride, a chemical formulation that reduces dust and minimizes washboarding.

The treatment has been applied to Highway 71 for at least the last two years. Because high water has again inundated a short stretch of Highway 71, traffic is being re-routed on Hiram Loop Road NW (Shingobee 51).

by Jim Schwartz

REMEMBERING OUR TEN MILE LAKE FRIENDS

Lydia A. Adams

Lydia A. Adams, 98, of Ames, Iowa, and a summer resident of Ten Mile Lake, died Sunday, October 8, 2000 at Israel Family Hospice House in Ames of complications of pneumonia.

Mrs. Adams was born August 14, 1902, in Nevada, Iowa to Emmett S. and Anna Fay (Lockridge) Armstrong. In 1925 she married Chevalier V. Adams in Ames. She was a 75-year member of Chapter AA, P.E.O. She was also a member of the United Church of Christ, Congregational; Pi Beta Phi sorority; the Iowa State Cyclone Club; Order of the Knoll, and Craft Club, and in 1989 was selected Cy's Favorite Alum. She established several scholarship funds, and provided a room at the Hospice House as well as the Chev Adams Children's Art Classroom at the Octagon.

Mrs. Adams is survived by one sister, Juliette Armstrong of Des Moines; five nephews, and three nieces. She was preceded in death by her husband, Chev; one daughter, Anna Fay Adams; two sons, Jay L. and Chevalier G. Adams; four brothers; three sisters; one nephew; one niece; and her parents.

Following funeral services at the United Church of Christ, Congregational, in Ames, she was buried in the Ames Municipal Cemetery.

(Walker Pilot-Independent, October 12, 2000)

Ruth F. M. Anderson

Ruth F. M. (Johnson) Anderson, 81, of Hackensack, MN and formerly of Minneapolis, died May 5 at Bethany Good Samaritan Village in Brainerd.

Mrs. Anderson is survived by her husband, Arnie; daughter Judee (Terry) LaBissoniere; grandchildren, Matthew, and Britt (Tom) Hoverman; great-grandchildren Abby and Will; and many other relatives and friends.

Memorial services were held May 10 at the Unitarian Universalist Church in Wayzata.

(Walker Pilot-Independent, May 10, 2001)

Estrid E. Brown

Estrid E. Brown of Bloomington, Minnesota, died on November 22, 2000 of natural causes, at the Friendship Village Lifecare Facility in Bloomington, at the age of 97. She had been for 74 years a summer resident and vacationer on Ten Mile Lake. Estrid was born September 23, 1903 in Beaver Falls, PA to Victor and Ida (Carlson) Johnson. Following the death of her father in an industrial accident she moved with her mother and brother to be near her mother's brothers and sisters. She graduated from South High School in Minneapolis.

Estrid loved the out-of-doors and was skilled at canoeing, fishing, swimming, and ice skating. She and a friend owned a birch bark canoe which they kept on the Mississippi River under the Franklin Avenue Bridge, where, in those days, it was safe. Her ice skating abilities were noticed by Oscar Johnson, of Shipstead and Johnson fame, who asked her to join the Ice Follies, but her stern Swedish mother believed that was not a proper place for a young lady and refused to allow her to sign a contract with the Follies.

In the 1920's, Estrid worked at the Loose Wild Biscuit Company in Minneapolis (later named the Sunshine Biscuit Company) where she met Ralph H. Brown. They were married in 1926 and spent part of their honeymoon camping on the east shore of Long Bay on Ten Mile Lake, on property owned by Henry and May Hoban (aunt and uncle to Dorothy Beasley). From 1927 to 1951, Estrid and Ralph, later with their two sons, were summer vacationers at Hustle Inn (later, Happiness Lodge and now Happiness Resort.) In 1952 they bought the Hoban property where they had spent their honeymoon. Ralph died in 1985 and Estrid sold the property in 1986. During the last fourteen years she has been an occasional visitor at the home of her son and daughter-in-law, Don and Margaret Brown, on Ten Mile Lake.

Estrid is survived by two sons, Donald (Margaret) of Ten Mile Lake and Robert (Barbara) of Brooklyn Center, MN; three grandchildren, and four great-grandchildren. Graveside services were held November 27, 2000 at Lakeside Cemetery in Minneapolis, with the Reverend Grady St. Dennis, Mount Olivet Lutheran Church, MN, officiating.

