

THE SUGAR LAKE NEWS JULY 2003



2003

Calendar of Events

August 2-SLA Picnic

**August 16-Annual Meeting/
Board Election***

August 30-Diane's Lights Night

September 20- SLA Meeting*

October 18-SLA Meeting*

*SLA meetings are held at the
Corinna Township hall at
8:00 a.m.

Send Newsletter submissions to:

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**For membership,
address, e-mail, or property
owner changes**

contact John Ostdiek at

11208 Hoyer Av NW

Annandale, MN 55302

320-274-8669

or

17400 Vergus AV

Jordan, MN 55352

952-226-2914

E-mail: jostdiek@aol.com

Picnic Update



It is time for the annual picnic! Come out and enjoy the day with your friends, family, and neighbors from around the lake. Check in at the membership table for your name tag(s). Enjoy the great food, drinks, kids' games, and annual raffle.

Date: Saturday, August 2

Place: Enghausers, SE corner of the lake.

More banquet tables are needed. If you have a table we can use, please call Mike Madden at 763-559-4394

Schedule of events :

9 a.m.

Setup

12 noon

Picnic starts

12 noon to 1

Childrens milfoil education

1 to 3 p.m.

Kids' games

3 p.m.

Raffle and door prize drawings

Food will be served all afternoon until it is gone.

Raffle Update

Through July 17, the sales of raffle tickets have brought in \$1,720. It's still early enough to get out and sell those tickets to help raise the approximately \$3,600.00 that was budgeted for raffle income this year. As you may recall, 100% of the raffle ticket proceeds will go to the Lake Improvement Fund. Raffle tickets will be available for sale at the picnic. Please continue to return the completed stubs and checks (please do not send cash) in the mail by Monday, July 28, to assure entry in the drawing. Send to Chuck Benner 11245 Hollister Ave NW, Maple Lake, MN 55358. You may also turn in your sold ticket stubs and checks at the registration table at the picnic.

Eurasian Milfoil Training

At the August 2nd picnic the Sugar Lake Vegetation Committee has planned a training class for the kids. It will train them on what Eurasian Milfoil looks like and who to contact when they find it. They will also receive a packet of information and a certificate making them an "Official Sugar Lake Spotter." We want the best future possible for Sugar Lake and feel our youth is a great place to start. So please send your kids over to the Lake Vegetation Table to start their training. Everyone should be a "Sugar Lake Spotter!"

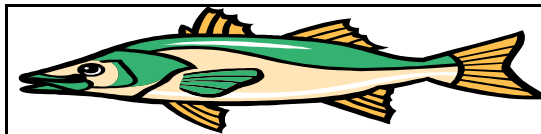
Give Our Lake a Break

And take a break yourself. Don't mow your grass right down to the shoreline. Leave a buffer strip to reduce and filter water runoff into the lake, provide for more groundwater infiltration and gain the admiration of all your neighbors for your beautiful, natural shoreline.

JULY 19TH ASSOCIATION MEETING HIGHLIGHTS

KASTL'S KORNER The latest lake report.

The physical condition was 2 on a scale of 1 (good) to 5 (poor).
Loon Count: One pair on the north end with one young, another pair on the south end with one young.



Date	Clarity	Water Temp	Air temp	Culvert	
				Inlet	Outlet
07-17-98	9'	78°	94°	19"	24"
07-15-99	8'	76°	85°	19"	24"
07-19-00	10'	75°	85°	20"	25"
07-13-01	9'	77°	89°	14"	19"
07-17-02	15'	82°	96°	23"	28"
07-18-03	7'	84°	84°	23"	29"

Treasurer's Report - report as of July 17, 2003.

General Fund	\$ 9,902.49
Lake Improvement Fund	\$13,301.83
Milfoil Fund	\$45,386.26
Total All Funds	\$68,590.58

Membership

From John Ostdiek

DUES FOR 2003. SLA membership for 2003 has passed the 300 mark. If you haven't paid your 2003 dues, please send your \$20 check payable to the Sugar Lake Association to: John Ostdiek at 17400 Vergus Av., Jordan, MN 55352 or pay at the picnic on August 2nd.

NEW MEMBERS. We would like to welcome the following new members: Bruce & Dana Chamberlin (area X); Brad & Jennifer Holte (area S-1); and Tom Michaud (watershed).

