



# THE SENTINEL

Jay Johnson, President  
Long Lake Association  
14033 Jay Ct NE  
Bemidji, MN 56601

# THE SENTINEL



Our lake is your lake...help preserve its clarity and tranquility.

www.longlakeassoc.org

Annual Edition 2009

## New Long Lake Association Executive Board On Deck

It is an honor to be the president of this association and to represent it whenever necessary. The new executive board has had one meeting and a planning session. We can all be encouraged by the commitment of this board to make the association the best it can be.

Uppermost in the minds of this new board, of course, is the water quality of our pristine pond. We are going to start an effort to reduce the risk of getting invasive alien species of several kinds into our water. This effort should involve all lakeshore owners. You can do your part by helping identify the launch sites used by boats coming onto Long Lake from other waters.

When these locations are identified we will install some signs explaining the law and steps that boaters need to be doing with their water craft and other equipment. We each need to be observant and try to make all aware of these threats to the water.

There are now 7 signs at launch sites on Lake Bemidji and we think signs will also be available for us. We will see, next boating season, how this program develops.

We can all be part of this effort by watching what comes to our lake. The quality of our water can not be taken for granted any longer.

We also must take note of the work Merilee Meyers, as past president, has done on behalf of the association.

Diane Plath must be recognized for her monumental tasks of developing our excellent directories. She will turn that job over to another person but will continue to edit our Sentinel, for which we are very grateful, along with Jane Carlson as co-editor.

I think the future of our association is bright because of this new board. Being a member of the Long Lake Association can become a source of pride. Our various activities throughout the year might even provide you with a few laughs!

Jay Johnson  
President



Back L-R: Lynne Holt, Dave Forte, Carol Hoyem  
Front L-R: Jinx Dawson, Arlene Lee, Jay Johnson  
Not pictured: Sonny Braaten

## The Bees Are Losing Ground

A bumblebee buzzes from one flower to the next, typically collecting pollen from the same species on a single foraging trip. Known as flower constancy, this habit helps ensure that the pollen inadvertently left behind by the bee lands on female flowers of the same species.

Pollinators, both wild insects and domesticated honeybees, help 70% of the world's wild and cultivated flowering plants reproduce. Directly or indirectly every third bite of our food is a result of an insect transporting pollen. Without pollinators we would have to do without or do with a lot less of an array of fruits, vegetables, legumes, and alfalfa, as well as many wildflowers.

Scientists, beekeepers, and conservationists are alarmed at recent pollinator declines around the world, including Minnesota. Though multiple causes could lead to population declines, many wild bees are suffering from the loss of habitat and from habitats free of chemicals. Pesticides can be particularly dangerous to bees as they forage in sprayed areas, collecting and storing chemical-saturated pollen.

Because these inhabitants of field and forest play such a crucial role in food production, people have compelling reasons to conserve and propagate wild pollinator environments, not only in natural areas but also along roads and even in backyards.

Native wildflowers provide excellent foraging for pollinators. Even the narrowest strip of native flowering plants in a yard, garden or vacant lot can make a difference by giving them nesting and feeding sites, especially if you have native wildflowers blooming throughout the growing season. Bees need a succession of plants blooming from April until frost. Goldenrod and asters blooming in September are gold mines for pollinators looking for high-energy food before winter.

### Spring Blooming Plants

- Pussy Willow, Juneberry, Spiderwort, Plums and Cherries, Wild Roses

### Summer Blooming Plants

- Prairie Clover, Bee Balm, Lavender Hyssop, Beardtongue, Blazing Star

### Autumn Blooming Plants

- Aster, Sneezeweed, Goldenrod, Sunflower

Excerpted from "Pollinators", Brian DeVore, Mn Conservation Volunteer, July-August, 2009, Volume 72, Number 425, pgs 8-17.

Landscape with native species: [www.mndnr.gov/gardens/native-plants](http://www.mndnr.gov/gardens/native-plants)

Find native plants by ecoregion: [www.pollinator.org](http://www.pollinator.org)

Lady Bird Johnson Wildflower Center: [www.wildflower.org](http://www.wildflower.org)

Build bee homes: [www.fs.fed.us/wildflowers/pollinators/beebox](http://www.fs.fed.us/wildflowers/pollinators/beebox)

"What starts here changes the world."

Lady Bird Johnson Wildflower Center motto.



