Is Your Water Safe To Drink
by Sarah Fogderud
AW Research Laboratories, Inc.

Safe drinking water is essential to our health and well-being, yet it is something that we often take for granted. There are several contaminants that can affect the safety of drinking water. Some such as bacteria or parasites can make us sick right away while others, such as arsenic, can cause chronic health problems over a long period of time.

If you have a well you should test your water annually to make sure that it is safe to drink. Cities and municipalities are required to test their water for safety on a regular basis; however, if you own your own well, it's up to you to make sure your water is safe. The Minnesota Department of Health recommends testing your well once every year for coliform bacteria, once every 1-3 years for nitrates, and every three years for arsenic.

Arsenic is a naturally occurring element that can enter drinking water supplies from natural deposits in the earth or from agricultural and industrial practices. The health risks associated with arsenic result from low-level exposure over a long period of time such as skin damage, problems with nervous or circulatory systems, and an increased risk of some forms of cancer. The health limit for arsenic is 10.0 parts per billion. The Minnesota Department of Health estimates that approximately 10% of wells in Minnesota have arsenic exceeding the health limit.

Coliform Bacteria are a closely related group of bacteria species that live in the intestinal tracts of animals and are generally not harmful to human health. A few types of bacteria within the total coliform group, most notably E. coli, can cause serious gastrointestinal problems. Coliform bacteria are common in the environment and are easily identified during routine water testing; therefore, they are frequently used as indicators that a water supply may be contaminated.

Nitrate is a form of nitrogen and is a common contaminant in wells throughout Minnesota. Most of the nitrate in the environment comes from decomposition of organic material; however, nitrates are also added to the environment in the form of fertilizers or septic waste. High nitrate levels poses a health concern for young children and infants in particular.

So how do you know if your water is safe to drink? Most of the contaminants that are a concern for our health are colorless and odorless. There is no way to know for sure that your water is safe to drink unless you have it tested by a certified laboratory.
As I write this update, the water on the lake is no longer ice hard. Ice out was May 3.

The annual meeting will be held Sat. July 21. Please mark your calendar. Join us to learn more about our great lake including a presentation about safe drinking water. You’ll meet and visit with lake neighbors, enjoy coffee’n donuts and lunch. Please note that in our fall newsletter, we made a mistake in listing the wrong date for the annual meeting.

Your Board of Directors work hard and we are grateful for their efforts. Membership numbers are at 116 in 2017/18, down from 128 in 2016/17. I can’t imagine any reason that one would not want to be a part of this great lake association. Over the years, we have accomplished many worthwhile projects including the big bog removal. Keep in mind that had we not removed the bog, we would not dare put our docks on the water.

The primary focus of our board meetings continues to be AIS prevention as well as other problems that we can control. It is amazing to listen to the board discuss various ideas and issues of our lake. Please feel free to attend.

Hosting monthly 'Cabin Coffee' is something new this year, held in the summer on the second Thursday of the month from 10-11AM. Other events to remember include the 4th of July parade, the annual meeting and board meetings. Dates are noted on the back page under Mark Your Calendar.

This fall our beaver trapper/waterway helper is resigning for personal reasons. We had we not removed the bog, we would not dare put our docks on the water.

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Blackwater Lake Association, Inc. is a member of the Association of Cass County Lakes, Conservation Minnesota (formerly Minnesota Waters), Leech Lake Watershed Foundation and Minnesota Lakes and Rivers Advocate.

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Fish Management: Jerry Franke, Court Lechert and Lloyd Thielmann

Membership: Becky Seemann, Tom Staley, Geni Staley and Lloyd Thielmann

Waterways and Bog: Bob Seemann and Travis Skalicky

Communications: Val Hyde and Becky Seemann

Webmaster: Travis Skalicky

Seedlings and Septic: Court Lechert and Barb Laughlin

Legislative and Governance: Craig Laughlin, Linda Burns and Lloyd Thielmann

New Members Packet and Mailing List: Tom and Geni Staley at staley@uslink.net 218-682-2532

Thank you for a job well done. That being said, we are looking for a new person. Let me know if anyone is interested or knows someone who might help out. See you on the water!
We are approaching the completion of our current year and ended with 116 paid members. Last year, we had 128 members. 2017/2018 members are listed below.

