

## Ticks: What to Look for... by Dave Schleichert

Tick season is upon us once again with the arrival of spring and snowmelt here we go. Due to warmer winters, the tick season is getting longer than it was 3 to 4 decades ago.

In Minnesota Lyme, the blacklegged tick, commonly known as the deer tick, carries disease. Bites from tick nymphs account for the greatest number of Lyme cases in the state. This immature stage is active primarily between May and July when about 20% of the nymphs carry the bacteria that can cause the disease. Because of the size, roughly the size of a poppy seed, these bites tend to go undetected representing the largest number of new cases of Lyme disease each year, usually children. Adult ticks, about the size of a sesame seed can cause the disease throughout much of the year with up to a 40% chance of carrying the Lyme bacteria. In the last 5 years, MN has had an average of 1200 new cases of Lyme disease a year. This does not include another 600 to 700 new cases of other tick borne diseases each year.

In the early to mid-80's blacklegged ticks were found along the Wisconsin/Minnesota boarder, between the Twin Cities and Duluth. Now they have spread to much of the state, found primarily in deciduous and mixed deciduous forest. Deer ticks usually live on the forest floor of rotting leaves and forest decay. Areas of brush and tall grasses also are excellent habitat for blacklegged ticks. The two main hosts of the tick are the white tailed deer and the white footed mouse.

Lyme is not the only tick borne bacteria blacklegged ticks carry. Anaplasmosis and babesiosis have both increased in recent years as well. Minnesota Department of Health lists eight tick-borne diseases in people. Most recently the Pawassan Virus, which has no cure, has a 10-15% fatality rate with the cause of death being encephalitis (swelling of the brain) or meningitis (swelling of the membranes surrounding the brain and spinal cord). Survivors suffer Long-term neurological symptoms such as memory problems and headaches. Symptoms of these diseases are similar: rash, usually on the torso, bull's eye rash (Lyme disease)

not always present, lethargy, headache, muscle and joint aches, fever, chills, dizziness, weakness, seizures, flu like symptoms (vomiting).

Prevention is the best way to avoid tick borne diseases. Dress in lighter colored clothes when in the woods as ticks are easier to spot. With the nymph being the size of a poppy seed, they are tough to see, this is why lighter colored clothing is even more important.

Wearing socks tucked over the bottom of the pant leg when walking in the woods or tall-grassed areas can help. Another preventive measure is using a DEET insect repellent product or by spraying

Permethrin (an insecticidal compound) directly onto clothes or shoes. Checking your body for ticks daily, mowing the grass frequently and keeping it short can help also. Washing clothes after being in wooded or grassy areas is encouraged and drying for 60 minutes on HIGH to ensure ticks do not survive on your clothing.

Myths on tick removal: mineral oils, Vicks, Vaseline or burning a match near the tick are NOT recommended. To remove the tick use a tweezers and grab the tick as close to the skin as possible and GENTLY pull the tick away from the skin. MN Dept. of Health recommends flushing the tick down the toilet. Once removed wash the area with soap and water or rubbing alcohol. If you want the tick checked for tick borne disease, place it in a sealed plastic bag with some rubbing alcohol and bring to your health care provider or to a public health office.

For more information contact, MN DNR for a Tick Resource Guide on its website. It will cover the value of using Permethrin, identification of habitats where ticks thrive, shows how to conduct daily body checks and shares recognizing the symptoms of the disease. Etc.

Foot Notes/References:  
Minnesota Conservation Volunteer, May-June 2019  
Volume 82, Number 484  
Author: Joe Spring

Morrison County Record, May 19,2019  
Volume 51, Number 11  
Author Sheila McCoy



### Save the Date August 3

The Scandia Valley Summerfest is a community event put on by multiple non-profit organizations in the Lincoln Lakes Area. The 2019 Summerfest will take place Saturday, August 3rd at the site of the Scandia Valley Town Hall, 3518 320th Street, Cushing. Planned activities include:

- 9am • Lincoln Ladies Aid Bake Sale (until sold out)
- 10am - 4pm • Craft/Vendor Sale by Lincoln Ladies Aid
- 12pm - 5pm • Fireman's Turkey BBQ
- Kids' Activities • Petting Zoo
- Helicopter Landing • Horse Rides
- Ice Cream Fundraiser • Beer Garden
- 5pm • Lincoln Ladies Aid's Quilt Raffle Drawing
- 10pm • FIREWORKS IN THE PARK

# LAKE ALEXANDER PROPERTY OWNERS ASSOCIATION NEWSLETTER SPRING 2019

Spring Greetings LAPOA members,

Here it is May 19, and at least the ice is gone but the cold continues to hold on?! Ice out was somewhat normal this year during the week beginning April 22, and fishing opener was decent weather-wise at least. Water temperatures are slowly beginning to rise as the crappies have been recently biting on the lake, but spring is late there is no doubt!

