



LAKE WASHBURN ASSOCIATION

Working to protect our lake and its environment for future generations

President's Message

I hope as you read this, we're all enjoying great summer weather at the lake! As I write it however, we're just overcoming the doldrums of a late spring and the wettest May on record. Although we've opened our place on Washburn for the season, we haven't spent as much time there as we have in the past due to many factors, including the weather. We miss the birds and other Northwood's creatures and can't wait for real summer weather to get back up north a little more.

First, a great big shout out to all the Officers, Directors, and Committee Chairs listed here for their tireless efforts on behalf of the Lake Washburn Association (LWA). These are the folks who make things happen for your Association, so when you have a chance, please express your thanks to them for all their efforts.

In the previous newsletter, we listed LWA's 2019 Goals/Tasks, developed by your Board, to help us carry forward our Mission to protect our lake and its environment for future generations. I've included an updated list as a reminder of what your association is planning for this summer. Hopefully, it will also give you an idea or two about how you could get involved with our association. I encourage you to contact one of the listed individuals driving each task, and volunteer to assist if you have a passion for working in a specific area.

I'd specifically like to highlight a few things concerning some of these initiatives. The LWA is reaching out to the Roosevelt and Lawrence Area Lake Association (RALALA), our neighboring association, to establish communications and possibly partner in joint activities. LWA participates with RALALA on the Township Aquatic Invasive Species (AIS) committee which facilitates AIS Lake Access Monitoring and operates the local decontamination station, which is open on weekends just west of the town hall.

We're also reaching out to neighbors on Lake George to join our membership, and participate in meetings

and activities. We all have a vested interest in the health of the waters from Lake George, which flow through Daggett Brook into Washburn.

Last summer, the LWA started a fun, new tradition: hosting an Ice Cream Social on the water! It was very well received by all the boaters – especially the kids – who enjoyed a tasty treat! We look forward to this event again this summer. It will take place on August 31 – weather permitting, of course!

Again, I encourage you to avail yourself of opportunities to get involved in Association activities. To keep up-to-date on all these events - in addition to this newsletter, please check our web site www.lake-washburnmn.org as well as social media options like Facebook, Nextdoor, etc. You will also see vibrant new signs in our area announcing/reminding you of our various activities.

Thank you and have a great summer!

Ron Reich



the impact of your membership!

Make your membership donation go even further. Ask your employer if they have a matching donation program.

LWA can provide proof of membership if requested.

www.lakewashburnmn.org
[facebook.com/LakeWashburn2017](https://www.facebook.com/LakeWashburn2017)
LWAgoodwin@icloud.com

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2019 Goals/Tasks

- A. Organization Development
- Greg/Jim/Ron
 1. Develop Officer Succession Plan
 2. Review Bylaws, update membership types
 3. Establish Audit Committee and define audit procedure
- B. Continue to battle AIS
- Ted/Bob/Les/Ross
 1. Monitor and contain EWM
 2. Develop plans/actions for other AIS types
- C. Increase Member Communications
- Glen/Ellen/Kathy/Susan/Ross
 1. Continue Integrated communications - Newsletter, Website, email, Nextdoor
- 2. Promote sale of additional History Books
 - a. Announcement along with order form sent by Glen - 4/11
 - b. Article in Crosby-Ironton Courier - 5/1
- 3. Investigate sale of LWA LOGO merchandise
- D. Build Community - Ellen/Susan
 1. Establish a Welcome Committee and Procedure - Susan
 - a. Post card
 - b. Call/follow up visit with information packet
 2. Identify membership recruiters in designated lake areas
 3. Establish plans for community gatherings at various locations around the lake
- 4. Establish plans for additional social gatherings for LWA members
- E. Integrate Local Resources
-Dave/Keith/Susan
 1. Establish relationship with local DNR
 2. Pursue relationship with Loon Center in Crosslake
 3. Establish relationship with RALALA and explore joint activities
 4. Investigate adding owners from neighboring lakes to the LWA
 - a. Communication campaign with Lake George owners
 5. Sponsor educational events open to the general public
 6. Investigate fund raising via a raffle or auction

Board of Directors and Volunteers

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One open Director position - please contact us if you are interested

STANDING COMMITTEES

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Water Quality Testing: Dave Snesrud
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Webmaster: Kathy Pfaff
218-792-5437 | kpfaff@yahoo.com

If you are interested in working on any committees within the Lake Washburn Association or volunteering in any other way, we would love to talk to you!

Please contact the lead chair person listed above, in your area of interest. You may also contact Glen Goodwin at LWagoodwin@icloud.com.

We look forward to hearing from you!

Loon Platform Enhancement (A Roof Over Their Heads!)