- Aaker, Steve & Geeg
- Adams, Irene
- Agre, Scott & Elizabeth
- Amy, Brian & Theresa
- Bahr, Gary & Linda
- Bangesser, Tim & Maggie
- Barnum, Michael & Gail
- Becker, Tom & Kelly
- Branca, Lou & Mildred
- Brochhagen, Craig
- Burkzel, Denny & Jan
- Carlson, Dale
- Clough, Dick & Marjorie
- Collins, Mary
- Dabrowski, Bart & Jeanette
- Davis, Bill, III & Faris, Terri
- Dindorf, Carolyn
- Dokman, Tom
- Doneux, Mark & Brenda
- Elbers, Dan & Kristi
- Ellefson, Tom & Vanessa
- Eller, Jim & Burns, Linda
- English, Jean
- Farland, Jon
- Feigle, Mark & Connie
- Franke, Jerry & Yvonne
- Freiderich, Loretta
- Ginder, Gary & Judith
- Goers, Bill & Vicky
- Goither, Kelly & Pam
- Grapentin, Auggie & Colleen
- Hartlage, Nick & Theresa
- Hatch, Ken & LaVonne
- Howden, William
- Huso, Nathan & Trocke, Theresa
- Hyde, Peter & Valerie
- Jarboe, Randy & Judy
- Johnson, Douglas & Chris
- Johnson, Jack & Ruth
- Karpinski, Herbert & Joan
- Klundt, Shannon & Cathy
- Langston, Howard & Carole
- Larson, Brandon & Cindy
- Laughlin, Craig & Barb
- Lechert, Court
- Lemke, Rein & Lorraine
- Liepert, Doug & Taimi
- Lohnes, Kirk & Tania
- Loucks, Betty
- Lovaas, Todd & Karen
- Lovgren, Lee & Ann
- Marcellus, Duane
- Marr, Tim & Jan
- McKee, Pat & Meisner, Douglas
- Meyer, Richard & Karen
- Miller, James & Carolyn
- Minge, David & Karen
- Minge, Erik & Brunetti, Tazia
- Minge, Olaf & Amy
- Monroe, Jan
- Moren, Jess & Raneyl
- Moriarty, Pat & Carol
- Norman, Paul & Patricia
- Nutz, Fred & Kaye
- Nyquist, Jeffrey & Roberta
- Oestreich, Duane
- Ostby, Ray & Jill
- Peterson, Al & Sue
- Peterson, Ron
- Peukert, Claus & Diane
- Pfutzenreuter, Richard & Burg, Andrea
- Pfeil, Russel & Barbara
- Plagermann, Peter & Erika
- Redmann, Eldred & Harriet
- Proskosi All Care
- Reinert, Terry
- Reynolds, John & Stacie
- Richardson, Jim & Sherry
- Roos, Brian & Sharon
- Rupp, Greg & DuBé, Linda
- Rynning, Kathryn & Langen, Wayne
- Santa, John & Patrice
- Schmokel, Eileen
- Schmokel-Joscher Shelley & Joscher, Allen
- Schuler, Janice
- Schwerin, Elmer & Pat
- Seemann, Bob & Becky
- Shaner, Joel & Kathy
- Siebenaler, Bob & Jo
- Skalicky, Kevin & Peggy
- Sleight, Scott
- Sletten, Dan & Jen
- Sletten, Jim & Dodi
- Sletten, Wayne & Jackie
- Sorenson, Solveig
- Sposito, Salvatore & Carrie
- Spurrier, James
- Staley, Tom & Geri
- Stocker, Glenn & Marlys
- Stokke, Bill & Lynn
- Swanson, David & Janice
- Thielmann, Lloyd & Terry
- Thompson, Barbara
- Thorn, Chuck & Kris
- Tiemens, Tom & Karen
- Vanek, Jerry
- VanKley, Doug & Michelle
- Voeller, Larry & Susie
- Wahlsrom, Keith & Carolyn
- Ward, John
- Weber, Kevin & Sharon
- Weinmann, Bob & Barb
- West, Ruth
- Wibeto, Jeff & Alane
- Wickett, John & Nancy
- Zibikowski, Rick & Kathy

