

# Lake News

2012 Spring Issue 84  
Child, Girl, and Woman Lake Property Owner's Association



## More lakes added to “Infested” category

The Minnesota DNR has added a number of newly-infested waters to its ongoing list. Although none were located in Cass County, there were several occurrences in neighboring Crow Wing and Hubbard counties. Seven new lakes and one river were listed for new *zebra mussel* infestations.

According to the DNR, Cass County lakes now infested with zebra mussels include Bass, Green's, Gull, Gull River, Margaret, Spider, and Upper Gull. Also close to our Woman Lake chain are zebra mussel-infested lakes in Crow Wing County: Black Bear, Boom, Half-Moon, Little Rabbit, Love, Miller, Nisswa, Ossawinnamakee, Pelican Brook, Pickerel, Pine River, Rice, Round, Roy, and Bishop Creek.

Statewide, two lakes and one river were listed as infested by the *faucet snail*. Faucet snails, natives of Europe, were unintentionally introduced into the Great Lakes in the



More than 80 Minnesota lakes now infested with zebra mussels

1870s. They are up to ½-inches long, brown to black in color. This snail is an intermediate host to several parasites, which contributed to the deaths of waterfowl on Lake Winnibigoshish a few years ago.

Also **statewide**, seven new lakes have become infested with *Eurasian watermilfoil* and one ditch and one river are now infested with the *spiny waterflea*, native to Europe and Asia.

As watercraft users we must all be careful to check our watercraft for invasive species before we launch them into a body of water. Bait buckets must have water exchanged prior to leaving any water body and drain plugs must be removed from all boating-related equipment prior to transporting.

Rich Hess, the Association's chair for aquatic invasive species says "Let's all be diligent about preventing the unintentional transport of any invasive species wherever we travel."

Further information about aquatic invasive species, infested waters, and watercraft inspections and rules can be found in the new Minnesota Fishing Regulations booklet for 2012, or on the Minnesota DNR's website, [mndnr.gov](http://mndnr.gov).

## Meet a neighbor—Joseph Kirk

Meet Joseph Kirk, one of your neighbors on Woman Lake. Kirk and his family “commute” to their lake cabin on Hunter Bay from West Des Moines, Iowa, several times each year. He unabashedly describes Woman Lake as “the most beautiful of all the lakes in Minnesota.”

Kirk and his sister, Catherine Kirk Eliot, purchased their log-style cabin nearly 55 years ago. That event marked the



Photo courtesy Don Kruse

beginning of many wonderful memories. His four sons, Joe Jr., Art, Scot and Mark, he says, grew up loving to fish for perch off their dock. “They fished with cane poles and they all wanted to catch the biggest fish. It was a contest every day.” Now all four are grown men with families and they continue their traditions at the cabin with their own children, Kirk's nine grandchildren and three great grandchildren.

Continued next page

# Krusin' with Don



One of our biggest challenges, like many other lake associations, is the fight against Aquatic Invasive Species (AIS), especially zebra mussels. If you are a

landowner on our chain of lakes please be careful not to bring anything into our lake waters from infested areas. If you have a visitor this summer who brings a boat please make sure it did

not come from an infested lake or river. **Help us keep our lakes free from these invaders!**

As you will note in this newsletter, we are now five years into our eight-year DNR walleye study. More details regarding this study can be found on the DNR website or on our website under Lake Management Programs.

Last fall, as you know, with input from our members, we decided to distribute our membership directories by email. If you didn't receive one, or want one sent to you, please contact Myles Wagner at [silverfox1050@msn.com](mailto:silverfox1050@msn.com). A huge thank you to Mark and Carole Houghton who helped Myles get up to speed on the program they developed. In the coming months and years we

will be using emails more and more to contact you. This will save many dollars in printing and mailings costs.

Your lake association has installed new lights on the lake this summer at a cost of \$198.00 each. If you see anyone tampering with them please contact Dwayne Waldera, our Navigational Safety Engineer. We hope they will help boaters navigate more safely at night.

Here's wishing you a wonderful summer on our pristine lakes. Enjoy the clear, clean water and the beautiful natural environment we are so fortunate to live in.

Don Kruse, President

## Joseph Kirk continued

Kirk remembers when they occasionally drove up to their cabin to spend Christmas there. "The boys would find a little fir tree outside and bring it in to decorate. It was a great way to spend Christmas together as a family."