(Information provided by Donald Brown.)

REMEMBERING . . . continued**Catherine (Kay) Cram**

When Catherine (Kay) Cram, an inspirational, visionary and much-beloved mentor of hundreds of Minnesota women— as well as those elsewhere in the U.S. and abroad — turned 90 last year, she refused to allow friends to throw a birthday party for her. She did, however, agree to a birthday women's conference: "Inspiration from each other: How women can create, provoke and endure change to help craft sustainable, humane world cultures." Cram, of Maple Plain, died April 13 at a Brooklyn Center hospice from complications of a brain aneurism. She was 91.

She was born in Axtell, Nebraska, and came to Minneapolis in the 1930s to teach drama and speech at Northrop Collegiate School for Girls, now a part of the Blake School. At Northrop, Cram met Helen Dalton, an instructor in riding, skating and dance. She would be Cram's partner in business and in life until her death in 1979.

In autumn 1945 they heard that Camp Hillaway was for sale on Ten Mile Lake in Cass County. They drove up to take a look. Snowed in overnight in St. Cloud, they agreed to pool their savings to buy the camp. Over the next 30 years, girls ages 6 to 18 came for riding, arts and crafts, singing, sailing and lessons in self-confidence. There were two sessions each summer, with as many as 100 girls per session. "There was the confidence that you could do whatever you set your mind to," said Jane Anderson Howard of Plymouth, who attended the camp from 1967 to 1972. When young women left the camp, their relationship with Cram often continued. "When we would come home from college, people would visit," Howard said. "We would always visit. We'd bring prospective grooms and then the babies. They were just part of people's lives."

After Camp Hillaway, Howard said, Cram became interested in the international state of women's rights, and in politics and world affairs of all kinds.

Kay was active in the Twin Cities arts and theatre communities, the University of Minnesota's Humphrey Institute, local and national politics where she worked for social justice, peace, stewardship of the earth and gender equity. Born in Nebraska,

educated at Northwestern University, Kay taught creative dramatics and speech at Northrop Collegiate School for Girls, a predecessor of The Blake School in Minneapolis.

She became a benefactor of the International Women's Rights Action Watch Program at the University of Minnesota's Humphrey Institute of Public Affairs. In 1991 she established the Cram-Dalton Scholarship Fund, which supports female international students as they earn master's degrees in public policy. So far, seven have participated in the fellowship, including women from Japan, China, Chile and Bangladesh. Arvonne Fraser, who spent several years as director of the program, asked to speak at Cram's birthday conference. "She (Cram) said, 'You've got to tell them to get involved. They've just got to get involved,'" Fraser said. At both Northrop and Hillaway, Kay called forth leaders among women long before it was popular -- or even probable -- to do so. She herself set an example throughout her life of compassionate leadership.

Cram is survived by her brother, Ben Art Cram of Maple Plain. A memorial service was planned for May 12 at the Humphrey Institute in Minneapolis. Memorials may be made to the Cram-Dalton Scholarship Fund, Development Office, Humphrey Institute of Public Affairs, 301 19th Ave. S., Mpls, MN 55455.

(Information obtained from the *Minneapolis Star Tribune*, April 17, and April 28 under the by-line of Maria Elena Abaca.)

Walter John Gohman

Walter John Gohman, 89, of Ames, Iowa and a summer resident of Ten Mile Lake, died of a respiratory ailment Tuesday, October 24, at Mary Greeley Medical Center in Ames.

Mr. Gohman was born in Clear Lake, Minnesota and lived at Ten Mile Lake and Cedar Falls, Iowa, before moving to Ames in 1988. He was an associate professor at the University of Northern Iowa and taught at Price Lab School there before retiring. He was a member of the Iowa Education Association, National Science Association of Teachers, and American Association of Physics Teachers, and has participated in many national meetings for these organizations. He received the

Continued, Next page

REMEMBERING . . . Continued

Walter Gohman, Continued:

Excellence in Science Teaching Award from the State of Iowa and spent five years on "Iowa TV School Time" for "Ask the Scientists" on WOI-TV. He was a member of Bethesda Lutheran Church in Ames.