**Thank You**

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**Arsenic in Minnesota well water**

A simple test can determine if arsenic is present in your well, what to do about it is more complex. Private wells are the responsibility of the well owner.

Arsenic can be organic or inorganic. The organic type of arsenic is found in foods like sea food and is quickly eliminated from the body. The inorganic form of arsenic is widely distributed throughout the earth's crust and can form a number of poisonous compounds. A few rice sized grains of pure arsenic can cause symptoms similar to acute food poisoning and kill instantly. Smaller amounts of arsenic bioaccumulate in the body and affect the nervous, cardio vascular, renal, endocrine and respiratory systems; cause diabetes; cancer of the liver, skin, bladder and lungs; affect memory; disrupt fetal development and reduce the cognitive development of infants.

Arsenic is a colorless, tasteless and orderless poison. It can be found in wells throughout the world, including over two million wells in the United States, some of which are located in Minnesota. Levels of naturally occurring arsenic, found in Minnesota ground water, vary from zero to 150 parts per billion (ppb.) The only way to know if well water contains arsenic is to have it tested. Depth and location are not predictors. This is because, in Cass County, soil was sporadically eroded and redeposited by glaciers, so a safe well can exist next an unsafe one. Recent data shows that wells terminating just below a layer of clay ten feet or more thick, are more likely to contain arsenic. When a well extends below the layer of clay, and ends in sand and loam, the water is less likely to contain arsenic.

The World Health Organization and the Minnesota Department of Health have established the maximum contaminant level, for arsenic, at 10 parts per billion. Municipal water is treated to meet that standard. Private well owners should drink bottled water if arsenic levels are above 10 ppb. This level is also unsafe for pets. All new wells in Minnesota are tested for arsenic at the time of drilling, but, there is no legislation for testing existing wells or removal of arsenic to meet safety standards. Existing wells should be tested every three years. Water with arsenic can be treated with reverse osmosis, ultra filtration or distillation devices that typically work at one faucet, however, long term costs of these treatments, may make it cheaper to try drilling a new well. Arsenic isn’t easily absorbed through the skin and doesn’t evaporate from water, so household uses such as bathing, washing dishes and doing laundry are considered safe.

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1 part per billion equals 1 microgram per liter of water. Based on an adult drinking two liters of water per day, the upper limit of consumption is 20 micrograms. For more information, contact your county extension office or go to:

http://www.health.state.mn.us/divs/eh/wells/waterquality/arsenic.html

To learn about testing your water see page 9
Keep a look out for Eurasian watermilfoil (EWM). This invasive underwater plant was found in Girl Lake last fall. It has been a nuisance in metro lakes for many years, costing hundreds of thousands of dollars to control. It can start growing under the ice and grow up to the surface forming dense mats that interfere with boating, fishing and other recreation and shade out our native plants needed for good fish and wildlife habitat. EWM can spread by small fragments, each whorl of leaves can grow a new plant. Let’s do what we can to keep it out of Blackwater Lake.

Is it Eurasian watermilfoil?
There are some native (good) plants in Blackwater that look similar to EWM. All of the look-alike plants have leaves in whorls around the stem. EWM and native milfoil have four leaves per whorl. Coontail, Water marigold and White water crowfoot have leaves in a whorl around the stem, but the leaves are branched or forked.

Field guides to learn more about identifying these plants.
University of MN AIS Field Guide: https://www.maisrc.umn.edu/ais-idguide
MCWD AIS Field Guide: http://www.minnehahacreek.org/AIS
Click on “Become an AIS Early Detector” to find the Guide.