I do not think I need to dwell on the winter; it was long and deep for sure. And this year's heaving damage was primarily limited along the North Shore from the east end access up past my place, but was still serious enough for those of us who had damage, unfortunately including my boat house?! Again, water levels are quite high, even up from last spring's ice out levels. All the snow and rain we've had and continue to have are not helping, so keep your eyes out for floating bogs moving around the lake. The LALID has already had to have one removed and another is moving around as I write this President's Letter.....

As mentioned, we had some good snowfall, the last I saw on TV was somewhere in the 72" range around the Brainerd area, which was great especially for our snowmobile enthusiasts. On the flip side, ice dams were an issue for many of us this winter, as were collapsed shed roofs, unfortunately for frozen septic systems, a blessing in disguise for all of us. With that brief synopsis of winter and early spring, I'll take this opportunity to again welcome all of you, our winter snowbirds and summer residents, back to Lake

Alexander and the Lincoln Lakes area; I hope you all had a good winter season and let's all hope for a robust and enjoyable lakes season around the Scandia Valley area. Please note the date for this summer's LAPOA gathering: **the annual meeting is set to occur in combination with the Lake Alexander Lake Improvement District meeting, on Saturday, July 13, 2019 at the Scandia Valley Town Hall.** Please mark that date on your calendars and look for further information in this newsletter as well as a separate mailing later in June. Lastly, our website address continues to be found at [minnesotawaters.org](http://minnesotawaters.org), where you should click on the link on the left to Lakes and River Groups, and then click on page 10 to find the Lake Alexander Property Owners Association.

In closing this President's Spring Letter, let me wish you all a great lead-in to Summer 2019 and I look forward to meeting you around Lake Alexander this summer and hopefully at our annual meeting. My final reminder to any and all LAPOA members, please share your thoughts with me or any Board member regarding our Association, and thanks for your continued support of the LAPOA!!

Best Lake Alex wishes, Dr. Bill Faber, President

### LAKE ALEXANDER PROPERTY OWNERS BOARD MEMBERS

Dr. Bill Faber .....575-2328	Dave Schleichert ..... 575-3153
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clschiemo@gmail.com	

*Mission Statement: To act as stewards of Lake Alexander in regards to water quality, fish management, and shore line conservation.*

## Shoreline Restoration Program by Doug Cook

This project establishes a "buffer zone" between land and water using native plants. Buffer zones benefit aquatic ecosystems in many ways:

- Provide food, shelter, and nesting sites for fish and wildlife
- Control shoreline erosion
- Protect water quality by intercepting nutrients
- Stabilize Lake Bottom sediment

As I reported last fall, the association has awarded the first matching grant to a shoreline owner to control severe erosion of the embankment above the shoreline. This erosion was allowing uncontrolled runoff to enter the lake with no filtering by vegetation. The prime objective of our program is to encourage lakeshore owners to provide a vegetative buffer zone to filter

out nutrients, fertilizers, pesticides, herbicides, etc. before they get to the lake. A natural buffer zone is a proven way to meet this goal and prevent erosion at the same time. The board has approved three additional applications from lakeshore owners to restore or repair shorelines to their natural state. If you are interested in the program,

you will find the complete project proposal along with an application form on the association website at <https://minnesotawaters.org/lakealexanderpropertyowners> or just search for "Lake Alexander property owners". Or you can contact me for an application or more information at [douglasrcook@yahoo.com](mailto:douglasrcook@yahoo.com)

## LA LID Treasure's Report by Ron Wieber

By the time you read this, the MN Omnibus Tax Package should be a done deal. In the offering are two items that could be beneficial to lake tax payers - lowering the tax on Seasonal Recreational Property and elimination of the sales taxes lake associations now pay for weed control (Lake Improvement District's like us are already MN sales tax exempt). While we do face lake challenges due to the support of Lake Alexander property owners currently lack of funding to treat aquatic invasive weed species is not one of them.