EXTRA DONATIONS. Sugar Lake Members have been extremely generous adding over \$4,000.00 in extra donations (over and above their dues contribution). The breakdown of the additional donations are: \$693 to General Fund; \$966 to Lake Improvement; \$1,619 to Milfoil; \$370 to the Walleye Fund; and \$770 not specified.

Contributors of extra donations, not previously mentioned, include: Scott Bullock & Debera O'Leary, Joel & Linda Williams and Dr. Nancy Lund. The Association thanks everyone for their support.

If you know anyone new to the Sugar Lake area, please let John Ostdiek know. An information packet will be mailed. For address additions, deletions or changes, please contact John at 320-274-8669 or 952-226-2914 or e-mail at jostdiek@aol.com.

SUGAR LAKE NEWS FLASH This e-mail service is available for Sugar Lake members, family, and friends. Contact John at jostdiek@aol.com with your e-mail address to get on the Sugar Lake News Flash list.

Annual Meeting / Board Election

- Proxy vote ballots and candidate statements for the candidates interested in serving as Board members are enclosed. You may cast your vote in person at the annual meeting on August 16, or you may vote by mail. Please return your ballot to Lynne Bonine, 7285 120th St NW, Annandale, MN 55302, on or before 8:00 a.m. Saturday, August 16.
- There are six Board positions to be filled this August.

Fishing Story

By Mike and Barb Madden

On Saturday, July 5, 2003, at 3:15 in the afternoon Jarod Miller of Minneapolis gave many of us a fine afternoon of entertainment while he and his uncle John worked hard to land a huge muskie in front of Warners Resort. It was quite a site! Many boaters stopped what they were doing and made a huge circle around his boat as he played the fish for 45 minutes. When Uncle John was finally able to net the 41 inch muskie we all clapped and cheered from the boats and shore. We followed Jarod back to the landing. He was still shaking; told us his arms have never hurt so much as they did then. After all, it was the first 27 pound muskie he ever caught while trolling for northerns on Sugar Lake.

Water Quality Improvement

The water quality group that met at the visioning session June 14 reconvened after the Sugar Lake Board meeting July 19. Ed Quinn reviewed the scope of activities in which the water quality committee has been involved. Ed and Jan Quinn also demonstrated the tools used for measuring water quality and described the process. After several years of leading the water quality group, Ed asked that a new committee chair be elected. Dale Gustafson was nominated and accepted the position as chair of the water quality committee.

Ed Quinn has earned the respect and gratitude of the entire association for the work he has put in to making the water quality committee what it is today. Thank You Ed.

Look for a lot of activity from this group as sub-committees are formed and plans are made. If you were unable to attend the water quality committee meeting on July 19, but would still like to participate, the next meeting is planned for August 16, 10:30 a.m., immediately following the Sugar Lake Association annual meeting.

Lake Vegetation Report

Milfoil treatments using the new power spreader based on GPS readings were completed in the north bay and Addison bay. There appears to be less milfoil this year but it is more widespread. The milfoil spotting team will be keeping a close watch to monitor the effect of this recent treatment and look for further infestation. Identification is more difficult this year because of increased algae in the lake. A fall treatment, which has been successful for other lakes, is being considered. Planning and discussion has begun regarding early treatment of curly leaf pondweed next spring.

Diane's Lights Night

Luminary's, or Farolito's as they were known, originated many years ago in old Mexico. To celebrate a holiday, villagers would build rows of small campfires leading from the road to their hacienda. The Pastores would seek out the best displays and sing songs, or carol, the occupants of that hacienda. The tradition was then to invite the carolers in for something to eat. The Pueblo people of New Mexico brought the tradition to this country and substituted paper bags with candles in them for the campfires. This is the 7th year the association has observed this wonderful tradition on Sugar Lake. The holiday celebrated is Labor Day and the end of the summer season on Sugar.

Saturday, August 30, will be the night for this year's event. The prize for the best display will be a FREE SUMMER OF PEPSI. The lake association will buy the winner a case of Pepsi product every week for the 12 weeks of summer next year.

To qualify for the prize, the illumination for your display must come from a "flame." Anything from candles to campfires is acceptable. Outside electric lights of any kind will disqualify you. To enhance your display consider turning the lights inside your house down or off. This will focus the attention on the display itself.

All floating docks should be illuminated or taken in for the evening to prevent any accidents.