Protect Blackwater Lake by practicing Clean Drain Dry:
Clean off any plants, mud, fish or animals from your boat, trailer, and equipment.
Drain water from your boat, all compartments, motor, live well, and bait buckets.
Dispose of bait away from the lake or replace with well water.
Dry anything that comes into contact with water. If you have had your boat in an infested water, dry everything at least five days before putting it in Blackwater Lake.

To have your boat or equipment decontaminated, search for sites at http://www.acclakes.org/invasive-species/. Click on AIS decon locations.

Get Your Well Water Tested by Becky Seemann
To help insure that our drinking water is safe, we are partnering with AW Research Labs to offer well testing to Blackwater Lake residents. Safe Drinking Water Kits are available at a discounted rate of $55 at the July 21st annual lake meeting. We will be testing for coliform bacteria, nitrates and arsenic. If you are not at the annual meeting, you can contact AW Laboratories at 218-829-7974 or awlab@awlab.com. We request all tests be submitted by August 6. Feel free to contact Becky Seemann for further questions at 651-245-6435 or becky.seemann@icloud.com

Ice Out Dates for Blackwater Lake
1963 April 15       Please contact Lloyd.
1964 April 23       1998 April 12
1965 April 30       1999 April 10
1966 April 25       2000 April 12
1967 April 14       2001 April 28
1968 April 13       2002 April 19
1969 April 17       2003 Data Needed
1970 April 28       2004 April 17
1971 April 16       2005 April 14
1972 May 1          2006 Data Needed
1973 April 11       2007 April 20
1974 April 27       2008 May 4
1975 Data Needed    2009 April 22
1976 April 14       2010 April 2
1977 April 15       2011 April 25
1978 April 20       2012 March 25
1979 May 6          2013 May 13
1980 through 1996   2014 April 29
1997 May 6          2015 April 11
Data Needed: if you can fill in any of the missing ice out dates
2016 April 18       2017 April 4
2017 April 11
2018 May 3

Blackwater Lake Wear
Select your hats, visors, t-shirts or sweat shirts for the 4th of July Lake Parade. Or wear it anytime! contact Lloyd @ 763-226-4945 or email lloydterryt@aol.com
Your dollars for Blackwater Lake Wear will be used to fund AIS needs. Thank you!

You’re Invited—
1st Cabin Coffee on Blackwater
10-11 am on Thurs. June 14
Come on over to Bob and Becky Seemann’s Cabin on Blackwater’s South Side.
It’s a time to meet and visit with Lake neighbors and see the Cabin from the inside out.
RSVP to becky.seemann@icloud.com or 651-245-6436
Remember to bring your own Coffee cup.
Located at 2608 6th Ave NW in Longville (3 miles south of the Mule Lake Store on Hwy 84)

Next Cabin Coffees 10-11 AM
July 12 - Craig & Barb Laughlin
Aug 9 - Lloyd & Terry Thielmann
Popcorn Salad
1/2 c. green onions, chopped
1 c. celery, chopped
¼ c. mayonnaise (or Miracle Whip, just don’t use the lite stuff)
½ c. waterchestnuts
¼ c. bacon, fry and cut into small pieces, cool.
1/2 c. green onions, chopped
1 c. shredded cheddar cheese
and add it to the first mixture:
Right before serving, mix together the following:
Stir together the above ingredients, let sit overnight.
¾ c. bacon, fry and cut into small pieces, cool.
¾ c. waterchestnuts
½ c. mayonnaise (or Miracle Whip, just don’t use the lite stuff)
1 c. celery, chopped
1/2 c. green onions, chopped
Popcorn Salad

Meet Your Lake Neighbor The Corral--Connie and Brian Boeddeker

2016 was a big, exciting year for Brian & Connie Boeddeker. The couple got married, purchased The Corral and then relocated from Grand Forks to live on Mule Lake. Whew! They had been pondering what’s next in their lives, and when visiting the area for another business opportunity they learned about The Corral being for sale. Both liked the idea of “someday” living on a lake in Minnesota. After seeing the business, Brian said ‘yes’ right away since he had previous restaurant experience, but Connie wasn’t so sure. They say that prayer helped them decide. When it was all said and done, they only had two weeks to open.