He also remembered boat trips to visit Dr. Bill Thatcher over on the northeast end of the lake. "He took care of all the little medical problems we had, all the cuts, bruises and poison ivy rashes. And he never charged us more than \$5 per visit!"

Kirk recalled a rather scary experience he went through back in '69. He and his son Art were out on Woman Lake fishing when the weather took a turn for the worse. As the heavy clouds rolled in they wisely decided to get off the water. By the time they got to shore they heard a roaring sound – like a freight train – and they knew a tornado was close by. Only later did they learn that the tornado had touched down near Backus and a number of people had been killed in the storm.

Prior to purchasing property on Woman Lake, Kirk says he spent many summers on Whitefish Lake near Pine River where, in 1910, his father, Arthur Kirk, had homesteaded 120 acres of land on which he grew potatoes for a living. It was during a visit to Longville in 1957 when a friend offered to sell them his cabin on Woman Lake. They quickly took him up on it and the rest, as they say, is history.

*Editor's note: If you've been coming to Girl, Child or Woman Lake for 35 years or more and have a story to share please get in touch with us.*

## Water Patrol to carry out duties in new boat

Our lake association's water patrol will have a new boat on our lakes this summer. Water patrol chair Keith Lorenson says the new boat will be a great asset as he and his 18 volunteers carry out their duties during the boating season. The boat will be identified with the words "Sheriff's Water Patrol" on the side.

Lorenson says one of the things water patrol volunteers enjoy most is distributing coupons for free ice cream or theater coupons to kids they "catch" wearing life jackets. "The coupons are a little reward for doing the right thing to keep themselves safe on the lake," said Lorenson.

Also, regarding life jackets (PFDs) Lorenson reminds boaters that **everyone** in the boat must have a personal flotation device readily available. All **children** under the age of ten must be wearing one when the boat is underway.

Lorenson also reminds boaters of several other rules that must be followed:

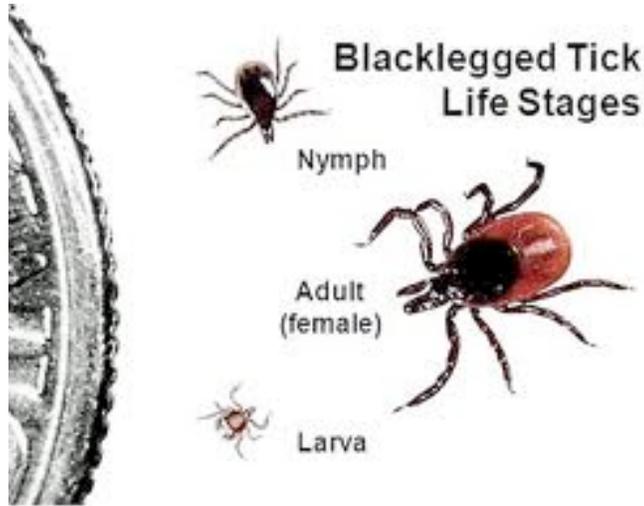
- **Navigation lights must be showing from sunset until sunrise.**
- **All motorized and non-motorized watercraft, with some exceptions, must be licensed** with the license decal and hull numbers from the license displayed on the front half of the boat.

Make sure that the numbers and letters on both sides read from left to right starting with the letters MN.

• **Never drive a boat while under the influence of alcohol.** The alcohol concentration for impaired operation is, like driving a car, .08 and penalties are the same as for an auto DWI.

Lorenson says they always welcome new volunteers to help patrol our lakes and keep them safe. "Several of our patrol members are husband/wife teams and they really enjoy their time on the water." If you are interested in joining the water patrol, e-mail him at [kjlorensen@arvig.net](mailto:kjlorensen@arvig.net) or call him at 218-363-2281.

# Lyme Disease – is it an Epidemic?



Is Lyme Disease becoming an epidemic? Or, does it just seem that way because most of us know of someone who's had it and also know of people with disabling side-effects of chronic Lyme disease?

From 1986 to 2008, more than 11,000 cases of tick-borne disease were reported in Minnesota, of which the majority (more than 9,700 cases) were Lyme disease, as reported by the Minnesota Department of Health. In the U.S. a total of approximately 30,000 cases were confirmed in 2009.

Where we live, in north central Minnesota, the rate of infected ticks climbs to 66%.