All watercraft, wishing to view the various displays, should proceed clockwise around the lake to minimize traffic congestion.

The hope is that all lakeshore owners will participate in some way, and to the serious minded, good luck!



Fishing Resources

A fishing committee meeting was held July 12 at Corinna Township Hall. Paul Diedrich of the DNR attended. Following are some of the highlights of the meeting:

- People have been commenting on the number of dead fish on the beaches lately. The suggestion was made that fisher people use a jig instead of a plain hook. The fish do not swallow the jig as far and are more likely to survive removal of the jig.
- Paul suggested keeping the trap between Sugar Lake and Sandy Lake in place to try and slow the northern population down.
- There is an abundance of small northern in the lake and people are encouraged to keep the small ones as they catch them. See the article and recipe included in this newsletter.
- One thing fisher people of Sugar Lake can do to help the DNR is to keep a fishing diary. Put a small notebook in your tackle box and keep track of fishing times, fish amounts, and fish amounts that were kept. Get this information to Lynne Bonine at the end of the year.
- The committee requested that Brian Mies, our DNR officer, spend more time on Sugar Lake concentrating on spring and winter and trying to keep the harvest of crappie down to legal limits. The DNR feels that this is the biggest reason our crappie population is down.

Fishing Contest

The following individuals helped with the fishing contest. Without the generous donation of their time we couldn't have a fishing contest. **Thank You:**

Chuck Benner, Dan Erdman, Debbie Grant, and Rick and Mary Olson.

New Business

- A motion was made and passed to purchase a Gander Mountain gift certificate for Jim Smith for his retirement.
- A motion was made and passed to spend \$1000 for engineering advice for the 106th street project.
- Sugar Lake Association received honorable mention for the Minnesota Lakes Association "Lake Association of the Year" award.
- Curley leaf pondweed is becoming a bigger problem for Sugar Lake. Treatment for curley leaf pondweed has to be done in the spring. Timing is critical. The SLA board is discussing using milfoil funds to treat other exotic species like curley leaf pondweed. If you have any comments please contact a board member.

Sailing Club

Anyone interested in forming a Sugar Lake Sailing Club? If this sounds interesting to you, come join your fellow sailors for an informal "Group - Sail" on Sat. Aug. 9 at 1:00. In case of inclement weather or no wind, the regatta will be held the next day-same time. We will gather at the north end of the lake by the orange sailing buoy and "Starter boat," wait for the starter's signal (red flag down) , and sail to the south end of the lake. Following our sail, we will gather for hotdogs and beverages on the deck of Ed and Jan Quinn's cabin. Look for the brown cabin with the large buffer strip (unmowed hill) in the front of the cabin. Hope to see you there! Any questions, call : Suzanne Quinn-McDonald 763-427-5519 or Ed Quinn 320-274-3226.

Sugar Lake Algae By Dale Gustafson

A Theory Of Algae Formation During The 2003 Summer Season

The Sugar Lake watershed experienced unusual patterns of weather in the last two years that have contributed significant runoff of nutrients into the lake. The heavy rains in the late summer of 2002 were some of the heaviest in recent history. Also in the spring of 2003 there were at least two heavy rain events that also contributed to the nutrient runoff.

During this period of unusual rain storms there were several significant construction projects in the watershed that we not protected adequately for the heavy rains. These sites some of the agricultural land, and most of our properties, experienced excessive runoff of soil and nutrients

In 2003, we had an excessively large crop of pondweed during spring. Accelerated Curly Leaf Pondweed growth may have resulted from the lack of snow cover during the winter of 2002-2003. The die-down of the pondweed and related release of phosphorous also contributed nutrients at a key time for algae growth.

The reason abundance of algae in the waters of Sugar Lake are very high this year is probably related to the high levels of nutrients present in the lake water. Rooted, vascular plants like pondweeds, milfoils, and others obtain nutrients p and n primarily from the bottom of the lake, not from the water column.

Algae are very opportunistic forms of plants and develop it very rapidly. We are seeing a couple of different forms in excess this year. There are considerable quantities of suspended algae, (photo plankton), giving the water a green to brown-green color. Also, two types of filamentous forms of algae can cause this problem. Metaphyton type of algae is forming large mats of green "slime like" mats of filamentous strands and fragments break off and float around the lake in large globs, and Epiphytic algae that hangs off other plants like spider webs.