Like several lake residents, Jack Schuler and I set out a loon nesting platform in low-boat-traffic area of the lake each spring. Ours is on Birch Bay. After reading that loon chicks are vulnerable while in the nest, I built an “eagle guard” and attached it to our existing loon platform, hoping to help the chicks survive to adulthood. Lake residents who tend loon platforms may want to consider something similar for next season. If so, here’s what I did:

- First, measure the inside dimensions of the platform you’ll be using. Our platform has big flotation tubes so to allow for secure attachment, the frame fits just inside of them. Loon nesting platforms vary in size so the size of the loon guard frame will depend on the size of your nesting platform.
- The bottom of the frame was built using four pieces of 1½” PVC pipe and four 3-way corner couplers.
- On the top, a cross bar was added in the middle to provide additional support. The top requires four 3-way corners and two 3-way T’s.
- The top and bottom are connected with four 30-inch corner PVC pipe uprights.
- Assemble the guard and if your platform has flotation tubes, fit it inside them. Use PVC cement to glue the frame together.
- We stretched chicken-wire to the upper frame to create a roof.
- Plant material was woven into the chicken wire to provide both cover and shade for the loons and their chicks. Twigs could work - I used cut shrubs.
- Attach the guard to the platform. I used three Velcro straps on each side.
- Since the color white may be highly visible to eagles, I spray painted the platform and guard a darker color.

Hopefully, the loons will still recognize the platform as a nesting place and their chicks will have a higher survival

rate this year. We’ll be keeping a close eye on the platform this summer for usage, loon chick survival and the integrity of this eagle guard design.

If you’d like more information feel free to contact me.

jnhnj@yahoo.com | 218-792-5725.

By John Harris



Do you have Lake Washburn stories or photos to share? If so, we’d LOVE to hear from you.

Forward your item(s) to the LWA newsletter staff to be considered for an upcoming issue!

Please direct any questions to:
Ellen Leger 763-913-1485 • legerellen@gmail.com

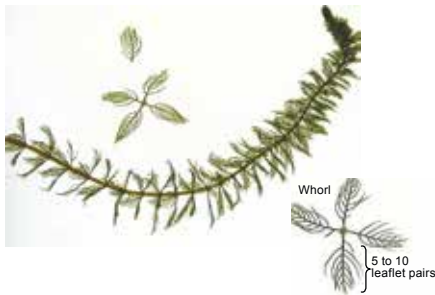
HOW TO CONTACT LWA:

Lake Washburn Association • PO Box 26, Outing, MN 56662
www.lakewashburnmn.org • www.facebook.com/LakeWashburn2017/

Eurasian Watermilfoil Invasive Species: Harmful to lakes



Northern Watermilfoil Native Species: Beneficial to lakes



Late last summer, Eurasian Water Milfoil (EWM) was discovered on the north shore of North Bay, approximately 400 yards from the East Lake channel. An alert cabin owner noticed EWM fragments on his beach, took a picture and sent it to me. The affected area, about 1.1 acres, was treated in early October. This was the first time we saw EWM in the North Bay. Indications are that our treatments for EWM in East Lake have been effective, so we hope that the same will be true again.

Our approach this year will be similar to last year. A professional service will survey Lake Washburn for AIS. Some Lake Washburn Association (LWA) members will also survey, to provide additional certainty that we identify any infestations. As always, as you are boating, fishing, or collecting weeds that blow in to your shore, be on the alert for EWM and report anything suspicious.

This year we are likely going to scuba and snorkel in the area treated last fall. So, as you travel between North Bay and East Lake, watch for scuba flags, and stay at least 150 feet away. We tend to go out early in the morning because conditions are usually calmer, enhancing underwater visibility.

We've included a "Notice of Treatment" as follows in this issue of the LWA newsletter. It will also appear in the Northland Press, and on our website at www.lakewashburnmn.org. This is being done to avoid getting landowner consent before obtaining Department of Natural Resources permits for treatment. While we have a broad range of dates for treatment in the notice, we have done all of our previous treatments after Labor Day.

Enjoy the summer but as always, your watchful eyes will help keep EWM in check, and hopefully eliminate it. If you have questions or need help identifying suspicious weeds or suspect another invasive species, please feel free to contact me.

tjohnsonCPA@comcast.net | 612-619-6533
By Ted Johnson

NOTICE OF TREATMENT

The Lake Washburn Association (LWA) has contracted to treat Eurasian Water Milfoil, an Aquatic Invasive Species in Lake Washburn in 2019.

The Minnesota Department of Natural Resources has granted the LWA a waiver of the requirement that the Association obtain the signatures of approval of owners of lakeshore property. Instead, LWA will alert property owners of the treatment through alternate forms. This notice is one way the LWA is notifying Lake Washburn property owners. Other forms include but are not limited to notification in the LWA Newsletters, email, or at www.lakewashburnmn.org.

With regard to the treatment for 2019:

- The proposed date range for potential treatment(s): 6/30 through 9/30
- The target species for treatment: Eurasian Water Milfoil
- The method of control or product being used: EPA and MDA registered aquatic herbicides, such as but not limited to, Granular 2,4-D, Granular Triclopyr, Florpyrauxifen-benzyl

If you desire that the treatment of Eurasian Water Milfoil not occur adjacent to your property, notify the LWA immediately at:

Lake Washburn Association
P.O. Box 26, Outing, MN 56662
tjohnsonCPA@comcast.net

Please do not get within
150 feet of these caution flags!



Water Safety Patrol

Water Safety Patrol Launched Memorial Day Weekend

The Lake Washburn Water Safety Patrol faced a few challenges at the start of the 2019 season, the most significant of which was not having a boat! The Cass County Sheriff's Department picked up the patrol boat at the end of the 2018 season with the intent of performing a few minor repairs. However, a few months later, the Chief Deputy and lead contact for the Volunteer Water Patrol announced his retirement and the department began shuffling personnel into new positions. The scheduled maintenance was, unfortunately, postponed.

