We also enjoyed the attendance of a number of younger people who will be the future stewards of this wonderful lake and forest we are so privileged to share. Perhaps at the next meeting of the LLLA Association Board meeting we can discuss expansion of our Spring Association meeting agenda to include something that would attract more young people. A rock band is not the first thing that comes to mind, but there must be something that cuts across the generations. Please share ideas as they occur.

In addition to community building, our continued focus on land and lake stewardship will shape the content of the Spring 2014 meeting. Given that we have all winter to think about it, some good ideas for building on the wonderful work of the last 30 years should surface and be ready to share by late May. Just synthesizing the great information that has already been accumulated into a “how to” guide for LLLA Association members would be a worthy undertaking. There is also a wealth of resource people who can help us in our stewardship task. Peter Hovde recently prepared information on preferred chemicals for household use that are environmentally and septic system friendly, which information may be ready for sharing in our newsletter.

I will close by telling a recent fish story, of the largest bass I have ever caught or even seen for that matter, released to be caught again by one of you. I could call him Walter, but that name was already taken. The great thing about “catch and release” is that the fish can grow geometrically from the time of the catching to the time of the telling, one of the wonders of modern science.

Enjoy a beautiful Long Lost Lake Fall if you are fortunate enough to have some time here. I hope to see you on the lake, or the trails, and perhaps exchange a few “creative” truths on wilderness life.

Dan Wilson, LLLA Association President

Inside this issue:

- CABINS IN THE WATER 2
- DUES COUPON 2
- UP AND DOWN THE LAKE 3
- SEPTIC SYSTEMS 4
- ADOPT A HIGHWAY 5
- LAKE STEWARDSHIP 5
- TOWNSHIP NEWS 6
- LAKE COUNTRY TRAIL 6
- DNR WELLS 7
- CLASSIFIED ADS 7
- YELLOW PAGES ADDITIONS 8
- LAKE DATA 8
Cabins in the Water:
In mid-August Jim Svobodny talked with Lorena Vogt, Land Office Manager for the White Earth Reservation. She stated that the revised time table for removing peninsula cabins includes removing 3 cabins before winter including the old Nelson cabin (red in color) and the two abandoned cabins just south of the Nelson cabin. All three of these cabins are out of the water. A contract has been signed by a private contractor who will begin removal soon. Lorena is hopeful that the additional peninsula cabins currently in the water can be removed during the winter if ice and snow conditions are favorable.

LLLAA OFFICERS
Dan Wilson, President ..................... 657-2285, danlaurie1@hotmail.com
Kathy Toomey 1st Vice President............. 657-2299, llltoome@gvtel.com
Ellen Gugisberg, 2nd Vice President......... 657-2745, gugisberg@aol.com
Mitzi Balstad, Secretary........................ 657-2827, cbalstad@hotmail.com
Richard Bovard, Treasurer.................... 657-2329, rwbovard@gmail.com
Peter Hovde, Historian .......................... 657-2346, hovde@cord.edu
Grace Kuphal, Newsletter Editor ............ 657-2492, gekuphal@aol.com
Jane Bovard, Newsletter Layout Editor ..... 657-2329, jfbovard@gmail.com

The newsletter will be sent out by e-mail to people with confirmed e-mail addresses UNLESS you notify Grace that you prefer to receive it by regular mail. Your newsletter editor assembles, staples, folds, addresses and mails the newsletters that go out in the mail. It saves time and expense to be able to e-mail them out and have the recipient print out their own copy instead of us doing it.

Dues are still only $15.00 annually. Checks should be made out to LLLAA
Dues can be can mailed to treasurer, Richard Bovard at
12346 McKenzie Rd., Bagley, MN. 56621 May through October
or 22544 W Shadow Dr., Buckeye, AZ 85326 November through April

Name_________________________________________________e-mail________________________
Address________________________________________________
Amount enclosed:____________________ For: ____ 2012 ____ 2013 ____ 2014
Up and Down the Lake

Thanks to Dan and Laurie Wilson for hosting the Fall Meeting. Dan was recently appointed to the board of Friends of Itasca (Park.) Ray Vlasak had a presentation - he gave scarves to Dick and Kathy Toomey plus a sample of a sign to be used on the North Country Trail. LLL Association will try to mimic that style for the two miles of trail which we maintain.

