

Aquatic Invasive Species (AIS) Detector

A Message from Fred Luckeroth, Chairperson, Boot Lake Association

Several months ago we offered our members an opportunity to become an “AIS Detector”. As an AIS Detector, a non-paid volunteer position, you could be serving a critical role by helping search for new AIS infestations, providing outreach to your community, and helping AIS researchers in the field. When we did not get any takers on our offer, I said to myself, “Self, you're retired, what else have you got to do”!! So I enrolled in the self-paced online course that covered identification of aquatic invasive species plus their native lookalikes, the ecology of Minnesota waters, AIS regulations and reporting, and more. Then a couple weeks ago I attended a workshop in Brainerd where we had the opportunity to meet other AIS Detectors and University of Minnesota experts, as well as get our feet wet with hands-on AIS identification practice.

The DNR is working hard to curb the spread of nonnative species because they can cause displacement of, or otherwise threaten, our native species in their natural communities, and thus threaten our natural resources or their use in the state. But we learned at this workshop that it is a daunting task with only 10 statewide DNR AIS Regional specialists. So they need all the help they can get to cover the entire state.

Many of the workshop attendees were members of area lake associations all with a concern for not only our own lakes but also aware of the need for an organized statewide surveillance network of trained volunteers eager to make a difference. Not only for the present, but for the future and our children and grandchildren, we need to work to prevent introductions of new invasive species into Minnesota, prevent the spread of invasive species within Minnesota, and help reduce the impacts caused by invasive species to Minnesota's ecology, society, and economy.

For my part I hope to work with our two resorts to place some monitoring tools at their boat docks to monitor for zebra mussels. I will also be taking samples of plant fragments and shells at our public access to quickly identify any possible new infestations if they occur.

If you have any questions or concerns you can contact me at 218-699-3466, or email boot.lake.association@gmail.com.

For additional information visit the AIS Detectors website at: www.aisdetectors.org

Loon Nesting Platforms

Loons are the bird most synonymous with the beauty of nature. Their sleek appearance and haunting call defines the Northwoods and lakes of Minnesota.

In spring, loons arrive on northern lakes as soon as the ice thaws. Loons are territorial birds, and a mated pair of loons will defend an area of water from other loons. Small lakes, generally those between 5 and 50 acres, can accommodate one pair of loons. Larger lakes may have more than one pair of breeding loons, with each pair occupying a bay or section of the lake.

Nesting loons face a variety of challenges during their 27-day incubation of eggs. Loon nests are vulnerable to natural or human-induced water level changes that can flood nests or leave them stranded out of reach of parents. Floating nest platforms rise and fall with water levels and help loons cope with these water level changes. Nest platforms also provide alternate nest sites to help loons

displaced from traditional sites by shoreline development or recreational use of lakes, and offer protection from raccoons, otters and other scavengers whose populations have increased due to the availability of human refuse.

An artificial nest has other advantages as well. If properly located, it reduces the chances of animal predation on the eggs (ie. eating the eggs). It often provides us with a better view of a nesting loon, a wonderful sight. And, when the loon isn't using the nest, it becomes a sun deck for turtles !

About 10 years ago three loon nesting platforms were made by our friend and neighbor, the late Roger Stecker, a 20+ year resident on Boot Lake. The platforms were placed at the north and south end and in the middle of the lake in the narrows. After Roger passed away about 5 years ago the platforms in the narrows and south end were neglected. The one on the south end eventually disappeared. The platform at the north end was taken over by muskrats and was in need of cleaning and repairing. Last year at our annual meeting three individuals volunteered to get the platforms back in service. Craig Nieman built a new one from scratch, and Gary Doroff and Fred Luckeroth repaired the two remaining platforms. This spring the three platforms are back on the lake and ready for occupancy ! If the loons do not use the platforms patience is needed. If they nest in natural habitat successfully all the better. But the platforms can provide an alternative if the natural habitat is accessible to predators.



Our Loon Nesting Platforms are back on the Lake and ready for Occupancy !!

Tick Season is Here

The days are warming up and that means ticks are becoming more active. The Minnesota Department of Health says there are a dozen different types of ticks in the state, although not all spread disease.

The most common tick that people come across in Minnesota is the American dog tick — commonly known as the **wood tick**.

The worst of the ticks is the **blacklegged tick, formerly called the deer tick**, which spreads Lyme disease, by far the most common and still most serious tick-borne illness in the region and nationwide.

The Center for Disease Control says about 35,000 cases of Lyme disease alone are reported annually, but as many as 300,000 people in the U.S contract the disease each year. Blacklegged ticks like a few warm days before they get really active in spring. But they also like humidity, and can be found in damp grass and leaves.

Another tick is the lesser-known **lone star tick**, which in recent years has moved north into Minnesota. Named for the single white dot on the back of the female tick — the ones that bite — the lone star tick carries several pathogens, including tularemia, southern tick-associated rash illness and ehrlichiosis.

There is a concerning development that the percentage of ticks now carrying disease is increasing. One study showed that only several years ago only about 2 percent of female blacklegged ticks carried the disease. So even if you got bit, chances are you wouldn't be infected. Now studies show that more than 30 percent of female ticks are infected on average, and in some areas its 40 or even 50 percent. That's one reason experts are suggesting that people who spend a lot of time outdoors in tick country get an advance prescription for a one-time, 200 mg dose of doxycycline, the go-to antibiotic for tickborne diseases. If any small tick become embedded in your skin, first, properly pull the tick out. Then take the antibiotic. This precautionary dose could be something like 90 to 95 percent effective. The dose is small enough to allay concerns about antibiotic resistance.