In addition to reducing the clarity of the water, abundance or concentration of algae in Sugar Lake also may reduce the distribution and abundance of rooted, vascular plants like pondweeds, milfoils, and others.

All of these factors have contributed to a level of algae bloom never before experienced on Sugar Lake. It is my opinion that it is indicative of the fact that we have not done enough to protect our waters and we are now seeing the results of our neglect. The good news is that we can do something about it. The bad news is it will be very difficult and will take a long time the undo the mistakes of the last forty years. Each of us will have to rethink the things we do around our lake and make serious changes in our habits. We can't change nature; we can change the behavior of mankind.

Sugar Lake Association

Candidates for the Board of Directors

Debbie Grant; Lake Address: 6643 123rd St NW, Annandale, MN, 55302

Area: B; Owner/full time resident; an association member for 20 years.

Hi my name is Debbie Grant. I have a cabin on the north end of the lake and have been on the lake for 38 years. Since I have been on the lake, I have seen a lot of changes. My main concern of the lake is the quality of the water. Along with this, is controlling milfoil and curly leaf pond weed that are two bad weeds we have in the lake. I want the lake to be clean so that future generations can enjoy this as much as I have.

Debbie Beltrand; Lake Address: 11532 Hoyer Av NW., Annandale, MN, 55302

Area: T; Owner/Seasonal resident; an association member for 10 years.

I would like to be a Sugar Lake Director because I have grown up on Sugar Lake and wish to see it remain the clean and beautiful lake that I have enjoyed since the 1950's. The association needs to continue to maintain and support a healthy environment for its residents - fish, fowl, and human. We have an assortment of fish for sport and eating. We are one of the few Minnesota lakes with such a numerous loon population to enjoy. We humans need to learn to respect our environment by taking care of it and enjoying it safely.

Karen Pitra; Lake Address: 11102 Hoyer Ave NW, Annandale, MN, 55302

Area: S; Owner/Seasonal resident; an association member for years.

I, Karen Pitra, and my husband Jerry live on the southwest side of Sugar Lake at 11102 Hoyer Ave. We are full time year-round residents. I spent every weekend on the lake growing up until my teen years. When the opportunity presented itself seven years ago to purchase a relative's cabin I jumped at the opportunity. We decided this was the area, lake and exact location we wanted to live and retire.

Lorenchia Scott; Lake Address: 12320 Hart Ave NW, Annandale, MN, 55302

Area: A; Owner/full time resident; an association member for 10 years.

My main interest is the continued improvement of the water quality of the lake and the responsibility that all of the lake property owners have for that better water quality. I would like to see that in appointed areas, owners and their neighbors working together taking a personal interest in the lake's future together and report their findings to the Board.

Steve Mann; Lake Address: 12169 Hart Ave NW., Annandale, MN, 55302

Area: X; Owner/full time resident; an association member for 4 years.

Having taken a job in St. Cloud, my family and I decided to seek lake living for all the benefits it affords. Fortunately, we found our way to Sugar Lake and have been thankful ever since! We never dreamed we would be so lucky to live in such a pristine place and meet so many people we can call our friends! Having been a member for the past several years, I've taken the opportunity to attend a half dozen or so meetings. I have been particularly impressed with Board actions taken during the three attended this year, and support recent initiatives to improve our lake and environment. The three priorities of Vegetation, Water Quality and Fisheries are right on track. If accepted as a Board Member, I will work toward that end. As a member of the board, I will lend my work experience in engineering, management and the environment to do the right things to improve our resource.

FFF Here is Dale's explanation of First Flush Fundamentals

First Flush Fundamentals:

The premise behind First Flush Fundamentals is that bad things happen to our lake environment when we get our first hard rain after days, weeks, or months of having none. If we understand what takes place during one of these rain events and we're willing to make a reasonable investment in changing things in our immediate environment, we can make a difference in what happens to the water quality in our lakes. Let's consider the three F's separately.

The first rain can be the most damaging because it's that initial rain that can carry the most contaminated water. I'm talking about the quarter-inch rain, half-inch rain, perhaps three-quarters-inch rain that takes place after we've had a period of little or no rain. It frequently comes down hard and is not absorbed into the ground. This rain is containable because we're not talking about a huge amount of water; we're talking about that first run-off portion about which we have to do something in order to prevent the contamination of the lake.