Please note in the far right of picture, the devise which Marv Mortenson has made to help with the well monitoring (4 wells) around LLL. A special thanks to Carly Scherzer who helped Peter Gugisberg deliver the cooked brauts and wiener's to the eating area. It was also nice to see new faces at the meeting. Let's make sure we greet our new friends and welcome them to LLL.

Lisa and Nathan Sheppard are the proud parents of twins, Kenneth Wyman & Roma Lena Sheppard were born on September 27. Kenneth’s weight was 5 pounds 7 ounces and is in good health. Roma’s weight was 4 pounds 11 ounces. They will be in NICU for a few days but no problems are expected.

September travelers this year included Jon and Nora Jennings - camping trip around some of the great lakes.

Babe and Mort Mortenson - camping trip in Minnesota and further west.

Up and Down the Lake

Ecton Trail Women’s Week. This is their time to get together and enjoy some time off for one week of fun and creativity.

Wolves photographed by Penny Kemmer, Jeff Roland and Shirley Schouviller
Wouldn’t it be nice to just flush it and forget it? Nice not to have to worry about the care and “feeding” of our septic systems? Unfortunately, disregarded septic systems can come back to haunt us all.

First, the science. Septic systems work by a process called anaerobic digestion in which bacteria decompose the once-living material of plants or animals and their waste by breaking down the tissues of those organisms into nutrients which can be recycled into new life (whew!). As the effluent flows into the septic system's drain field, the wastewater carries with it the nutrients and other things which percolate into the soil. Aerobic bacteria in the soil purify the water on its way down into the groundwater by removing disease-causing pathogens and many of the nutrients. That is, if the system works as advertised. The “health” of a septic system depends very much on what we put into it, and how much of the “what” we load into the system.

Many federal, state, and local environmental and pollution agencies and extension services provide lists of septic “Dos and Don’ts”. Here are some of the things that should not find their way down our drains.

Solids. Septics are designed to only handle human waste and toilet paper. The introduction of other solids should either reduced to a minimum, or thrown into the trash.

Non-biodegradable items such as facial tissue, paper towels, cigarette butts, disposable diapers, kitty litter, any plastic, etc. The EPA calls these septic system “cloggers”. Bacteria have not yet “learned” to decompose these products.

Some bio-degradable and even semi-biodegradable items—egg shells, coffee grounds, cat litter, clothes dryer lint, and vacuum debris.

As food preparation debris will dramatically add to the solids entering your system, avoid using a garbage disposal as much as possible. Fine grain screen sink drain baskets which catch nearly all scraps are available at hardware and home centers for about $5.00. Vegetable matter can be composted, but meat scraps should go in the trash.

Cooking oils and grease harden and will eventually clog drain pipes, increasing the need for tank cleaning.

Antibacterial Products. Many cleaning or disinfectant products not only destroy harmful bacteria, but also will kill the good bacteria on which the septic system's operation depends. Excessive use of these products in the home can cause significant and even total destruction of the tank's bacteria population. What counts as “excessive” use is controversial, so minimizing their introduction into the system is the watchword. Some of these are:

Antibacterial hand soaps, tub, tile and shower cleaners, drain cleaners, toilet bowl cleaners, laundry bleach products, and others.

‘Every flush’ toilet bowl cleaners.

Also included are ‘antibiotics’ prescribed for medical treatment. Unused prescription or over-the-counter medications should not go down the toilet.

Use the minimum amount of milder soaps, detergents, and other cleaners necessary to do the job.