Protect yourself

- Experts strongly suggest using both a personal insect repellent on your skin as well as a repellent that can be applied to clothing.
- DEET is by far the most effective insect repellent including for keeping ticks away. Multiple studies have found that, in concentrations of 30 percent and under, it's considered safe to use. Other options include picadarin, a synthetic compound first made in the 1980s to resemble the natural compound piperine, found in the plants that produce black pepper.
- Permethrin: Spray on clothing or soak clothing in permethrin to keep ticks and other insects at bay for long periods, often several washes. Considered extremely effective and also works to keep away mosquitos that may be carrying viruses like West Nile and zika.
- Clothing: Ticks usually crawl onto people below the knees and then crawl upward. Wear long-sleeved shirts and long pants. Wear light-colored clothes so it is easier to see ticks on you. Tuck pants inside socks to keep them on the outside of your clothing, giving you more time to see and remove them before they get to your skin and start feeding.
- Check: Experts suggest checking yourself in front of a mirror after coming in from outdoors, or better yet, have someone else help check you. Hotspots are around the waist, under the arms, inner legs, behind the knees and around the head, including in and around the ears and in the hair. Adults should help check their young children for ticks. Save any suspected blacklegged ticks for identification.
- Remove: Prompt removal of embedded ticks helps reduce the chance a disease will be transmitted. Ticks need to be attached for six to 24 hours to transmit disease to humans. The best method for removing a feeding tick is to grasp it as close as possible to the skin of the host with tweezers or tissue paper. Do not squeeze the tick if possible. Gently, yet firmly, apply steady pressure on the tick until you pull it out. If you try to jerk or twist the tick out, you risk the mouthparts breaking off and remaining in the skin. Clean out the wound with a good germicidal agent, such as iodine, to help prevent infection. (Experts say using tape, alcohol or Vaseline to cover the tick and cause it to voluntarily pull its mouthparts out of the skin is ineffective.)
- Save: If there is any question as to whether this tick is a species that can potentially transmit disease, especially blacklegged, save it by placing it in a small container to be identified later.
- Symptoms: For a month or so after a known tick bite, watch for symptoms, including a red spot or rash near the bite site, full body rash, neck stiffness, headache, nausea, weakness, muscle or joint pain

or achiness, fever, chills and swollen lymph nodes. Call your doctor if you experience these or if you are bitten by multiple ticks in a short time even without symptoms.

- Dogs also are susceptible to several tick-borne illnesses, including ehrlichiosis, Lyme disease, anaplasmosis and others. Most veterinarians suggest using a topical repellent medication such as Frontline, K9-Advantix or Hertz Ultra Guard, or a tick collar. Many vets also suggest getting dogs vaccinated against Lyme disease.

Sources: Minnesota Department of Health; Essentia Health; healthline.com.
(excerpts from article in the Fargo Forum)

Reminder of the New “Slot” for Northern Pike on Boot Lake

This is a reminder that the new Minnesota DNR regulations took effect with the opening of the Northern Pike season on May 12. Anglers here on Boot Lake are able to keep 10 northern pike, but not more than two pike longer than 26 inches, and must release all in the “slot” from 22 to 26 inches.

So what do you do with all those “slimers” and “hammer handles”? Small pike are fun to catch on light spinning tackle, but they can be tough to eat. Pike are among the best tasting freshwater fish, but surprisingly many anglers don’t bother cleaning and eating them because of all the pesky Y-bones. The pike fillets have a line of Y-bones running right through the middle of them.

And that’s where pickling recipes come to the rescue — the pickling process dissolves the y-bones so you can keep those “snakes” and throw back the bigger pike. You’ll stock up on sweet, pickled pike and help improve our Boot Lake fishery. The meat turns out firmer than you’d expect and there’s not even a taste of “fishy” flavor. With some onions, a cracker and a cold brew, it’s an unbeatable appetizer.

Here are two suggested recipes, both very good and quite different from each other.

The first one suggested by Boot Lake resident Ken English was originally printed in the June 2012 newsletter and can be found by going to this link:

<https://minnesotawaters.org/bootlake/wp-content/uploads/sites/22/2014/07/Jun-2012.pdf>

The second one is from our local Two Inlets area neighbor Amy Thielen who is a chef, food writer, and television personality who focuses on Midwestern cooking and food culture.

If you are not familiar with Amy check out these two links:

<http://www.amythielen.com/> or https://en.wikipedia.org/wiki/Amy_Thielen

This recipe can be found in her book *The New Midwestern Table*. Sorry, if we print it here we may be violating copyright laws so you will have to buy the book or borrow a copy to get the recipe !



Bon Appétit !!

UPDATE – AIS INSPECTION ON BOOT LAKE

From: **Karl I. Koenig**

Date: Tue, Jun 5, 2018

Subject: RE: 2018 Becker County AIS Prevention Program Update

To: Boot Lake Association

Hello Fred,

I regret to say that we have not been able to find an inspector for Boot Lake this season. I cannot say for sure if someone can work there on occasion, as the individual that I had in mind has limited availability. If possible, I will have someone head over there, but I cannot say for sure. Perhaps include in the newsletter my contact information and let the members know that we could hire someone next season to work exclusively at Boot Lake on Saturdays. Please let me know if you have anyone in mind for next year, and I will do my best to recruit someone to work there next season.

Karl Koenig

Becker County AIS Coordinator

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Email address: kikoeni@co.becker.mn.us>

Mark your Calendar

Annual 4th of July Boat Parade – Sunday, July 1, 2018 – 11am

Annual Meeting and Potluck – Sunday, August 12, 2018 — Gary and Kathi Doroff Hosting

Fall Road Pickup – October date to be determined

Association Dues

A reminder, annual dues are \$10. If you haven't already paid you can make check payable to:
Boot Lake Association.

Send your dues to our Treasurer:

Craig Nieman

53199 Sunrise Lane

Park Rapids, MN 56470.

See you on the Lake !!