Connie says “In prepping for the opening it was an absolute crazy time, yet we absolutely loved it.” Brian adds, “Since day one, we felt welcomed and wanted. Our customers feel like our family and everyone knows everyone.” When they get a chance now and then, they also love cruising around the lake. Between the two, they have five kids, six grandkids including a new baby girl born in May, and let’s not forget a special doggy pal named Abbi. Previously, Brian was a deputy sheriff and Connie worked in the property management field.

What’s new this summer at The Corral? Watch for more Taco Saturdays, weekend breakfasts, and smoked meats on Wednesdays and Saturdays.

From everyone on Blackwater Lake, big time thanks to Brian and Connie for making a difference in our lake community!

Treasurer’s Report by Linda Burns, Treasurer

We began the current year on July 1, 2018 with $2029.91. Our income to date is $6105; our income sources are membership dues, donations to our AIS fund, and sales of Blackwater Lake wear. Our expenses to date are $5157.82, and include beaver control, BLURB, seedlings program, dues to affiliate associations, AIS expenses, and outlay for Blackwater Lake wear inventory.

We have spent $923.23 this year toward AIS; the largest expenses were paid to Cass County Soil & Water District toward inspections at the public access, and registration and costs for two BOD Directors to attend the MLR AIS Summit. Members have donated $863.65 so far this year toward the AIS Fund, bringing the total donations toward AIS to $2473.65 since 2016.

Blackwater Lake Association’s mission is to preserve the resources we have for future generations by undertaking necessary actions and providing a forum for ongoing education.

Thanks to all who paid their membership dues! Membership dues paid now will be applied to next year, July 1, 2018 - June 30, 2019. See Membership Form on the back page.

Thanks, also, to those who donated in addition to membership dues to our AIS fund. AIS donors are listed below.

Looking for Ice Out Dates… can you help?

Back in the 60’s, a cabin owner began to record ice out dates for Blackwater Lake. Finding their log inspired Tim Marr to keep one too. We now have a log for 35 of his last 55 years. The Average ice out date is April 20. Ice out at our lake covers a span of seven weeks, from March 25, in 2012 to May 13, in 2013. The earliest and the latest ice outs both happened in this decade.

Does anyone have a lake journal or diary with the ice out dates for 1975, 1980 - 1997, 2005 or 2006?
If you do please contact Lloyd at 218-682-2504 or at lloydterryt@aol.com.
For a list of ice out dates see page nine.
Watch Birds With Your Ears!

Go to a wet woodland at dawn or dusk and listen. If you hear clear flute like sounds that make you think of a water fountain you may be listening to a Wood Thrush. If there are both pines and hardwoods in the wet woodland the thrush may be the rarer Hermit Thrush. Wood Thrush are the most common and have a rusty topped brown coat. The Hermit Thrush has a rusty bottom. Both have rusty speckles on their white chests. The Wood Thrush is eight inches long while the Hermit Thrush is seven inches.

The Veery, also a thrush, has a song that is utterly distinctive. Its a whirring sound that will make you think of a rapidly played harp. This seven inch bird is brown with a few brown speckles on a white chest. For help identifying birds go to: https://www.audubon.org/bird-guide

Cool off With evaporation

What you need: A hat, a handkerchief or square of fabric and some safety pins. When water evaporates it goes from liquid to gas. Heat is absorbed during this reaction.

Wet the cloth and pin it to the back of your hat. Now have someone fan you. This will expose the wet cloth to more air causing evaporation to happen faster. You will feel your neck getting cool because the process of evaporation absorbs heat, making the wet cloth cooler. In freezing weather, the cold created by evaporation is called wind chill.

Cool Lake Water Word Find