Other Chemicals. There are a lot of them in our houses and cabins—solvents, paints, antifreeze, gasoline, herbicides, and pesticides to name just a few. Most of these products will pass unaffected through the septic system. Many of them may reach the groundwater and then the lake. The EPA calls these toxic substances “killers”, as they can be harmful to humans (children especially), pets, and wildlife. These substances need to be disposed of at local recycling and hazardous waste sites.

Drano is a no-no. Here again, prevention is worth a pound of cure. The less hair, grease, and foot particles going down the drain, the fewer plug drains. A boiling water and/or a plumbing snake is a non-chemical solution.

Additives called “feeders” to enhance septic bacterial population and cleaners intended to remove solids from the tank are either unnecessary or harmful to the system. Other additives, particularly degreasers, may contain carcinogens, which will flow directly into
Fall 2013 Newsletter

According to the Minnesota Department of Transportation, volunteers helping with the Adopt a Highway program pick up 26,000 tons of litter per year, saving the state an estimated $6 million annually. The program currently is staffed by 49,000 volunteers from the public who are helping to clean up 11,000 miles of Minnesota Highways, freeing up MnDot to spend more time on highway improvement and safety projects.

Long Lost Lake Area Association does its part to contribute to this program. Each spring and fall our volunteers pick up litter on both sides of a 6-mile section of Co Hwy 39. We do it because, like other volunteers, we take pride in keeping our state and highways beautiful. MnDOT provides trash bags for the cleanup and safety vests for each volunteer to make them visible to passing motorists. MnDOT crews then pick up the filled bags from the roadside.

When the call goes out for LLL volunteers, please consider giving a couple hours of your time to keep our lake area roads clear of litter and our state beautiful.

Water. What’s wrong with water? Conserving water will avoid overloading your septic tank. Once a system becomes overloaded with wastewater, solid waste will move into the drain field and can quickly block or reduce the its effectiveness.

Leaky faucets and toilets can quickly overwhelm a septic system. A stuck toilet flapper can result in as much as three gallons a minute entering your system when the system is only expecting a maximum of 100 gallons per person per day. Even a seemingly small drip can put an amazing amount of water into the tank each day.

Avoid long showers and full baths. Water-saving adjustable-flow aerator shower heads (which inject air into the water) save a lot of water, yet feel like a full-flow shower on your skin.

Limiting laundry to full loads and avoiding trying to wash multiple loads on the same day can reduce the impact on your septic system. The same thing is true about dishwashers.

Preventive Maintenance. The EPA recommends that septic system inspected at least every 3 years and pumped periodically (generally every 3 to 5 years) by a licensed inspector/contractor, such as Solid Bottom in Bagley that many lake residents use.

Inadequate treatment of sewage can raise nitrate levels in ground water. High concentrations of nitrate in drinking water can be a special risk to infants, pregnant women, and adults with compromised immune systems. Nitrogen and phosphorous draining from malfunctioning systems can eventually wind up in the lake, causing algae blooms.

A 24-minute video on septic systems is available for viewing on the web from the University of Minnesota Extension Service at http://www1.extension.umn.edu/environment/water/shoreland/better-living-on-our-lakes-and-rivers/septic/.

May we all be reminded of the privilege we have in being a resident on one of Minnesota’s cleanest lakes and enjoy the water recreation and our wildlife in its natural habitat. It can best be expressed in the good words from Henry David Thoreau: “A lake is the landscape’s most beautiful and expressive feature. It is earth’s eye; looking into which the beholder measures the depth of one’s own nature.”
Township News

The Long Lost Lake Township is beginning preparations for the annual Township meeting held on the second Tuesday in March. This year the meeting will be held on March 11, 2014. The place of the meeting has not yet been determined. The annual meeting is an important part of township government since at this meeting the 2013 finances will be presented and the budget for 2015 will be reviewed. Those attending the meeting will also have the responsibility for setting the township levy for 2015. Once that levy is approved by the citizens attending the meeting, the Township Board cannot raise the levy but can lower it.