Diagnosis of the disease is difficult because not everyone bitten by an infected tick gets a rash or 'bull's eye' around the bite. The disease can cause mild to severe aches and pains, headaches and neurological complications and even death.

Lee Simonson, who owns a cabin on Washburn Lake near Outing..., is one Lyme disease victim. In Lee's case, he was experiencing muscle aches and pains, which grew into twitching mus-

cles and periodic shocks affecting his muscles and what he calls brain fog (where he could not think and function). His eyes were affected and he could barely walk and was very ill.

Lee saw many doctors – his general practitioner, a rheumatologist twice, and several visits to neurologists. He was tested for many kinds of autoimmune diseases including Amyotrophic Lateral Sclerosis (ALS), Multiple Sclerosis, Chronic Fatigue Syndrome and others. One doctor suggested Lee may want to seek the help of a psychologist.

Lee underwent a total of five tests for Lyme disease. Four of them tested negative. It was three years after he first started feeling sick he was diagnosed with Lyme disease by a neurologist who had experienced the disease first-hand. That doctor recommended the fifth test from IGeneX, Inc., a specialty immunology laboratory and research facility in California.

According to Lee, the tests cost \$1,100 and gave him the beginning of a new life.

Antibiotics appear to be the key to prevention and treatment. And, according to Lee, that's immediately after you get a deer tick bite, not after you start seeing some signs of infection.

Continued next page

## From the Editor

Last summer I was relaxing on our dock one evening with my wife. As we watched, a thick, tight swarm of miniscule midges appeared in front of us, reflecting the rays of the setting sun. Suddenly, several dragonflies appeared as if out of nowhere. They flew directly into that swarm again and again, apparently finding the little insects to be a suitable dinner entre. After just a few minutes of relentless attacks, the swarm of midges was cut by more than half and the dragonflies left the scene, perhaps to look for other prey. It was another reminder that nature governs ruthlessly according to an "eat or be eaten" philosophy, as true in the water as it is on land.

In a sense, I was thinking later, as part of nature we humans are definitely not immune from this system. We also eat and are eaten. We too are part of the food chain. The article above, a discussion of Lyme disease, is on that very topic.

The tiny deer tick can latch onto a human host while trying simply to obtain a blood meal. In the process, it frequently releases an extremely dangerous bacteria.

On the north end of Child Lake where we own property, nearly every household has been affected in some way by this tick-borne illness. It's a serious issue because, if not treated promptly and aggressively, the infection can inflict long-lasting and sometimes permanent changes to the nervous system. According to the Center for Disease Control (CDC) it's a problem that's getting worse.

We'll pass along some timely tips from the CDC that we hope will help you steer clear of this almost invisible but very dangerous insect.



John Gundale, Editor

## Ticks Continued

Lee has now been on heavy doses of several kinds of antibiotics for seven months and is just starting to get his strength back. His wife, Patti, says it's wonderful to see him begin to live again.

Lee strongly recommends seeing a Lyme disease specialist if you have chronic symptoms and he said they are hard to find. Lee is being treated by Dr. Helen Odland in St. Paul. She specializes in Lyme disease.

Because Lee's disease has advanced, Dr. Odland is treating Lee with heavy doses of antibiotics over long periods of time. According to Dr. Odland, the bacteria can continue to grow and affect multiple body systems without aggressive treatment.

Not all physicians and organizations agree on the amount and length of time antibiotics should be given.

### Diseases that can be transmitted by ticks

According to the MN Dept of Health, the three top tick-borne diseases of concern in Minnesota include:

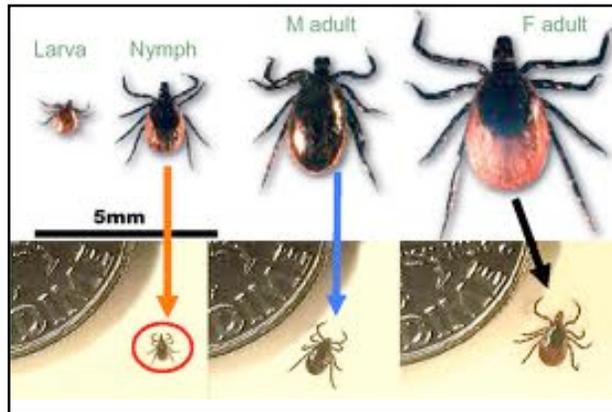
- **Lyme disease** – a potentially serious bacterial infection affecting both humans and animals.
- **Human anaplasmosis**, formerly known as human granulocytic ehrlichiosis (HE) is a bacterial disease that was first recognized in Minnesota in the early 1990s. It is transmitted to people by deer ticks, the same ticks that transmit Lyme disease. HA is less common than Lyme disease, however.
- **Babesiosis** is a protozoan infection that occurs infrequently in Minnesota. Approximately 20% of patients diagnosed with Babesiosis also have

Lyme disease from the same deer tick bite. There are more types but they are not as common.