Mr. Gohman is survived by four sons: Richard, of Cottonwood, AR; Michael, of Pasadena, CA; James, of Ames; and Paul, of Stockton, CA. In addition he is survived by two brothers, Lester of Clear Lake and Clarence of St. Cloud; one sister, Juletta Klein of Jamestown, ND; ten grandchildren; and two great-grandchildren. He was preceded in death by his wife Phyllis.

Following memorial services at Bethesda Lutheran Church in Ames, Mr. Gohman was buried at Clear Lake Cemetery, Clear Lake, MN.

(Information from the *Des Moines Register*, October 27, 2000.)

William C. Hagan

William C. Hagan passed away April 25 after a long illness that began in 1969. Bill was born on Feb. 9, 1931, the son of Fred and Madge Hagan of Fort Dodge, IA. From 1943 until his illness in 1969, Bill had spent summers at Ten Mile Lake in their cabin on the northwest side of the lake.

He was an avid fisherman and explored many of the small lakes surrounding Ten Mile. He stocked many of the smaller lakes with fish caught in Ten Mile. He was a graduate of Fort Dodge High School and Iowa State University, Ames.

He is survived by brothers and sisters-in-law James and Jean Hagan, Jack and Wilma Kay Hagan, and a sister, Beverly Van Skike, and numerous nephews and nieces.

(Information provided by Jim Schwartz.)

Joan E. Horn

Joan E. Horn, 57 of Waunakee, WI died December 30, 2000 at her winter home in Yuma, Arizona, after a courageous year-long battle with cancer.

She was born in Madison, Wisconsin on August 13, 1943 to John and Amy Wichman. She married Richard A. Horn on April 6, 1963 and resided in the Madison area until 1991. At that time she and her husband built a home on the east shore of Ten mile Lake. While Richard finished building their home, Joni worked for Johnson's Clothing in Walker. They loved living on Ten Mile Lake, but the call of their two granddaughters in Madison took them back to the Madison area in 1998.

Mrs. Horn is survived by her husband Richard; two sons, Todd (Heather) of Madison and Daniel (Carrie) of Baxter, MN.; and three granddaughters, Rebecca, Meghan, and Claire Joan. She is also survived by one sister, Jeannine Woodward of Wyoming, and one brother Rick Kvalheim of California. Memorial services were planned for both Yuma and Madison.

(Walker *Pilot-Independent*, January 18, 2001.)

Robert (Bob) Kay

Robert (Bob) Kay, former TMLA Board member and long time summer TML resident, died Saturday morning, March 17, 2001 in Arizona. Bob was born May 26, 1922, in Atlantic, Iowa, the son of Harry and Hattie Kay. He attended the University of Alabama and graduated from Drake University Law School in 1947, after serving three years in the U.S. Air Force. He married Alice Lou Wiese in 1947 and began his law practice in Clarion, Iowa. He served on many boards and was active in service organizations and his church, serving his community with the strength of his leadership and commitment. Bob and Alice retired to Green Valley, Arizona in the fall of 1992.

Bob is survived by his wife Alice, and three children; daughter Kathy and her husband Bill and their daughter Amy of Denver, CO; daughter Debby and her son Jason of Ames, IA; and son Brian and his wife Bonnie and their children Rachel and Kevin of St. Cloud, MN; and two brothers, Henry Kay and Gerald Kay of Atlantic, IA. A funeral service was held on March 23, 2001 at the United Methodist Church in Clarion. The family requested that memorials be sent to the Clarion Memorial Hospital Foundation or the Ten Mile Lake Association.

(Information provided by the family, from the memorial service program.)

REMEMBERING . . . Continued

Leroy R Knuths

Leroy R. Knuths, age 68, died January 14, 2001, in Scottsdale, following a second stroke. He was born December 15, 1932 near Rowan, IA where he grew up and graduated from high school. He attended college at Waldorf College and graduated from Drake University.

He married Shalmerdean (Shelly) Eckart; they moved to Minnetonka, MN where they had four children. In 1969, he and Shelly purchased a cabin on Birch Lake; in 1972 they moved to the beautiful North Shore of Ten Mile Lake. Late, in 1991, they moved to the East Shore of Ten Mile Lake to accommodate their growing family. Leroy loved watching his children and grandchildren enjoying Ten Mile Lake and viewing the glorious Ten Mile sunsets.

Leroy was the owner and CEO of Rosco Manufacturing Company in Madison, South Dakota. He was devoted to civic work. He also liked to attend the Men's Coffee when spending summers at Ten Mile Lake.