The last Township Board meeting for 2013 will be held on December 10, 2013. It begins at 7:00 PM at Dave Johnson’s residence. At this meeting the schedule for 2014 meetings will be approved and publishing authorized in the Bagley newspaper. The 2014 meeting schedule will also be posted on the posting board at the intersection of Seaberg Ln and County 39. Citizens are welcome to attend any of the Township Board meetings and there will be opportunities for those attending to address the Board if they wish to do so.

David Johnson, Chairman
Long Lost Lake Town Board

TOWNSHIP OFFICERS
Dave Johnson, Supervisor ............................. 657-2853, davidjohnson@longlostlake.com
Greg Scherzer, Supervisor ..............................657-2557, margreg@gvtel.com
Ardell Johnson, Supervisor ............................... 657-2606
Dick Toomey, Treasurer .................................657-2299, LLLtome@gvtel.com
Marv Mortenson, Clerk .................................657-2340, mortbabe@gvtel.com

North Country National Scenic Trail

By Ray Vlasak, Laurentian Lakes Chapter President

It has been a year of great promotion for the North Country Trail. It started with the Governors Fishing Opener in Park Rapids where local chapters had a booth displaying trail information, applying temporary NCT logo tattoos to the kids, and face painting hundreds of blue blaze on kids and adults cheeks. Next Laurentian Lakes Chapter celebrated the grand opening of the Tamarac National Wildlife Refuge trail section on National Trails Day. The year of promotion was topped off with an article about the trail in the July-August issue of the Minnesota Volunteer Magazine.

Results of all this promotion is many more hikers using the trail which is what the trail needs. Most reports are very good, but occasional problems are noted and they are being addressed. The Long Lost Lake Association deserves a gold star for being such great trail adopters. Join chapter members and friends on Oct 24 for deserved recognition.

Thank You.

Coming events:

Oct 24, End of season celebration and volunteer recognition with Itasca Moraine Chapter, 5:00 pm, Northern Inn on Toad Lake - Presentation by Peter Dieser about the Yellow Winged Warbler and the Public Lands project of the American Bird Conservancy
Jan 11, Winter Trails Day at Maplelag Resort
Feb 8, Snowshoe Hike, 1:00, Pine Lake parking area, Tamarac
Mar 8, Snowshoe Hike, 1:00, Itasca State Park South Entrance
Our great volunteers who cleaned up the ditches are: Ardell and Ruth Johnson, David and Nancy, Johnson, Dick Toomey and Dan Wilson, Shirley Schouviller and Becky Bergerson.

A big “THANK YOU” goes to them.

We are wishing Merylin Wesloh a speedy recovery from his hip surgery and heart attack and Becky Bergerson from her knee surgery.

Wine and cheese in the woods. A small group that included Peter and Ellen Gugisberg, Ruth and Ardell Johnson, Becky Bergerson, Jane Bovard and Greg Scherzer spent a beautiful afternoon at Waptus Lake in early October.

WELLS: DNR Ground Water Level
By Marv Mortenson

At the spring 2013 meeting of the LLL Association members, Michael MacDonald, a hydrologist with the Minnesota Department of Natural Resources, spoke about the DNR’s efforts to gather data concerning ground water around the state. He explained that there are 600 plus wells located within the state with most being monitored by volunteers. The LLL Association volunteered to monitor the four wells located around Long Lost Lake.

Two of these wells are located on Big Hill Rd on the north end of Long Lost Lake and two are on County Hyw 39 on the south end of Long Lost Lake. The wells were put in place in 2002 with the goal of “gathering information on the ground water levels”. This information, combined with precipitation amounts, give hydrologists a better understanding of the severity of droughts, serve as an aid to regulating farm land irrigation and determine how healthy a watershed might be. Data from these wells are also used to determine long term trends, plan for water conservation and otherwise manage water resources.