Lyme disease was first recognized in 1975 after researchers investigated why unusually large numbers of children were being diagnosed with juvenile rheumatoid arthritis in Lyme, Connecticut, and two neighboring towns.

### How long do deer ticks live and how do they infect?

Blacklegged ticks (deer ticks) live



two to three years and have three blood meals during their life. The life cycle begins when the female lays eggs. As the eggs mature, they develop into larvae, then nymphs and finally adults.

Eggs hatch from May through September into larvae, which initially do not carry diseases, but may pick up the disease from their first blood meal, usually from small mice or other small mammals. After this feeding, the larvae molt into nymphs and become dormant until the following spring.

From May through July of the tick's second year, the nymph takes a second feeding from a mammal. If the nymph is carrying disease agents from its first feeding in the larval

stage, it can transmit them during this second feeding to humans or wild or domestic mammals. If the nymph was not already infected, it can become infected if the second meal host is carrying the disease.

As adult ticks, females take their last blood feeding in the fall of the second year or in the spring of the third year. If they were infected in prior feedings they can transmit diseases. Male ticks attach, but do not feed. Because adult males do not take a blood meal, they do not transmit the diseases.

### How can I avoid getting Lyme disease?

Avoiding bites from deer ticks remains the best way to prevent Lyme disease. Crow Wing Power linemen and brushers that spend many hours in the woods, use insect spray with DEET on their pant legs three times a day.

Other tips from the CDC:

- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

*Editor's note: Portions of this article were reprinted with permission from Current Connection, a publication of Crow Wing Power Company. Information sources: Minnesota Department of Health, American Lyme Disease Foundation, Centers for Disease Control and Prevention, Minnesota Lyme Association, "UnderOurSkin" documentary video.*

**OK, so you've caught that beautiful walleye and now you want to estimate its weight. Measure its length and compare it to this chart.**

Length	Weight
22"	3.9 lbs
23"	4.5 lbs
24"	5.1 lbs
25"	5.7 lbs
26"	6.5 lbs
27"	7.2 lbs
28"	8.2 lbs
29"	9.0 lbs
30"	9.9 lbs
31"	10.5 lbs

# Fry Stocking Study Update – 2012

By Rich Hess, CGWLPOA Fisheries Committee

The 8-year fry stocking study in Woman Lake, begun in 2008, is now entering its fifth year. Woman Lake was chosen along with three other Minnesota egg-take lakes, Win-nibigoshish, Vermillion and Otter Tail, to evaluate the MN DNR's current policy of returning the fry hatched from 10% of the walleye egg-take back into lakes from which the eggs were removed. In addition, the DNR is estimating spawning stock biomass (weight), egg production, total fry abundance, and hatch rates of wild fry. Annual sampling with gill nets and electro-fishing gear during the study is used to collect information on the walleye population to generate the above estimates.

Estimates of total fry density are key to evaluating the potential effects of density on growth rates and survival into the fishable population. The goal of this study is to evaluate recruitment to age three from various levels of total fry density while using the data from all four study lakes. Thus far only one of the stockings has recruited to age 3. The stocked



Rich Hess, an association board member, assisted the DNR in the fry stocking operation May 8. (Photos courtesy of Don Kruse)



These 36 jugs containing 50,000 walleye fry each were emptied in deep water at many points in the lake.

fry can now be differentiated from the wild fry because they have been carefully marked internally with a chemical called oxytetracycline (OTC). The mark remains visible for five years or more. An initial study on Woman Lake in 2006 suggested that total fry abundance was 5,500 per littoral acre. During the eight-year study, DNR researchers are attempting to evaluate fry densities from 250 to 2,000 per littoral acre.