The upkeep was ultimately completed, and we took possession of the boat in mid-May. Land O' Lakes Marine prepared the boat for service in a timely manner, and the first patrol of 2019 hit the waters of Lake Washburn on Memorial Day weekend. Many families took advantage of the small window of beautiful weather and the patrol was pleased to report that all the vessels stopped were in complete compliance with marine safety rules.

The Water Safety Patrol on Lake Washburn consists of seasonal and year round residents. Teams of two patrol for a few hours, two to three weekends each summer. These volunteers primarily look for compliance to rules regarding quantities of life jackets and throwable Personal Floatation Devices (PFDs), check for boats exceeding maximum capacity limits, and offer assistance to stranded boaters.

Each patrol is equipped with educational handouts for adults including current boating guidelines and other materials to help identify Aquatic Invasive Species (AIS). The DNR has also provided our team with comic books, posters and coloring books for children geared toward promoting water safety.

If you are interested in joining the Water Safety Patrol, please contact Pat Maranda at patmaranda49@gmail.com or any member of the LWA Board.

By Vicki Lipstreuer



IT'S OLD BUT IS IT AN ARTIFACT?

Last summer, our 10 year old granddaughter, Addi, was wading along the shore of Washburn. She bent down, reached into the water and picked up a flat, fist-sized rock that she had stepped on. She was about to throw it back into the lake when her dad noticed that the rock looked unusual. Further inspection revealed that it was a rather smooth, somewhat heavy rock with a couple of round indentations, almost like eyes. The indentations appeared to have been made by human activity. Our first thought was that the rock was an aborigine fire starter and that the indentation had been made while twirling a stick on the rock to create heat. Looking online, we found similar appearing rocks described as fire starters being offered for sale. Wow! How exciting!! Rather than just assume that this was an artifact, we asked the Curator of the Department of Anthropology at the Science Museum of Minnesota. His response surprised us. It seems that this rock was carried here by the glaciers all the way from southeastern Hudson Bay. He said, "What you have is called an "omar", a type of glacial erratic that is fairly common in the Upper Midwest. Although they are often mistaken for stone tools, the cupped indentations are actually due to natural weathering of softer inclusions in the stone."

So no, we don't have an artifact but we do have a somewhat unusual, really old keepsake. Keep your eyes open; it is unlikely that Addi stumbled on the only "omar" in the Washburn area.

You Can Protect Minnesota Waters

Please make sure your watercraft is cleaned and drained.

Fishery Report - Spring 2019

Despite a long winter, the ice is off the lake and our pursuit of the wily walleye is full speed ahead!

There's not a lot going on at the moment. We've been awaiting the new management plan for Lake Washburn. This process is led by the Department of Natural Resources (DNR) and our role is to provide input. Initially it was expected that a new plan would be developed shortly after the old plan expired a couple of years ago. However, the process has been delayed several times and is now on hold while the DNR reviews the entire fish-stocking program. That's the bad news.

The good news - we are still on the DNR's radar and can expect that until a new plan is in place, they will manage our fishery pretty much as they have in the past. We expect that:

- Stocking will continue every other year and is next scheduled for 2020.
- Electrofishing will continue in the autumn. This is a study of the young-of-year walleye to determine the level of natural reproduction vs. the results of stocking.
- Netting will continue on an every-other-year basis as another method of determining the health of our fishery.

In last year's survey, several LWA members indicated an interest in joining the Fishery Committee. I appreciate this

and am thankful for the offers. At the present time, I'm the liaison between the LWA and the DNR. At some point in the not too distant future, I expect we'll actually need a committee to provide input as the DNR develops a new management plan for our lake. It's also possible that at some point, the DNR will ask for additional assistance in learning more about our fishery. When that happens, I'll be in touch with those who have so kindly volunteered.

Please let me know how your angling success has been, good or not so good. In particular, we'd like to know about walleye but reports of other fishing success are also welcome.

Thank you – stay safe and good fishing!

BREAKING NEWS ... The DNR recently advised us that they stocked 750,000 walleye fry in all three basins of Lake Washburn on May 20. This was a bonus stocking and will not affect the stocking planned for 2020 ...

By John Harris - DNR Liaison



2019

SAVE the DATE

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Membership Meeting
Saturday, August 10
10:00 AM
at the CLT Hall

48 Clean Up
Saturday, August 31
9:00 AM
Meet at the Public Launch

Ice Cream Social
Saturday, August 31
2:00 PM
On the Lake

www.Lakewashburnmn.org
www.facebook.com/LakeWashburn2017/

Stop Here

Clean off aquatic plants and animals

Drain water and remove drain plugs

Dispose of unwanted bait in trash

Thank you for protecting Minnesota waters!



STOP AQUATIC HITCHHIKERS!

Clean ALL recreational equipment. It's the law.

How you handle fish determines their fate

How long the fish is played

The longer the fight, the more exhausted a fish becomes, and the more lactic acid builds up in its body. This can cause the fish to die some time later, even after you release it to swim away. Use tackle heavy enough for the species you're after - don't use an ultralight trout rod for walleye or pike. Land the fish as quickly as possible.