## 2009-2010 Exec. Board

### Officers

**Jay Johnson, President**..... 586-2605

[janenp@paulbunyan.net](mailto:janenp@paulbunyan.net)

**Sonny Braaten, Vice President**..... 586-2530

[sbraaten@paulbunyan.net](mailto:sbraaten@paulbunyan.net)

**Carol Hoyem, Secretary**..... 586-2779

[jhoyem@paulbunyan.net](mailto:jhoyem@paulbunyan.net)

**Arlene Lee, Treasurer**..... 586-2857

[ahlee@paulbunyan.net](mailto:ahlee@paulbunyan.net)

### Members-at-Large:

**Jinx Dawson** (1 yr. term) ..... 586-2480

[tdawson@paulbunyan.net](mailto:tdawson@paulbunyan.net) &  
[tdawson1@neb.rr.com](mailto:tdawson1@neb.rr.com) (Winter)

**Dave Forte** (2 yr. term) ..... 586-2653

[fortell@paulbunyan.net](mailto:fortell@paulbunyan.net)

**Lynn Holt** (3 yr. term) ..... 586-2952

[lkholt@paulbunyan.net](mailto:lkholt@paulbunyan.net)

## LIFE IS GOOD - MAKE IT BETTER

- \*Walk 10-30 minutes every day.
- \*Live with the 3 E's - Energy, Enthusiasm, and Empathy.
- \*Play more games and read more books than last year.
- \*Spend time with people over the age of 70 and under the age of 6.
- \*Dream more while you are awake.
- \*Clear the clutter.
- \*Don't take yourself so seriously. No one else does!
- \*Remember you are too blessed to be stressed.
- \*Enjoy your one ride through life...make the most of it.

## Holiday Progressive Soiree

Saturday, Dec. 5, 2009

**Hors d'oeuvres & Beverages:**  
hosts Sandy & Will Johnson

**Dessert:** hosts Colleen & Dave Forte  
\$5.00/person donation (for charity)

Call Sandy Johnson at 586-2969  
[mntick@paulbunyan.net](mailto:mntick@paulbunyan.net) by November 23



## Tale of Two Loons - That Became Four!

### Revisited

Excerpts from the Clint & Karen Braaten Journal

During the last week of April, after the ice was gone, we saw two loons in the vicinity of our bay. We kept an eye out for them and on May 1, 2002, we noticed they stayed close to the end of the peninsula and later in the day we watched the female begin making her nest. She would take water in her mouth and turn her head back and spit the water out onto the mud. Then she would take some grass and put that down and continue alternating with the water and grass.

The next morning, a lone loon came and was swimming on the lake side of the peninsula. All of a sudden, the male loon (that is an assumption), who was with the female when making the nest, began chasing the lone loon. They were running on top of the water and were going in circles and long figure eights. They went out of sight for some time on the west side of the island. After what must have been 20 minutes, the male loon came back and was on "lookout" on the lake side of the peninsula. He spent the remainder of the day close to the nest while the female worked. ☺

The weekend of May 5 found both loons staying very close to the nest. Close to evening we were looking out the window and my husband saw something white shoot through the water. He went outside and saw it was the male loon who had dived after a muskrat! The muskrat was only about one foot ahead of the loon when he came up. The female had come off the nest and was swimming to the male to help him.

On May 12, we watched the most incredible sight we had ever witnessed in nature! The female has been on her nest almost continually the past week. Today she only stands and then sits back down. Early afternoon while watching her, she stands, stretches and hunches herself up and certainly is in the process of laying her egg or eggs! She doesn't leave her nest during daylight this day and the male loon is never far away.

On May 14, we are keeping a steady vigil. She comes off her nest periodically for a very short swim. We call our neighbor, Bud Bull, tonight and let him know what we are watching. He is so surprised and says he has never known them to nest on the peninsula. How privileged we are!

May 15 finds another muskrat along the shore. These muskrats are very active this spring or perhaps we are noticing them more due to our "loon watching". While watching the muskrat, a bald eagle comes and lands in the dead tree on the peninsula. The loons are screaming for help and my husband takes the boat out very slowly away from the nest and scares the bald eagle. Meanwhile, the muskrat is swimming towards the nest - the loons are frantically screaming and calling out, the eagle is flying and all of a sudden the lone loon appears. All three loons swim to a point lake side of the peninsula and stay very, very close to each other as if making a target too large for an eagle. Then they begin ducking into the water,



not diving and swimming, they keep surfacing closely and it appears as if they are all touching each other with their wings in reassurance. Then the lone loon takes off just skimming over the water, the female returns to her

nest area and the male swims around for a little while. When he returns, the female lifts herself in the water in the manner that loons do as if to say everything is fine and our eggs are okay. She then returns to the nest and he is once again on "patrol". What an incredible display and what a privilege to witness!



Continuous checking of loons. Memorial Day brings more activity on the lake than we have ever noticed. This could be due to our protective feelings of the loons. Finally, the activity reaches a crescendo and the female leaves. She doesn't return all day and we fear we have lost them. At dusk my husband canoes out to the nest and ascertains that there are two eggs in the nest. By dark she still hasn't returned. However, I have faith in nature.

The next morning she is calmly sitting on her nest and doesn't move that day. Life remains calm and we are expecting our babies to hatch around June 9. For the past few days we thought we could see some movement in the nest with the female, but by the time we got the binoculars to our eyes we had decided we were just doing some fanciful wishing.