Leroy is survived by his wife, Shelly; sons Dr. Jay Knuths (Julie) of Duluth and Jon Knuths (Elizabeth) of Madison, SD; daughters Sina Koch (Tom) of Eden Prairie and Kara Egan (Tim) of Minneapolis, and seven grandchildren.

(Information provided by Shelly Knuths.)

Neva Pauline Milliken

Neva Pauline Milliken, 83, of Ames, Iowa and a summer resident of Ten Mile Lake, died Wednesday, September 27, 2000 at Israel Family Hospice House in Ames of Parkinson's disease. Mrs. Milliken was born on February 21, 1917 in rural Luther, Iowa, the daughter of Ray and Osa (Soderstrum) Tyler. She married Joseph Wayne Milliken on April 8, 1933. She was a member of Calvary United Methodist Church. She was also active in the Ames Women's Club. She is survived by one sister, Dorothy Sheldahl, of Slater, Iowa; six grandchildren, and eight great-grandchildren. She was preceded in death by her husband, two sons, one sister, and one brother. Following a funeral service at Calvary United Methodist Church in Ames, she was buried in the Ames Municipal Cemetery.

(Information from the Walker Pilot-Independent.)

Doris N. Morton

Doris N. Morton of Mesa, Arizona, died May 4, 2001 in Mesa. She was born on December 7, 1912 to Nelson and Elma Hansen, in Council Bluffs, IA. With her husband, Stanford Morton, she enjoyed many years on the North Shore of Ten Mile Lake. Doris described Ten Mile as her favorite place on earth. Doris was known as a wonderful hostess and a caring neighbor.

Doris was preceded in death by her husband, Stanford, in 1993. She is survived by many neices and nephews, and is remembered fondly by friends and neighbors on Ten Mile Lake and in Arizona.

(Information provided by Shelly Knuths.)

Lois Sandell

Lois Sandell, a former resident of Ten Mile Lake, former officer of the Association and honorary member of the TMLA, Inc. Board, passed away Saturday, March 10, 2001 at Woodrest Care Center in Walker.

She was born March 30, 1912 in Madrid, Iowa, to Charles and Sigrid (Carlson) Sundean. She attended school in Boone, Iowa, and graduated from Iowa State College in Ames, Iowa. She married Howard Sandell August 16, 1936, and lived in Nevada, Iowa. She spent 35 years as a home economics teacher before retiring to Ten Mile Lake in 1977. She was a member of P.E.O., Delta Kappa Gamma Society, Ten Mile Lake Association, Deep Portage Conservation Reserve and Hope Lutheran Church.

She is survived by one sister, Mildred Anderson of Rockford, Ill.; one son, John Sandell of Walker; and two grandchildren. She was preceded in death by her husband. A memorial service was held at the Hope Lutheran Church in Walker Saturday, March 24. Memorials are suggested to the Ten Mile Lake Association or the Hope Lutheran Church Building Fund.

(Walker Pilot-Independent.)

ECOLOGICAL NOTES FROM ALL OVER

by Jim Schwartz, Chair, Environment & Ecology Committee

— FROM A MINNESOTA LAKES ASSOCIATION CONFERENCE:

ATTENDING CONFERENCES on lake issues almost always produces nuggets of information that are worth stowing away in the think tank. Case in point: the conference sponsored in early May by the Minnesota Lakes Association. Here are some of the ideas that surfaced:

- ▶ As lakeshore development increases, water quality declines, clarity decreases, organics increase, ecological habitat dwindles and human concerns about noise, crowding, overfishing and aesthetic considerations mount.
- ▶ Water clarity remains the major measuring standard for determining water quality, primarily because so few lakes are studying such other factors as total phosphorus, total nitrogen, chlorophyll-a, dissolved oxygen and other indicators. (Ten Mile is gathering data on all of these.)
- ▶ Perhaps the most important management issue that needs addressing is the public's perception of how a lake should be treated and what regulatory measures are realistic.
- ▶ Rock riprap is an effective approach to controlling beach erosion and most nearly duplicates natural shoreline in its impact on fish life.
- ▶ More development means less woody debris in the lake, less area devoted to forest, less emergent vegetation, less macrophyte (large, rooted plants) variety and a decreasing population of fish species intolerant of these changes.
- ▶ Any lake management plan must consider the lake's entire watershed and incorporate mechanisms for dealing with the problems arising from that geological area.
- ▶ The importance of maintaining a natural shoreline area cannot be overemphasized and can best be done by minimizing lawns, restricting nutrient use (don't fertilize) and planting and nurturing native vegetation.
- ▶ Most exotic species, including eurasian water milfoil and the zebra mussel, are established, not by a single or sporadic exposure, but by repeated introductions.
- ▶ Nuisance aquatic species carry an estimated annual price tag of \$138 billion, more than the

combined cost of such natural disasters as floods, hurricanes, tornadoes and the like.