How a fish is landed

Hauling in a fish over the side of your boat by the line, letting it hang on the hook, or squeezing it with your hand, can cause major internal organ damage. The best thing for the fish, is to leave it in the water while the hook is removed. If that's not possible, use a soft rubber mesh landing net which is less damaging to eyes, fins, scales and the protective mucous membrane of the fish, than a fine mesh net. While a net means the fish will be out of the water for some period, it's often the least stressful way to get a fish into your hands for a quick hook removal and release.

How long a fish is out of the water

One study looked at the amount of time a trout was exposed to air after being caught. Fish that were released without being held out of the water had a 12 percent mortality. Fish held out of the water for 30 seconds had a 38 percent mortality rate. Fish out of the water for a full minute saw a 72 percent death rate. So, remove hooks and gently place the fish back in the water quickly - in 30 seconds or less if possible. If you take a photograph, make it fast. Decide beforehand which fish (their length or species) are to be kept and immediately release all others. Don't debate whether or not to release the fish while it is out of the water. Culling, illegal in Minnesota, also reduces the chances of fish survival. Once you put a fish in your live-well, keep it as part of your limit; it stands a far greater chance of dying than one immediately released.

Fish slime is essential for fish health

If you handle a fish in a rough net, or grab it with dry hands or dry gloves, that action removes the layer of mucus that protects the fish from disease and bacterial infections, which can kill it long after it has been released. Always wet your hands or gloves before handling the fish.

How a fish is held is important

Never hold a fish vertically, this can cause damage to internal organs. Never hold a fish just by its mouth or tail. Hold the fish horizontally with one hand near the front - but not near the gills - and one hand near the belly or tail. Do not squeeze the fish.

A fish's gills are its lungs

If you touch fish gills even a little, it can damage them beyond repair and the fish can't breathe. Never, ever touch or squeeze gills or hold a fish by its gills for a photo. Grabbing a fish by the eyes will almost certainly reduce or destroy its

vision, possibly permanently. Never hold a fish by its eyes or even touch the eyes.

Quick removal of hooks

Barbless hooks are the easiest to remove, even if you might lose a fish or two per trip before they are landed. If you don't have barbless hooks, you can pinch the barb down with pliers. Studies show that circle hooks, as opposed to j-shaped hooks, are much easier to remove and cause less injury to fish. Keep a pair of long-nose pliers, a hemostat and wire cutters in your tackle box to aid in hook removal. Never pull on the line to release the hook.

Cut the line or extract the hook?

Sometimes it's a tough call, and opinions vary on this, but prolonged attempts to remove the hook often do more harm than good. It may be better to cut the line as closely to the hook as possible and release the fish with the hook still in it rather than rip away at a deeply hooked fish. Several studies indicate cutting the line is better. Deeply hooked rainbow trout suffered 74 percent mortality when the hook was removed compared to only 47 percent when the hook was not removed. Among the surviving deeply hooked trout with the hook left in, 74 percent shed the hook within two months. Another study found trout mortality at 55 percent when the hook was removed by hand and only 21 percent when the hook was cut off.

Fish are capable of rejecting, expelling, or encapsulating hooks. Encapsulation is a process whereby the fish's healing process causes the hook to be covered with an inert matrix of calcified material, or acellular tissue. Steel and bronze hooks are less toxic and are rejected or dissolved sooner than are stainless steel and cadmium-plated or nickel-plated hooks.

How a fish is returned to the water

Instead of tossing the fish back, gently lower it horizontally into the water. If you need to revive the fish, gently move it in a figure-8 motion, or hold the fish so that he faces upstream to allow the current to flow over the gills. Never move a fish backwards as this can damage the gills.

A healthy released fish should swim away quickly

If it doesn't, something is wrong. Revive an exhausted fish by holding it upright and horizontal in the water, by the tail. If in a river, use two hands and hold it facing into the current. If it is severely lethargic, depress the bottom lip to cause the jaw to gape and gently move the fish forward. Moving the fish in an erratic back and forth motion will induce more stress. At the first sign of the fish attempting to swim away, let it go.

Sources: NOAA Fisheries Services, Takemefishing.com, U.S. National Park Service, Angling Unlimited, Michigan DNR.

By John Myers; Brainerd Dispatch

Adopt a Highway: 48 Clean UP

A fine turnout of seventeen volunteers on a bright sunny morning quickly cleared the entirety of Highway 48 from MN 6 to the end of the pavement.

Participating were Kathy and Gary Bochman, Hallie and Steve DeVries, Glen Goodwin, Jackie Hagel, Vicki Lipsreuer, Lisa and Randy McCloud, Karen and Ron McCloud, Shannon and Bob Nagle, Harry Schleiff, Lynn and Ralph Wacker, Mark Stange (inset: Chair and photographer)





100 Years on Lake Washburn

Pre-Order Form

The Lake Washburn Association will be reprinting
150 copies of the popular *100 Years on Lake Washburn* book.