The second of the F's is the flush. The idea is that this first heavy rain flushes all of the debris with it. Those sources of debris are things like the organic matter that is left in your lawns and gardens. Approximately one-third of the phosphorus that is absorbed by the grass plants is contained in the clippings when you mow. Those clippings go on the ground and will be candidates for being washed into the water with that first hard rain. Any chemicals that have been used on the lawn, plants, or trees in your yard have the potential of being washed with that first flush. In a hard enough rain, even fertilizers that have not been absorbed can be carried along with other debris and washed into the lake. The dust and dirt from your walks and patios as well as the soil in the thin parts of the lawn and gardens can wash away also, carrying with it all the nutrients of the contaminants that might be in that soil. All of our driving and parking surfaces are very critical in this flush period. They have the road debris that is made up of petroleum waste products from a car's engine, rubber particles from the tires, road chemicals that are used in maintaining the roads, and also heavy metals that come with the exhaust. These materials will wash off of our hard surfaces and off of our gravel surfaces, driveways and walkways; they will also carry soil particles from the gravel surfaces, carrying with them the nutrients and the other contaminants.

Next are the fundamentals of what we can do to change the status quo and protect our lakes. We can divert, we can contain, we can restrain, and the first flush of water can be absorbed preventing the contaminants from getting into our lakes.

First, we can divert the water. In a lot of situations, a minor amount of grading can change the flow of water from the lake back to a more desirable location, such as a rain garden, a holding pond, a field, or just on a longer route to the lake. We can install or retain an ice ridge. An ice ridge is nature's way of doing the same thing for us. What it does is create a small dam at the edge of the shoreline, and that dam will prevent the water from running directly into the lake. We need to take steps to keep that in place, we need to make sure the ice ridge itself doesn't erode away, carrying the particles in, and we also need to make provisions for our walks to go up and over the ice ridge rather than cutting in a path, making a stream through the ice ridge. Next we can restrain the water by slowing down the speed of flow. If we can slow down the speed of that water it will not carry as many particles with it, and the particles it does carry will be smaller. We can do that by grading our lawn areas into a flatter surface so that the water just barely runs off of it. We can do it by planting a buffer strip or filter strip with dense native plantings that will slow the water and capture the debris before it gets into the lake.

Once we have applied the fundamentals of diverting the water, containing the water and restraining the water, the next step is to make provisions for nature to absorb the water. These absorption areas can be the typical holding pond where the water is gathered and it sits until it eventually gets absorbed into the ground. The danger with a holding pond is that during the harder periods of rain, that pond itself gets flushed out. Another way we can accomplish this is with an interrupter trench, which is simply a trench dug into the hillside and filled with rock and absorbing materials so the initial water runs off into that trench and then soaks into the ground. We can build rain gardens where we divert that water into a planted area, and the planted areas tend to contain that water and hold onto those nutrients even during a longer rain period. In addition, we can install holding tanks where the water is brought into the holding tank and then slowly soaks into the ground. We can install underground absorption areas similar to a septic system, where it's a covered trench that has rock and perforated pipe in it so the water is contained until absorbed. The nice thing about these mechanisms is they will take that initial flush and hold it securely, allowing the extended heavy rains to run over the top of it and not carry those debris items into the water body.

It's important to understand that on a typical lakeside residence, you simply cannot contain the water of a three-day sustained heavy rain. That water will get into the lake, and that's not the bad water; it's the first water that's the culprit. If we make arrangements to do what we can, if we reduce as much hard surface as we can, if we create as many areas for absorption as possible, then we are following the Fundamentals of First Flush and we can make significant improvement in the water quality of the lake we love.

Look for future articles detailing how the individual aspects of First Flush Fundamentals can be applied in various ways.

Northern Pike

Changes have occurred in the fishery of Sugar Lake over the past 25 years. However, there has been no change in the status of the northern pike population which is abundant and consists of small average-sized fish.

DNR net catches of northern pike since 1971 show that the northern pike have existed above the normal range expected for Sugar Lake and the average catch for all years is 15+ northern pike per gill net.

	1971	1976	1982	1986	1992	1998	1st – 3rd Quartiles*
northern pike	10.7	13.3	24.4	13.8	16.2	22.1	2.96 – 10.2

*1st-3rd quartile values are for lake class 24

High catches of northern pike are bad for two reasons: at high population levels the adult fish consist primarily of “hammerhandles”, fish less than two pounds; the fish community is unbalanced and northern pike over-eat their prey which consists largely of yellow perch and small walleye. That’s why there are very few perch in Sugar Lake and why walleye stocking has met with mixed success.