- ▶ Large, deep lakes (e.g. Ten Mile) are less susceptible, but not immune, to eutrophication and, therefore, should adopt and practice measures and programs that will insure sustainability.

THERE WAS MORE, of course, much of it in the nature of elaboration and emphasis. The bottom line is that lakeshore development is inevitable. The trick is for "settlers" to engage in behaviors that will sustain the resource for the enjoyment of future generations.

[If you sometimes wonder what your Association officers and board members do on behalf of the lake and its residents, one important factor is taking the time to attend and participate in meetings and conferences!]

— AND FROM A WISCONSIN STUDY:

A WISCONSIN STUDY tends to confirm what many observers have suspected for a long time: **motorized watercraft can have a markedly negative effect on a lake's ecosystem.** As reported in the March/April issue of the Minnesota Lakes Association Reporter, here are the problems that were identified:

- ▶ A decrease in water clarity, particularly in shallow areas, due to turbulence and wash.
- ▶ Addition of metals, nutrients and hydrocarbons to the water column, which may affect pH (acidity) and dissolved oxygen, both important indices when evaluating a lake's health.
- ▶ Disturbance of plant communities, either directly through contact with the propellor and boat hull, or indirectly through turbidity and wave damage.
- ▶ Creation of waves from boat wakes that can lead to shoreline erosion, especially in areas where shoreline vegetation has been removed or the bank is compacted.
- ▶ Toxicity to certain fish species from motor exhaust.
- ▶ Disturbance of fish feeding, nesting and spawning areas by boat traffic.

Continued, next page

- ▶ Disturbance and even disruption of the nesting habits of loons as well as other waterfowl species, and destruction of habitat or food sources in shallow water areas.

The Wisconsin study suggests that the most important area of a lake to protect is the shallow-water, near-shore habitat known as the littoral zone. So what can be done?

- a. **ESTABLISH NO-WAKE ZONES.** Such zones are the most effective way of reducing boating impacts. Extending the no-wake zone to 200 or even 300 feet has the most protection potential.
- b. **ESTABLISH RESTRICTED AREAS.** In some critical areas, it may be wise to restrict all boat traffic. Even at no-wake speeds, boats can disturb sediments, plants and wildlife.
- c. **SUPPORT ENFORCEMENT AND EDUCATION.** While enforcement of existing regulations is important, more dividends are likely to be realized by raising the awareness of boaters through education initiatives.
- d. **ADOPT NEW TECHNOLOGY.** Phase out old two-stroke (pollution prone) engines, phase in the newer, cleaner-burning models and, even better, four-stroke motors that are far cleaner and more efficient.

— AND FROM TML FISHING DAYS:

THE **WALLEYE/NORTHERN PIKE OPENER** was, as usual, a mixed bag: slow for most anglers, productive for others. The weather was reasonably cooperative but water temperatures were hovering around the 50° mark, a bit cool for active feeding. In the days that followed, if the number of boats clogging Lundstrom's Bay and lining up along the Northwest Shores fishing beds mean anything, angling success improved steadily in the days following the opening weekend.

BY WAY OF CONTRAST, the bass season dawned as the best in my memory, and that goes back more than 40 years. Numbers were plentiful, the fish were aggressive and sizes ranged from smallish to lunker proportions, with 2- to 3-pounders predominating. One negative: more than half of those we saved for table fare were carrying full egg sacs, meaning that the spawning process was still under way. Time was, when I was in my teens, that the Minnesota bass season did not open until after spawning was completed.

LAKE WATER TESTING PROGRAM

*by Jim Schwartz, Chair
Environment & Ecology Committee*

OUR LAKE WATER ASSESSMENT REGIMEN is slightly different this year from what it has been since 1994. Instead of taking samples at monthly intervals from May through September, we will, instead, be on a May, July and September schedule. The reduced schedule was prompted by budget considerations.