Name: _____ Email: _____
 Shipping Address: _____ City: _____ State: _____ Zip: _____
 Primary Phone: _____



Complete the order form and return along with your payment.
Mail to: Lake Washburn Association, PO Box 26, Outing, MN 56662

Purchase Price: \$30.00
Shipping: \$7.00 per copy

PAYMENT INFORMATION	
QTY _____ x \$30.00 = \$ _____	
Shipping _____ x \$7.00 = \$ _____	
Customer Pick Up = \$ _____ 0.00	
TOTAL = \$ _____	

Please contact Ellen Leger for further information.
 legerellen@gmail.com (763) 913-1485

Pre-Order Form

The Lake Washburn Association will be reprinting 150 copies of the popular *100 Years on Lake Washburn* book.

This beautiful hard bound book is a collection of stories of the early settlers, the 1950's era, kids swimming, grownups fishing, deer hunters in November, pontoons on the Fourth of July, water skiing in August, weekend travelers, fish houses in January. You will find history, fact and some fiction. Interviews were conducted and we invited everyone connected to Lake Washburn to share their memories.

If you are interested in obtaining a copy, complete the form above and return it with your check, made out to the Lake Washburn Association.

Attention Anglers

Prevent the spread of aquatic invasive species



Thank you for protecting Minnesota waters!



Lake Washburn Association

ICE CREAM Social

SAT AUG 31 2:00pm

On The Lake

Water Quality Monitoring



Water quality monitoring has been done for 20 years at four sites on Lake Washburn – one in each basin, plus Birch Bay (at its deepest point). Monitoring is monthly, May through September. The Lake Washburn Association (LWA) works with RMB Environmental Labs (RMBEL) of Detroit Lakes.

Monitoring is done for three readings:

- **Chlorophyll-a** tells us how much algae is in the lake
- **Phosphorus** levels, which affect vegetation growth and potential algae
- **Water clarity** is measured by the Secchi disk

Chlorophyll-a measures algae in the lake. Algae adds oxygen to the water as a by-product of photosynthesis. Too much algae however, can produce a foul odor and be unpleasant for swimming. Chlorophyll-a concentrations tell us a lot about the lake's water quality.

Phosphorus is a nutrient affecting both vegetation and algae growth in a lake. The amount of this nutrient controls the pace at which algae and aquatic plants grow. In excess quantities, phosphorus can lead to water quality problems such as harmful algal and vegetation growth. Phosphorus originates from a variety of sources, many related to human activities, including human and animal waste, soil erosion, detergents, septic systems and runoff from farmland or fertilized lawns.

Water clarity affects light penetration into a lake. The Secchi disk reading can be affected by several variables. Tannin stains, brought in by Daggett Brook, which flows through bogs, are often seen in the West Basin. The West Basin Secchi readings are usually a foot or two less clear than the North Basin because of this. Algae and other suspended particles also decrease water clarity. These levels are highest in the spring and late fall, a result of lake "turnover." As the water warms in spring and cools in fall, sediments rise. Runoff from rain and snow melt also affects water clarity. Because of this, Secchi readings are usually done after May and before October. Secchi disk readings in East Lake seem to be improving, while the other three areas of the lake seem to be remaining stable.

You can help protect water quality in Lake Washburn by implementing Best Management Practices (BMPs), outlined in a booklet produced by Cass County. Ask a member of the LWA Board for a copy, or contact Cass County Environmental Services at 218-547-7241.

More information is available at RMBEL's website at www.rmbel.info. The website also provides data about Washburn test results back to May of 2005. When you select Washburn, you'll see the four sites: 101-Birch Bay, 202-North Basin, 204-East Basin, and 206-West Basin.

By Dave Snesrud

STORM SEASON IS UPON US, SO BEST TO BE PREPARED FOR AN EMERGENCY

Crooked Lake Township recommends that you are familiar with your area Road Ambassadors. A list and map can be found at the Crooked Lake Township web site: crookedlake.govoffice2.com

BE INFORMED: Know what disasters and hazards could affect your area. Be connected with NIXLE. You will get alerts of impending disasters; severe weather and other hazards. www.nixle.com

MAKE A PLAN: Prepare your plan and have supplies that will meet your specific daily living needs and responsibilities.

TAKE ACTION: Disasters can overwhelm anyone. Take steps ahead of time to be prepared and have the supplies you need. For supply suggestions visit: Build a Kit. www.ready.gov/build-a-kit

Thanks for the Memories

Richard Nelles left Lake Washburn this spring, moving to a memory care facility in Princeton. It was a tough decision to leave the woods and lake that he cared for all his life. Our parents bought land on the lake in 1949. Richard was recognized by state and national agencies for his work with forestry, wildlife, and clean waters and was a DNR volunteer for 40 years. Richard would welcome visits when you pass through Princeton. He's at Sterling Point Senior Living, 1250 Northland Drive, Princeton, 55371. Tributes follow:

Bob Holman: *"Richard represents what volunteering is all about, being a champion in his beliefs and actions to protect nature. Whether loons, deer, eagles or fishers, he loves the woods and water and all its inhabitants. I'll miss him and his fly-overs, and running into him deer hunting on the peninsula."*

Sue and Gary Gabel: *"Richard loved Washburn and nature so much - let us do a tribute to him. What a loss of a great volunteer. We will miss him."*

John Harris: *"He was a great advocate for the lake and surrounding forest and wildlife. We really enjoyed his stories about his work with the DNR. We can't even begin to imagine how he must miss his place on the lake. (I hope he got to take his pelts and other wildlife memorabilia.)"*