Results of a creel survey (series of angler counts and interviews) conducted in 1998 showed the effects of the high northern pike population. The harvest rate, mean weight of harvested fish and overall harvest of northern pike was low as can be seen in the table below.

Species	Targeting harvest rate (No./angler-hour)	Mean Wt,(lb.) of harvested fish	Harvest(lb/ac.)
Northern pike	0.0587	1.85	1.72

What could be done to improve the size structure of the northern pike population?

A barrier has been maintained on Sandy Creek since 1983 in order to prevent northern pike from using Sandy Lake as a natural spawning area. The Sugar Lake Association has agreed to maintain the fish barrier at the mouth of the Sandy Creek inlet. The barrier prevents northern pike from using Sandy Lake as a spawning area; and also prevents fish from being stranded in Sandy Lake, a winterkill lake. Northern pike reproduction no doubt occurs within the lake basin but Sandy Lake is an obvious way to control at least part of the spawning success.

The fishery might be improved by increasing the harvest of small northern pike (less than 22 inches). It was estimated that anglers caught 8,400 northern pike in 1998 yet harvested only 945. It is likely that the entire catch would need to be harvested in order to positively change the population structure. The population was estimated to be 25,000 adults (17 inches or larger) in 1998.

If voluntary harvest of northern pike is not successful then a special fishing regulation might be considered based on the interest of anglers and the lake association. A protected size limit of 24-36 inches has been used successfully at other locations to improve the average size of northern pike. Protected size means that all northern pike between 24 and 36 inches must be returned to the water. The idea is that the larger fish are conserved and they depress the number of smaller fish.

By
Paul Diedrich
DNR Area Fisheries Supervisor
7/14/03

Wondering what to do with those northerns we should be keeping?

Here is one recommended recipe.

Pickled Fish

Dick Kirkham

Cut fish into small pieces. No thicker than 1/2 inch in at least one dimension.

Dissolve 1 cup of salt in 4 cups of water.

Pour over fish and let stand in refrigerator for 48 hours in a tightly covered glass or plastic bowl. *No metal!!*

Drain and rinse well with white vinegar.

Cover with clear white vinegar for another 48 hours in the refrigerator.

Boil: 4 cups clear white vinegar
 2 cups white sugar
 4 bay leaves
 4 Tablespoons pickling spice

Cool to room temperature

Add 3 tablespoons lemon juice to cooled sauce. Add to above 1-1/2 cup white port wine.

Alternate layers of fish and sliced and segmented onions in a glass jar. Fill with broth and refrigerate.

A peaceful night on Sugar Lake

An editorial by Dale Gustafson

On that beautiful night of July 11, 2003, I walked to the dock at about 11:30 p.m. to take in the beauty of the moon on the lake. It was a glorious night and all the sounds of summer were evident. I could hear the soft conversations of neighbors nearby and the occasional giggle of children that were supposed to be asleep and also the many sounds of nature.

The frogs were croaking like crazy and you could hear them from across the lake, but then I realized, they were not croaking by my cabin, but only on the far side of the lake in the remaining natural shoreline. It was painfully clear we have eliminated all but a little of the natural shoreline and the precious part of the habitat that supports the lake was all but gone.

Can we get it back?

FOR SALE

Hewitt 3500 lb. Lift with canopy and wheel kit. 3 years old New \$3500.00. Sell \$2700.00. Contact Jerry Pitra at 320-274-8153 or KAK8900@aol.com.

WANTED

3 couples to join a mixed doubles bowling league in Maple Lake every other Friday night starting at 6:30 p.m. If interested please contact Joan Harnett 320-274-5497

Wright County Lakes and Rivers Alliance

Dale Gustafson, in his role as board member of the Minnesota Lakes Association, is working with other Shoreland Volunteers to hold the first organizational meeting of the Wright County Lakes and Rivers Alliance. This organization will bring together the associations of lakes and rivers in Wright County to work for better water quality in the county.

The Sugar Lake Association
The Sugar Lake News
11208 Hoyer Av NW
Annandale, MN 55302

ADDRESS CORRECTION REQUESTED