This year, we will be testing the Main Lake, Kenfield Bay and Long Bay, as usual, and Lundstrom's Bay, which alternates with Flower Pot and Robinson's Bays on a three-year cycle.

We also sampled ten perimeter swamps for total nitrogen (TN) and total phosphorus (TP) and are re-running a laboratory experiment on two swamps to determine the feasibility of using a treatment process to reduce phosphorus inflow to the lake.

INCLUDED IN OUR MAY SAMPLING was a zooplankton study at two lake sites: the deepest part of the main lake and a 75-foot deep spot directly in front of Pinewood Resort. Two sampling methods were used. One involved lowering a collection net to the bottom, then raising it to the surface and emptying its contents into a sterile container. The other made use of a motorized pump that was lowered into the lake at set intervals to determine zooplankton concentrations at those levels.

The study was made because zooplankton are critical to the survival of game fish fry. If zooplankton are not plentiful the newly-hatched fry will starve. A report on the findings of our study will appear in a later issue of the Newsletter.

COMING IN AUGUST: A NEW DIRECTORY AND HANDBOOK

A new TMLA Directory of members is under preparation, along with a Handbook full of useful information. The Handbook, in a 3-ring binder, will be distributed at the Annual Meeting in August. The Directory, which will fit into the handbook, will be mailed at about the same time.

A REPORT FROM THE WATERSHED COORDINATOR

by John Alden

A ROAD WARNING:

COUNTY ROAD 71 west of Batcheller's Bay has flooded again this Spring. This new body of water is known by locals as Twin Fawn Lake. I walked the length of the road bed on May 27th (in waders) and found that as much as 10 inches of water covered the road. I also found there is a large washout toward the north end of the flooding. The washout is about eight feet wide and up to 42 inches deep. **Drivers should not attempt to drive through this flooded area – no matter what kind of vehicle you drive!** This problem has been reported to the Highway Department.

ROAD PLANNING FOR COUNTY ROADS 50 & 71:

The Cass County Highway Department has hired WSB & Associates to help with the engineering for the County 50 and County 71 projects. WSB crews have set stakes along County 71 as part of a preliminary survey of the road. These control points are random in nature and are intended to provide survey sight lines and GPS locations.

WSB also has a two person crew delineating wetlands along County 71 this spring. You may have seen the small red flags stuck along the edges of wetlands. The crew conducted transects in the wetlands to establish an inventory of plant life. The good news is that the crew identified only a few non-native plants. The Association will be provided with a copy of the report summarizing the delineation when it is available.

ERRATA:

The Fall 2000 *Newsletter*, on Page 7, ("Paddling Your Own Canoe" by Carl Hertzman) incorrectly described the J Stroke. On the left side of the canoe, the oar should rotate clockwise, while on the right side counterclockwise is correct. This was an error by the editor, not the author.

CHECK OUT THE TMLA WEBSITE!

by Geoff Cox, TMLA Website Coordinator

The Ten Mile Lake Association has sponsored a web site and an associated email discussion group for communication among TMLA members. The web site includes information about the association and its officers. It also contains schedule and location information for board meetings and social events, including the Yacht & Tennis club races, and the Men's Coffees. News and Obituaries are available, and there is also a photo album, where you can show your favorite Ten Mile scene!

On the email discussion group, we talk anything and everything Ten Mile. On April 30, discussion group members were the first to learn about the "official" ice-out on Ten Mile Lake!

The web site can be found at:

<http://www.tenmilelake.org>

You can join the discussion group by sending an email to:

tenmilelake-subscribe@yahoogroups.com

This is your site! If you have information you would like added to the website, you can send it to

Geoff.Cox@usa.xerox.com

(Content will be submitted to the board for approval before it is published on the web.)

Join us on the web!

This Newsletter is a publication of the
Ten Mile Lake Association
P.O. Box 412
Hackensack, MN 56452

Editor:
Sarah J. Cox
5688 Fernhurst Dr. N.W.
Hackensack, MN 56452
Tel.: (218) 675-6844

Associate Editor:
Jim Schwartz
4850 Hiram Loop Road
Hackensack, MN 56452
Tel.: (218) 675-6422