Remembering Friends

Gerald "Jetter" Ballard, Iowa Camp, passed away on February 14, 2019, in Ankeny, Iowa. He was a long-time member of LWA. Ron Reich recalls: *"I remember George being one of the first folks I met from Iowa Camp in 1969. He was walking the road, and enlisting folks for the signage board for Peninsula Road, just off of 48. That was Gerald's passion - to create and maintain that sign. It was not really an LWA activity, since it only affected the folks on Peninsula Road, but it demonstrates how passionate Gerald was about our lake community."* Sue Gabel tells: *Jetter spent most of his life on this lake. His parents had a cabin on East Lake, and he practically grew up here."*

Donald Gehrman passed away January 20, 2019. Don lived at Lake Washburn for nearly 50 years, buying property on East Lake in October of 1969. His wife Mary tells: *"We had a small cabin but we packed it full every weekend with our six kids and our friends. In fact, our nephew delivered Don's eulogy and it was all about our cabin at the lake. Don had an electrical business up here for many years. He was a workman who, if he said he'd be there at 7 am, he was there as promised."* The Gehrman's divided their time between Lake Washburn and White Bear Lake.

By Ellen Leger

Is Your Water Safe to Drink?

Safe drinking water is essential to our health and well-being, yet it is something that we often take for granted. There are several contaminants that can affect the safety of drinking water. Some, such as bacteria or parasites can make us sick right away while others, such as arsenic can cause chronic health problems over a long period of time.

If you have a well, you should test your water annually to make sure that it is safe to drink. Cities and municipalities are required to test their water for safety on a regular basis; however, if you own your own well, it's up to you to make sure your water is safe. The Minnesota Department of Health recommends testing your well once every year for coliform bacteria, once every one to three years for nitrates, and at least once for arsenic during the life of the well.

Coliform bacteria are a closely related group of bacteria species that live in the intestinal tracts of animals and are generally not harmful to human health. A few types of bacteria within

the total coliform group, most notably E. coli, can cause serious gastrointestinal problems. Coliform bacteria are common in the environment and are easily identified during routine water testing; therefore, they are frequently used as indicators that a water supply may be contaminated.

Nitrate is a form of nitrogen and is a common contaminant in wells throughout Minnesota. Most of the nitrate in the environment comes from decomposition of organic material; however, nitrates are also added to the environment in the form of fertilizers or septic waste. High nitrate levels pose a health concern for young children and infants in particular.

Arsenic is a naturally occurring element that can enter drinking water supplies from natural deposits in the earth or from agricultural and industrial practices. The health risks associated with arsenic result from low-level exposure over a long period of time such as skin damage, problems with nervous or circulatory systems, and an increased risk of some forms of cancer.

The health limit for arsenic in water is 10.0 parts per billion (ppb). The Minnesota Department of Health estimates that approximately 10 percent of wells in Minnesota have arsenic levels exceeding the health limit.

So how do you know if your water is safe to drink? Most of the contaminants that are a concern for our health are colorless and odorless. There is no way to know for sure that your water is safe to drink unless you have it tested by a certified laboratory.

A.W. Research Laboratories is a privately owned, certified water testing lab location in Brainerd, Minnesota. We offer quality testing at competitive prices to give you peace of mind. We are proud to be your local water experts and are happy to answer any questions you may have about your drinking water. Call 218-829-7974 or email sarah@aw-lab.com with questions and to order your sampling kit today.

By Sarah Fogderud,
A.W. Research Laboratories, Inc.

Ticks are Here!

Lyme disease is the most common tickborne illness. Its variety of forms can cause bizarre symptoms that affect different parts of the human body. People get Lyme disease through the bite of a black-legged tick – also known as a deer tick. Not all people bitten by a black-legged tick will get sick, because not all of them are infected with this bacterium. An infected tick must be attached to a person for at least 24-48 hours before it can spread Lyme disease bacteria.

Tick bites expose humans to a remarkable array of pathologic agents, including neurotoxins, allergens, bacteria, parasites, and viruses. The clinical features of tickborne illnesses range from mild to life-threatening. Collectively, tickborne diseases constitute a substantial and growing public health problem in the United States. In 2017, the most recent year for which statistics are available, there were 1,408 confirmed cases of Lyme disease in Minnesota, which equals 25.5 cases per 100,000 people.

The most common tickborne infectious agent is the spirochete *Borrelia burgdorferi*. Other less common but potentially serious tickborne infections include anaplasmosis, babesiosis, ehrlichiosis, spotted fever group rickettsioses, and Powassan disease.

Prevention of tick bites begins with responsible clothing, and the use of DEET-based repellents, up to 30 percent, on skin or clothing. (Follow label instructions regarding application.) Permethrin-based clothing and gear protects for at least two weeks. Other measures include wearing socks pulled up over long pants and undergarments with elastic banding around the hip/groin area, to prevent ticks from attaching in those warm snug areas. If you've been in the woods, run the clothing you were wearing through the washer and dryer. Bathe and/or shower, and check your entire body for ticks. A full-length mirror can help you to see your back, thigh, groin, and armpit areas. Despite decades of education about these measures, case reports for the more common tickborne diseases continue to increase. Pesticides can reduce tick abundance but have not been proven to reduce tickborne disease in humans.