Financially the Lake Alexander Lake Improvement District is in sound financial shape with a three year CD earning 3% interest, a significant savings account also interest earning and our checking account. These are all primarily due to nominal expenses related to weed and bog control the past few years. Although since 2017 we no longer directly receive DNR grant funds for invasive weed treatment, the Quad Lakes group has been successful in obtaining grant funding from Morrison County for our four area lakes 2019 efforts which includes education and hopefully staffing of public landings (this is a hourly paid position, please let a board member know if you or someone you know would be interested in working summer weekends).

We are off to a flying (or shall I say floating) start with bogs this spring. Overall, our plan is to remove them as staking them has proven to be only a short-term measure since we find our old stakes in newly roaming bogs that then require more remediation efforts. Our annual permit for removal of bogs expires October 31, 2019. Reminder that a bog "less than the size of a pickup truck bed" is not likely to be addressed by us. If you are having issues with a floating bog, please contact a LA LID board member and we will assist.

For 2019, only a few acres of Curly Leaf Pondweed were documented by the DNR early this spring. The DNR approved chemical treatment of less than half that - only 2.6 acres which we are now permitted to treat and which shall be accomplished in May 2019.

Later this spring the DNR will map out areas of Eurasian Water Milfoil and treatment for these areas will commence around mid-July when chemical treatment is most effective for this species.

If you have not heard about the U of MN's Minnesota Aquatic Invasive Species Research Center you need to check them out. We plan to ask for your support of this group with a financial donation at our annual meeting. They seem to be making some progress for us and via science ensuring the quality of MN waters environment.

### Scandia Valley Township Board

Terry Sandstrom.....	575-3262
Al Card.....	575-2092
Jeff Hardy.....	575-2603
Brian Pantzke.....	575-2107
Ian Newkirk.....	575-3807
Kathy Headley (Clerk).....	575-2847
Sara Meier (Treasurer).....	575-2783

### Scandia Valley Refuse & Recycle

Summer Hours – Wednesday & Sunday  
(May 1st – Sept 15<sup>th</sup>) 12:30 – 5:30 pm  
Winter Hours – Sundays  
(Sept 16<sup>th</sup> – April 30<sup>th</sup>) 11:00 am- 4:00 pm

## Zebra Mussel Veliger Monitoring by Chuck Schiemo

Veliger monitoring will be conducted two time this year on Lake Alexander, between June 1<sup>st</sup> and July 15<sup>th</sup>, locations for sampling will be:

### West End Bay - Area of Blue Front Resort - Mid-Lake, North Shore - East End, Public Access

This is a Morrison County funded program, Fish Trap, Shamineau and Crookneck also do Veliger monitor. Fish Trap, as you may know has Zebra Mussels, Crookneck was found to have Zebra Mussels this past Fall. The past Summer Zebra Mussels were found in the area of the Blue Front Resort, good news, a follow up inspection by the DNR of docs and lifts in the Fall at that location showed no signs of infestation. A follow-up inspection with SCBA is planned for this Spring/Summer.

We all need to be aware of AIS when transporting docks, lifts, swim platforms and our watercraft from one lake to another. When leaving a lake drain all water from your boat, person water craft, wake boats (ballast tanks). Keep drain plugs out while transporting your watercraft. (Check with a past board member what the fine is for not doing this and coming to the access)

Empty bait pails replacing with bottled or tap water, if you wish to keep your bait. Remove all vegetation from your watercraft and trailer. Company coming to the lake, be sure they are aware of AIS and the steps to take before launching their watercraft.....**Clean-Drain Dispose.**

## Quad Lakes Lake Improvement District by Chuck Schiemo

The Quad lakes LID (Shamineau, Crookneck, Fish Trap, Alexander) grant application to Morrison County for the AIS partnership has been awarded to them as follows:

**AIS Vegetation Survey - \$15,678**

**Ambassador Program - \$15,250**

**AIS – Vegetation Treatment - \$14,620**

Funds will be divided between the four LID's determined by the applicant based on lake size and current AIS needs. The DNR Ambassador Program is an education AIS education/awareness program conducted at the public landings (Our East & West landing) the LID would employ paid volunteers trained by the DNR. If you are interest in this program, contact Chuck Schiemo, Phone: 575-3169.

### Details of Program:

- 3 hour DNR Training Program (paid)
- DNR application w/background check
- 18 years of age
- \$15.00 an hour
- Hours 7:00 – 11:00 am, Sat & Sun
- Hours 3:00 – 6:00 pm Friday
- Hours may adjust as season progress

## Lake Alexander Fishing Regulations and Stocking Report by Doug Cook

### Fishing Regulations

**Northern Pike:** Special regulations remain in effect where all fish 24 -36 inches must be released, one fish over 36 allowed, and a 3 fish possession limit. The slot limit is an attempt to recover trophy size fish populations that were reduced due to over harvesting. Keeping smaller northerns will also reduce predation of stocked fish as northerns are voracious predators.