Fry stocking rates for Woman Lake from 2008 –



The DNR boat is loaded and ready to go with jugs of walleye fry. Because all the fry have been marked internally with a chemical called OTC researchers will know what percentage of fish trapped at a later date were from stocked fry or from normal reproduction in the lake.

2012 were (in millions) 3.66, 1.40, 2.40, 2.42, and 3.25 (proposed), respectively. Total fry densities estimated thus far have ranged from 697 to 2,530 per littoral acre. Estimated hatch rates have ranged from 0.15 to 1.01%. Estimates of spawner biomass have ranged from about 2,000 to 8,000 pounds of adult females ranging in number from about 1,000 to 3,000 females. These are all preliminary estimates, and the actual study results will not be available until after the completion of the study and a comparison of results from all four study lakes. This year is the final year of experimental fry stocking rates for study purposes. Fry stocking at a rate of 1,000 per littoral acre (approximately 2.41 million fry) will continue annually through the remainder of the study as researchers continue to assess the recruitment of these year classes into the fishable population.

# Lake Association launching tree planting program

## Free trees will be available to members

Have you ever considered planting more trees on your lakeshore property? If so, your lake association, CGWLPOA, has come up with a great way to help.

Beginning this fall, your lake association will offer all association members the opportunity to get free tree saplings or bushes for pickup and planting on your property the following spring.

The Association is currently working out an agreement to obtain these trees and bushes on your behalf through the Crow Wing County Soil and Water Conservation District, or the Badoura Nursery near Akeley.

The first several plants (exact number is yet to be decided) will be purchased

for you as another benefit of your Association membership, but you will have the option to obtain a limited number of additional trees or bushes at your own expense at a very reasonable cost negotiated at a group rate by the Association.

During this first year of the program, members will be able to choose from approximately five tree or bush varieties selected by the Association, de-

pending on what nursery stock is available. The following year a different five varieties will be offered.

Myles



Wagner and Vic Rinke, association board members, think the program could help to generate habitat improvement around our chain of lakes.

Watch the fall *Lake News* for an order form and additional details!

## Questions about hummingbirds

### Should I add red food coloring to the sugar water in my feeder?

While it's true that red attracts hummers, food coloring isn't necessary because most feeders display red in their designs. Besides, while the red dye may be harmless to humans in small quantities, we can't be sure it's safe for hummingbirds in the huge amounts they might swallow at a feeder. A hummer may drink more than eight times its weight in nectar in a single day!



Incidentally, even that's not all a hummingbird consumes. Nectar is merely a high-carbohydrate energy food. Hummingbirds also eat many tiny insects and spiders, which provide needed salts, proteins and fats. The hummers in your yard will take care of that part of their diet themselves.



### How can I protect my feeder from other animals who want to steal the nectar from the feeder?

Larger birds such as orioles and woodpeckers may land on your feeder and tip out the nectar. If so, remove any built-in perches, or check with a dealer about a different feeder; some feeders are specially designed to thwart nuisance birds.

You can also tempt away other birds with a more convenient nectar source placed elsewhere — a wide-mouthed jar hung from a stout wire may work. If nocturnal animals raid your feeder, just take it down at night. The hummingbirds will be asleep.

Insects are often the most troublesome nectar thieves. A ring of petroleum jelly around the feeder's hanger will keep out ants. Bees and wasps can be blocked by plastic screening over the nectar ports, but be sure that the openings are large enough (at least 1/16 inch) for a hummer's bill. Source: *Book of Answers* by David Lazaroff



## New invasive species decal available for boats

### MINNESOTA Aquatic Invasive Species Laws

These laws are intended to protect your lakes and water recreation from harmful effects of aquatic invasive species (AIS). Under state law, your compliance with AIS inspection requirements is an express condition and legal requirement of operating or transporting water related equipment.

#### You must...

**CLEAN** visible aquatic plants, zebra mussels, and other prohibited species off of watercraft, trailers, and equipment before transporting from any water access.  
**DRAIN** water from the boat's bilge, livewell, motor, ballast tanks, and portable bait containers before transport from water access site or shoreline property.  
**KEEP** drain plug out and water draining devices open while transporting watercraft.

#### You may not...

**TRANSPORT** aquatic plants, water, or prohibited invasive species (e.g., zebra mussels, Eurasian water millfoil).  
**DUMP** live bait into state waters, on the shore, or on the ground.  
**LAUNCH**, or attempt to place, watercraft or trailers with aquatic plants, zebra mussels, or prohibited invasive species into any waters of the state.