By Ellen Leger

DO YOU KNOW? WHY NOT TO HAVE A CAMPFIRE TOO CLOSE TO THE WATER'S EDGE?

The ashes that wash out of the pit during rainfall have an adverse effect on the lake.



The ash contains calcium, phosphorus, magnesium and other micronutrients which support plant growth. So, the fire pit ashes promote growth of unwanted weeds and algae in the lake. Please move your campfire pit to at least 25 feet from the lake to allow the run-off and ash to seep into the ground and be filtered before the unwanted chemicals run into the lake. Also, clean your fire pit frequently to reduce the amount of ash that could flow into the lake.

PERSONAL - UP CLOSE DANGEROUS

In 2009, unaware that I had been bitten by an infected tick, I was diagnosed with babesiosis. My symptoms began in June, three days after a walk in the woods. I put all the clothing I had been wearing into the washing machine, showered, shampooed and went out to Granny's for the \$1 hamburgers. In mid-July, I was hospitalized at Deer River with severe pain, vomiting, and diarrhea. I was treated and sent home on a low-fat diet. In mid-August, I went to the Mayo Clinic in Rochester for a second opinion on gastric symptoms. After two days of lab tests and examinations, the physician suggested: "Perhaps, you are depressed. Your blood work is marginal, not concerning. Go home and come back if you don't get better." I was sick, not depressed. I'd been sick for two months, become anorexic, with a constant headache, weakness, shortness of breath, and nobody knew why. I said to him, "Please listen to me, there's something wrong in my body, this isn't who I am." When I came home, I remember looking out at the lake, wondering if I was dying.

Ten days later, I had another malaria-like episode with profuse sweating, a 103-degree fever, and severe abdominal pain and distension. It was now September. We went to the Emergency Room on Labor Day weekend. I was sent by ambulance from Deer River to St. Mary's in Duluth. My hemoglobin had fallen to dangerous levels. I was anemic, and now cardiac-compromised. In the next three days, I had two blood transfusions, intravenous therapy, and multiple diagnostic workups. Then, the Chief of the University of Minnesota Residency program came into my room smiling and said, "You have babesiosis." I asked him how he knew what to look for and he said "I read the chart you brought in, remembered one other case, then ordered the blood smear from the laboratory and there it was." No one had seen it until then.

I was treated with antibiotics for six weeks. Fortunately, this form of Lyme disease did not recur. I met regularly with the infectious disease physician in Duluth. My primary physician hadn't recognized babesiosis and told us at a follow-up appointment. "I had only seen one case of Babesiosis in 17 years of practice."

Today, when I find an embedded tick, I take myself to Urgent Care, urgently.

By Ellen Leger, R.N. (Ret.)

Water Safety with a Family Focus

I'm a local first-responder (Dan Leger) with some remarks on water safety. If you are like I once was, you seldom wear a life jacket in the boat. For me at one time, it wasn't cool and after all, I thought, I'm a good swimmer. According to the Minnesota Water Safety Coalition, the second leading cause of unintentional injury-related death among children ages 14 and under, is drowning. These pointers will help you be safe, enjoy the lake and avoid a call to 911. I used to boat without a life jacket. Now, I always wear one. Holding a lifeless child in your hands will change your life. Don't let it happen to you.

Practices

Whenever you are in or on the water follow some simple guidelines.

- Use the buddy system whenever possible. If you're going fishing, kayaking, canoeing, sailing, even paddle boarding, ask someone to come along. Let someone on shore know where you're going. If you're swimming, enlist a fellow swimmer.
- If you want to swim alone, make sure someone knows you're in the water.
- If you decide to go boating alone, wear a life jacket, *no matter your swimming ability*, and let someone know when and where you are going.

In the boat:

- Have life jackets for each passenger and at least one U.S. Coast Guard-approved flotation device you can throw to someone in need.
- In spring and fall, the water can be cold so consider staying close to shore. If you end up in the water, you need to get out and get ashore as fast as possible. Hypothermia can kill you in minutes.
- If you accidentally end up in the water and need help or if you see someone in distress, don't panic.
- Assess the situation and yell for help.
- If you can, call 911. Do *not* assume someone else has already called. Once you are connected, the dispatcher will give you instructions and help emergency responders reach you.
- In an offshore emergency, launch a boat with a partner. Make sure you and your partner are wearing life jackets. Throw a flotation device, a rope, or extend a paddle to someone in distress.
- Going into the water yourself to help someone should be a last resort. You must wear a life jacket. A person in distress will often panic and may try to take you

down as well.

- Recover the victim, and if they are not breathing and you can't find a pulse, begin CPR immediately.
- On shore, continue any necessary life saving measures until first responders arrive.

Training

Taking the time to learn a skill can save your life or the life of another.

- Learn to swim, no matter your age. Toddlers as young as one year can be taught how to float in distress; it's never too early for children to start swimming lessons.
- Become lifeguard certified. This skill can save a life, particularly if the victim panics or is unconscious.
- Learn Cardio-Pulmonary Resuscitation (CPR). Simple chest compressions are the most valuable emergency

first-aid you can provide to someone whose heart has stopped. The training is easy and takes only a couple of hours.