**Walleye Pike:** maximum 6 in possession with 1 over 20 inches

**Muskie:** 1 over 54 inches in possession

**Sunfish:** 20. Angers are encouraged to release all fish over 9 inches to increase the number of larger fish and keep larger fish in the gene pool to avoid a stunted population. Likewise, harvesting smaller sunfish gets them out of the gene pool.

**Crappie:** 10

**Smallmouth and Largemouth Bass:** 6 combined open on 5/25/2109. Smallmouth closed 9/8/2019.

**Rock Bass:** 30

### Stocking Report

**Walleye:** 1.25 million fry were stocked the week of May 13. This follows the stocking of 2.5 million fry in 2018. Stocking survival rate is 2-3% predicting 75,000-112,00 surviving walleyes from these two stockings. The numbers stocked will vary from year to year depending upon survey results. Most lakes are stocked every other year, but Alexander shows no evidence of natural reproduction so stocking is more frequent.

**Muskie:** The DNR plan is to stock fingerlings (12 inches) this year depending upon availability. Last year 105 fingerlings were stocked. The management goal is to achieve a low density of muskies in the lake; one Muskie for every 5 acres of water. Muskie stocking started in Lake Alexander 41 years ago in 1978 and remains a hot topic among anglers. Stocking information can be found on the Minnesota DNR lake finder website.

## Lake Alexander Lake Improvement District Board Members

Dr. Bill Faber, Chairman.....	575-2328
Ron Wieber, Treasurer.....	575-3326
Chuck Schiemo.....	575-3169
John Piper.....	575-3384
Mike Becker.....	218-640-7088

## Status of the Lake Alexander Fishery - 2018 Survey Results (reprinted from the DNR website) by Doug Cook

The regional DNR fisheries office out of Little Falls performs regular surveys of the fish population in Lake Alexander. Electrofishing surveys are done every year to assess fish stocking results. Every four years a more extensive survey is performed using a variety of methods including gill nets, large hoop nets or trap nets, seines and electrofishing. All fish captured are documented with characteristics including species, amount, length, and origin (stocked or not). This data is then analyzed and compared to previous years. Decisions affecting the fishery such as which and how many fish to stock, slot limits, and special regulations are all based on this scientific evidence so the surveys are important. 2018 saw the completion of the extensive survey last performed in 2014. Below is the summary report from the DNR Lakefinder website. For more information go to this link: <https://www.dnr.state.mn.us/lakefind/showreport.html> or just type "dnr lake finder" into the search bar.

Status of the Lake Alexander Fishery-2018 Survey Results (reprinted from the DNR website)

Lake Alexander is a 2,730-acre lake located in northwestern Morrison County near the village of Cushing. It's one of the most popular lakes in the area due to its size, clear water and scenic surroundings. The lake supports a diverse fish community and offers angling opportunities for a variety of gamefish. Walleye is the primary species of management, with secondary species Muskellunge, Northern Pike, Smallmouth Bass and Largemouth Bass. Angler reports of catching trophy-sized fish in a variety of species is not uncommon. Recent and past surveys confirm the presence of Walleyes over 28 inches, Muskellunge over 50 inches and Smallmouth Bass up to 20 inches. A special Northern Pike regulation was implemented in 2003 which requires the release of all pike between 24 and 36 inches with one over 36 inches allowed in possession. The objective of the regulation is to improve the pike population size structure. Residential development is modest to heavy although there are several stretches of shoreline that are still natural, free of human development. Eurasian water milfoil, an invasive aquatic plant is present in the lake making watercraft inspection extra critical when leaving your access point. Additionally, two Zebra mussels were discovered in 2018. An official listing as an infested water is likely forthcoming.

Standardized surveys are designed to provide a representative picture of the fish community. Data from our 2018 survey, can be compared to past surveys in order to draw a reasonably accurate picture of the overall fishery. We observed a Walleye population that is stable, having changed very little in the past 20 years. The population is consistently comprised of fish in the 15-25 inch range. From an angling standpoint, Alexander has abundant underwater structure and a reputation for good Walleye fishing, particularly at night.