And then on June 10 I arrived home from work to the phone ringing. It was our neighbor, Bud, telling me I had two baby loons swimming in the bay! I'm not even certain I said goodbye, but I know I was out of the door in a flash. They were so very, very cute! They swam right with the mother and father and never ventured away. They would climb up on the mother and tuck themselves in her back. Unfortunately, my husband was taking a class and was out of town and never was witness to their christening in the water.

The next morning when I got up, I checked the bay and there was only one loon almost right at the end of the dock. I could not tell if it was the male or female until all of a sudden one little head popped up out of her wing on her back and then a moment later another popped up, gave a little stretch and snuggled back down.

Naturally we have kept watch for "our loons" and they have come back to visit. What a sight and what an experience. We wanted to share the saga of a pair of Long Lake loons. Hope you enjoyed!! And please be ever so careful of these lovely creatures when out on the lake.



## First Long Lake Association Meeting

The Long Lake Association held its first meeting, hosted by Audrey Gould, on July 11, 1981. Those in attendance were Jayne Plath, Tex Meyer, Delores & Clint Braaten, Bill & Lu Bowman, Randy, Jean & Rebecca Bowman, Dick & Arlene Lee, Art "Shotgun" & Ruth Schultz, Wally & Carol King, Sue, Dan, & Jesse Gartrell, Jay & Jane Johnson, Lynne, Charles, & Phil Holt, Wilson & Rita Laird, Doug & Mavis Moher, Joseph Kruse, John & Doris Sweeney, Eldon & Lynda Leino, Chuck Gould, Jim & Carol Hoyem, Diane & George Winter, Dave Larson, John & Maggie Schwegman, and Kay Olson.

## LAKE HAPPENINGS FOR 2009-2010

**Saturday, December 5 - Progressive Holiday Soiree**  
Sandy & Will Johnson • Colleen & Dave Forte

**Saturday, May 1 - Road-Ditch Clean-Up**  
Refreshments afterwards TBD

**Saturday, June 12 - Welcome Back Wine & Cheese**  
Diane & Fred Winter

**Sunday, July 4 Boat Parade**  
Jinx & Tom Dawson

**Sunday, August 1 - Annual Gathering/Meeting**  
Mavis & Myrle Olson

**Saturday, Sept. 11 - Open Fire Cookout**  
TBD



## From a poem, "Snowed In" by Megan Buchanan

A red-breasted finch crashed  
into our window at noon.  
I brought him inside, held him two-handed  
as his spirit landed back  
in his brown body, and I  
imagined cartoon stars  
whirling in a halo round his trembling head.  
He shat twice in my hand, blinking.  
Back outside, he flew away audibly  
and at a tilt toward some scattered seeds,  
like a tiny, feathered jet plane.

Editors' Note: Injured birds can be placed in a large paper bag with the top pinched closed with clothes pins. The dark quiet place helps them recover from head injuries while keeping them safe. Sometimes an hour is enough, but Sherry Corson had to keep one over night. When they start flapping their wings trying to get out of the bag, they are ready to go!!



## Kudos to Bill Beck

Since 1985, Bill Beck has volunteered for the State of MN in measuring the clarity of Long Lake's water. For 24 years, he has done this on a weekly basis...WOW!

Bill states that it is no problem to do this, it has become second nature to him and, more times than not, he can predict next week's test results.

What is interesting is that the trending has become better as time goes on. Most lakes are not in this position. Long Lake has the second best lake water clarity in Beltrami County; North Twin Lake ranks number one.

Bill also measures the water level and the official State mark is on his property. This year from May 14 to September 17, the water level on our lake has dropped 6.75 inches.

## LONG LAKE CLASSIFIEDS

### CHRISTMAS TREES

Fred and Pat Pick will be selling Christmas Trees this year. You can choose and cut your own tree or have Fred cut one for you. Available are Scotch, Norway and White Pines plus Balsam Fir. If you are interested in a Long Lake Christmas Tree this year, contact the Picks at 218 586-2617. Trees will be available beginning November 28, 2009 (Prices vary re: type/size of tree.)

### REAL ESTATE

*Myrle Olson*  
Sales Executive



Cell: (218) 766-5381  
24 Hr. VM: (218) 444-0974  
Bus: (218) 444-1021  
Res: (218) 586-2934  
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or call me for an Avon brochure  
**All the Best!**

Jokingly, Bill mentioned that when all the boats are pulled out for the winter, the level will drop even more!

We all appreciate Bill's stewardship in monitoring important aspects of Long Lake. Thank you, Bill!!

If you would like a more impressive view of Long Lake's individual site report, email [dplath@paulbunyan.net](mailto:dplath@paulbunyan.net). The report is in color(!) and is in jpeg format.