2012

This decal is only a summary of the laws as of August 2011.

[www.mndnr.gov/invasives](http://www.mndnr.gov/invasives)

get here and place bottom portion on trailer rear hatch.

**CHECK THE DRAIN PLUG!**  
Please wear your life jacket.  
Minnesota Department of Natural Resources

A new decal is now available for Minnesota boaters to help remind them of the state's aquatic invasive species laws, the Minnesota Department of Natural Resources announced. The free decals are available from DNR offices, deputy registrar offices where licenses are sold, large sporting goods shops and DNR watercraft inspectors and conservation officers. The decals will also be included in envelopes with new and renewal watercraft licenses mailed from the DNR. The decal should be attached to all types of watercraft including canoes, kayaks and duck boats before launching on, entering into, or operating on any Minnesota waters.

This decal is not required by law, but conservation officers can issue a warning for not displaying the decal. After Aug. 1, 2014, it will be a petty misdemeanor for boaters who fail to display the decal on their watercraft.

(Used with permission from the Pine Cone Press-Citizen, April 10, 2012).

## How can I stop woodpeckers from making holes in my house?

Persistence. If you're setting out to solve a woodpecker problem, you're about to match wits with a very determined adversary. Woodpeckers are powerfully motivated to peck wood. In nature this characteristic behavior provides them with both food (insects) and nesting sites. Unfortunately for us, wooden siding, beams, and posts encourage woodpeckers to do what comes naturally. Discouraging them often requires considerable ingenuity.

Here are some of the many remedies others have tried. Sometimes they work.

- Scare the bird with bright objects that move in the breeze: metal pie pans or can lids hung on strings, long colorful streamers or strips of aluminum foil, toy plastic twirlers, or wind socks — especially ones with a metallic sheen.

- Scare the bird with a fake owl or snake. Sadly, this often works only for a day or two
- Scare the bird by running outside, shouting, and clapping your hands. Good for a few minutes of relief.
- Cover the hole where the bird has been working. Use a metal patch, but be sure not to wall off an active nest. Of course, the bird may just begin again a few inches away. But it may not.
- Cover the entire area with something impenetrable: half-inch chicken wire hung an inch away from the wood, or metal flashing nailed directly over the surface. Ugly, but usually effective.
- Treat the area with something unpleasant: linseed oil or wood preservative. A bad-tasting concoction like "Ropel" (available at nurseries) may work if applied directly to a hole in the making.

No two houses or birds are alike. It will probably take some experimentation to find the tactic, or combination of tactics, that works at your home with your woodpecker. The sooner you get started the better. A bird that's made a habit of drilling into your house is harder to deal with than one that's taking its first few tentative pecks.

Sometimes the woodpecker will pound on something metal. That's probably not to find food or make a nest. Woodpeckers have unmusical voices and use rhythmic pounding the way many other birds use song: to declare their territories and attract mates. They're more apt to do it during the breeding season. Woodpeckers choose the noisiest objects to pound on because these broadcast the strongest message to other woodpeckers — not because it's most annoying to us!

Source: *Book of Answers* by David Lazaroff

***The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy amidst the simple beauty of nature. I firmly believe that nature brings solace in all troubles.***

***--Anne Frank***

# Lake News



Child, Girl and Woman Lake  
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Catch & Release	Jim Lewis <a href="mailto:jimlewis@tds.net">jimlewis@tds.net</a>	682-2499
Aq. Invasive Species	Rich Hess <a href="mailto:rhess48@arvig.net">rhess48@arvig.net</a>	363-2282
Fisheries	Rich Hess <a href="mailto:rhess48@arvig.net">rhess48@arvig.net</a>	363-2282
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Healthy Lakes	John Lange <a href="mailto:JohnLange@charter.net">JohnLange@charter.net</a>	682-3119
Conserv. Stewardship	Vic Rinke <a href="mailto:vicrinke@gmail.com">vicrinke@gmail.com</a>	682-2866
Newsletter	John Gundale <a href="mailto:johngundale@tds.net">johngundale@tds.net</a>	682-2093
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Zone 4	Dave Brown	682-2309	Zone 9	Peter Zenk	363-3445
Zone 5	John Lange	682-3119	Zone 10	Dean Berntsen	363-2613