Northern Pike abundance is low, which is beneficial to the entire fish community. Because pike are voracious predators and opportunistic spawners, they can overpopulate which is detrimental to prey species abundance. Lake Alexander demonstrates the ability to grow large pike, with a healthy forage base of Yellow Perch and Ciscoes. There may be the potential to produce a high quality pike fishery, if angler compliance with the special regulation is high. We will continue to monitor pike to determine if the regulation is achieving the outcome for which it was intended.

When it comes to Smallmouth Bass, Alexander is better than average compared to other Todd and Morrison County lakes similar in character. Surveys consistently sample good numbers of Smallmouth ranging in the 16-18 inch range. Largemouth Bass size-quality is similar and with clear water and diverse plant communities, shallow bay-areas and steep weed lines provide numerous opportunities for various angling presentations.

Muskellunge fingerling stocking is completed annually on Lake Alexander. Netting for adult fish occurs every four years in the spring soon after ice-out. At this time, it appears that the proportion of the fishery measuring from 42-50 inches is increasing. This is good news for muskie anglers as it indicates a strong potential for continued recruitment of fish to trophy-size.

Ciscoes are cold water fish present in Lake Alexander. They're an indicator species since they're usually found in lakes with high water quality. Ciscoes are declining in many lakes due to climate change and nutrient runoff. The greatest period of stress occurs in late summer when oxy-thermal habitat is most limited. Summer oxy-thermal habitat is found at mid-lake depths where the temperature is below 70 degrees and dissolved oxygen is adequately present. Hotter, longer summers coupled with high nutrient runoff can put the squeeze on this deeper layer of oxy-thermal habitat Ciscoes depend on. Since Ciscoes demonstrate some resilience to warmer water temperatures, farmers, lakeshore residents, townships, counties and other stakeholders are encouraged to minimize nutrient runoff by not using fertilizers and adopt shoreline vegetative buffer strips or cover crops as the situation pertains. In the end, water quality and fish habitat can be maintained for Ciscoes and other species if we work together.

### For More Information

Little Falls Area Fisheries Supervisor  
16543 Haven Rd  
Little Falls, MN  
Phone: 320-616-2450  
Email: [LittleFalls.Fisheries@state.mn.us](mailto:LittleFalls.Fisheries@state.mn.us)

## Lake Alexander Open House

**Event Name:** Lake Alexander Open House

**Date:** Saturday, August 17, 2019

**Time:** 10:00 a.m. to 2:00 p.m.

**Location:** 7163 Bear Road, Cushing, MN 56433

### Overview:

Conservancy staff will present current forest and water protection strategies developed and developing in the north central Mississippi Headwaters region; including work around the Lake Alexander preserve and forested lands.

**10:00 a.m. Registration**

**11:00 a.m. Presentation in the shop area**  
*(below the office)*

**12:00 p.m. Picnic lunch (provided)**

**1:00 p.m. Hike to forest management areas**

**2:00 p.m. Homeward Bound!**



The 1,734-acre Lake Alexander Preserve, located just west of Crow Wing County and the Brainerd Lakes-area, is part of a 180,000-acre mosaic of red and white pines, wetlands, and hardwood forests, and is one of the Conservancy's great success stories in Minnesota.

**What to Wear/Bring:** Comfortable shoes, hat, camera and binoculars. Watch the weather and dress appropriately. The event will happen rain or shine.

**RSVP:** Please RSVP to the Conservancy's Todd Holman via email <[tholman@tnc.org](mailto:tholman@tnc.org)> or by phoning and leaving a message at (612) 867-3140.



### Silly Spring Sonnet of 2019

*Ron Wieber with inspirational gratitude to Elizabeth Bishop, Gerard Manley Hopkins, Billy Hopkins, Shakespeare, and T.S. Eliot.*

It has been an adjective laden, long, polar cold, red flannel with gray overtones, snowy white, slushy ice winter heaving season around here indeed.

Now that April, the cruelest month, has past we note breeding wildlife, budding tulips, lilies and lilacs from the recently unfrozen earth mixing memory and desire, stirring dead roots with a soft rain. Yes, spring comes with many signs - hungry red robins chirping and gorging on earthly worms, the sky-blue lake algae, the white crested waves that bring roving bogs to and fro along our shores and the growing green grasses of invasive weed species. I have to wonder is this unguarded jubilation typical Minnesotan?

If ever there were a spring day so perfect as those surrounding the lakeside. Why just imagine taking a hammer to a glass paperweight and freeing the encased creepies from their snow-covered cottage! That's the freedom we shall feel today.

Why even the returning snowbirds, who have returned exhausted from a winter long holiday party, rebound from their seasonal hangover and the spirit of youth is everywhere.