Long Lost Lake is situated in a unique geological area. We are the uppermost lake in the Crow Wing River Watershed. A short distance to the west of us is the beginning of the Otertail River watershed and short distance to the east is the beginning of the Mighty Mississippi. If one is to look further you will see that Clearwater County is also the beginning of Clearwater River, Wildrice River and the Red Lake River. Water does not flow into Clearwater County only out.

The Long Lost Lake volunteers measure how far below the surface the water table is each month of snow free weather, generally May – October. This information is then entered directly into the DNR’s data base. Data from these wells are used to assess ground water resources, determine long term trends, interpret impacts of pumping and climate, plan for water conservation, evaluate water conflicts, and otherwise manage the water resource.

If you would like to participate in a well monitoring or to view the process contact vice president Kathy Toomey at 657-2299 and she will put you in touch with a volunteer.

On line Well Data: http://climate.umn.edu/ground_water_level/

CABIN FOR SALE by owner. $86,000 - 3 bedroom Jevning cabin at the north end of the lake. Cabin has high ceilings, electric and wood heat, a grand fireplace and a large insulated garage. Appliances are included. Boat and furnishings negotiable. For more information call Karen Robinson at (612) 386-6040 or contact her via email at karenrobinson02@gmail.com.

Looking for something to do on these upcoming long winter nights? Why not browse the following website: sales.longlostlake.com. This website has a lot of interesting items for sale at Long Lost Lake. During this winter many new items will be added. You just might find something that you cannot live without!
Long Lost Lake Area Association

Yellow Pages Additions

Cabin Repairs: Dick Roman - Elbow Lake - 218-734-2473  
Electric: Diamond Electric: - Terry Lane - He is super skilled, pleasant, and thoroughly trustworthy. Cell phone 218-252-8469, Home 218-732-8467, e-mail: tlane091@gmail.com  
Excavation: Racer Construction—Jody and Josh Yliniemi, Osage, MN 56570, 218-573-3452; 218-252-2120 - Jody (father); 218-252-2003 Josh (son)  
Outboard Motor Repair: Bill Roman - Elbow Lake 218-734-2505  
Plumbing: Rick Vorderbruggen  694-2414 (Bagley) and well pressure tank problems

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If you have information or updates for the yellow pages to be added for the spring edition, please send to Jane Bovard at jfbovard@gmail.com.

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<tr>
<th>LAKE DATA  FALL 2013</th>
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<tbody>
<tr>
<td>Lake Level</td>
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<tr>
<td>Ordinary High Level - Standard</td>
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<tr>
<td>Highest recorded lake level 7/22/02</td>
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<tr>
<td>Last Fall reading</td>
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<td></td>
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<tr>
<td>You can reach this data with the Minnesota DNR searching for lakes - Clearwater County</td>
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<tr>
<td>Long Lost Lake - there is a link to this information.</td>
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<tr>
<td>The lake level has been dropping.</td>
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<tr>
<td>At the Kuphal point (chimney from the old red cabin we now have a walkable narrow beach.</td>
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<tr>
<td>We want to thank Becky for her dedicated work by recording the lake level data for the DNR.</td>
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<tr>
<td>She made the last two recordings before having knee surgery.</td>
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<tr>
<td>Clarity</td>
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<tr>
<td>Sep-13</td>
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<tr>
<td>Jim Svobodny - Clarity readings summary remarks.</td>
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<tr>
<td>Please note - Jim has consistantly recorded the months of June, July and August for 28 years.</td>
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<tr>
<td>On June 10th was his deepest reading of all times - 39ft.</td>
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<tr>
<td>The average for the year was 28.5 ft. The previous clearest year was 2010 when the average was 25.9 ft.</td>
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</tbody>
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I would like to thank Ardell Johnson for all of his contributions to help at LLL.  
Due to the late ice on the lake, algae bloom was later which has given the deeper Secchi Disc readings.  
Please note: Jim Svobodny has posted these reading on the Long Lost Lake website under the heading of "Lake Data".