Equipment/Life Jackets

I used to think life jackets were not

cool and were only in the boat because they had to be. Well, the life jackets of our youth have changed. Life jackets now come in many varieties: inflatable, slim, and even clothing-like.

Every spring, check all life jackets for fit as well as wear and tear. Cut up and properly dispose of any that have tears, rot, punctures, or waterlogging. Zippers and buckles must be in good shape.

Accidents on the water happen much too fast to reach and put on stowed life jackets, so they should be worn by all boat occupants at all times; in fact, state law requires all children under 10 years old to wear properly fitted life jackets while the boat is underway. There is no better way to set a good example of boating safety than to wear a life jacket.

In general, babies under six months or weighing 16 pounds or less, are too small for a life jacket, so please consider waiting until the baby is a little older before taking them boating. Never wrap a life jacket around a car seat with a baby in it.

For more information: www.thinkdontsink.org/
www.youtube.com/watch?v=ibWxZcgK5SM
www.dnr.state.mn.us/safety/boatwater/index.html

By Ellen Leger and Dan Leger

“Wearing a life jacket is not a sign of weakness, it's a sign of wisdom.”

- Kelli Toth, Alaska Office of Boating Safety

50 Years Ago – The Outing Tornado

Lake Washburn and Outing are now Safer Places

In 1969, a tornado cut through the Outing area, killing numerous people, leaving several others hospitalized, and causing great damage to property. Today, people who are on or near Lake Washburn or Outing have a better chance to get to safety in dangerous weather, thanks to the vision of two 14-year old girls who made their dream a reality.

In 2004, inspired to take action after hearing about the devastation of the 1969 tornado, Jamie Prax and Sarah Fairbanks, both from the Outing area, began raising money and awareness that new emergency sirens were needed here. The old sirens had to be sounded manually, and were not being used in severe weather.

Jamie and Sarah sold hot dogs and other items at various community events to raise money to purchase new automated warning sirens. WCCO-TV filmed and aired a short piece about their efforts. Also, letters to the editor in the Northland Press, donations from the Outing Chamber, the Crooked Lake Town Board, and members of the Lake Washburn Association helped with donations. One of the new sirens was even donated to the town by Sentry Siren.

Eventually these combined efforts paid off and two new sirens replaced the old ones - one near downtown Outing and

the other off Peninsula Road on Lake Washburn. A group of nearly twenty people gathered for the first sounding of the new emergency sirens in November 2007, and they all enjoyed the big smiles of Jamie and Sarah as the sirens roared to life, making their dream a reality.

**Special Event: August 6 in Luscher's Park
Winds of Remembrance Picnic, 50th Anniversary of the
1969 Tornado. Sponsored by The Outing Area Chamber of
Commerce and CLT Fire Department.**



GoNorthMn (GNM) is a three-year old all-volunteer organization that works with community members, local businesses, and government entities (local, state and national) to promote sustainable, fulfilling, prosperous and healthy living for residents, visitors and businesses in Emily, Fairfield, Fifty Lakes, Little Pine and Outing (Crooked Lake Township) in Minnesota.

This citizen-led effort held workshops to document assets and coordinated volunteer activities to benefit the area. It sponsored a water quality event, installed a visitor information kiosk at Lake Country Foods in Emily, supported establishment of an artists' marketplace (The Landing), and is currently organizing signs/benches/bike racks and recreational landmarks in each of the five areas. This work is partially funded by the Iron Range Resources and Rehabilitation Board (IRRRB) as well as by local contributors. A Region Five Development Commission study will begin in June, focusing on the GoNorthMn Mission Statement and will include discussions about attracting new businesses, families and visitors to the area. Topics to be covered may include affordable housing

availability, sustainable jobs/work, and cultural/recreational opportunities for everyone.

GoNorthMn is looking for input from area residents, businesses and visitors regarding how to best support the mission of the organization.

For more information about how you can get involved:

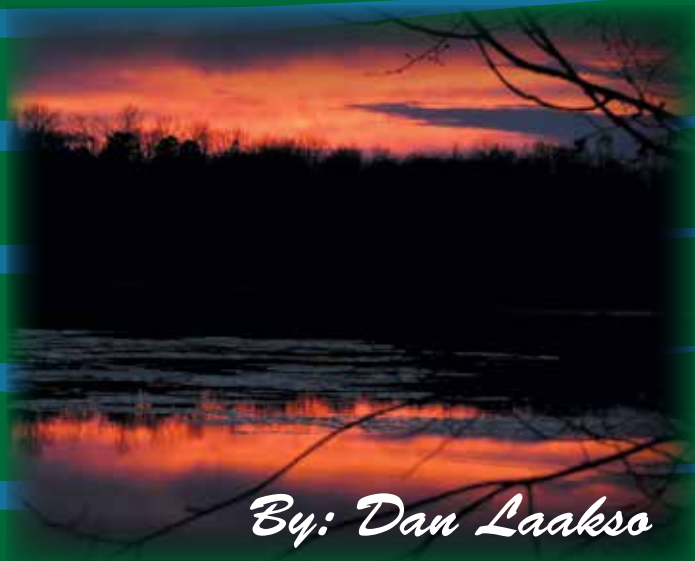
- See our Facebook page, GoNorthMn
- Check out gonorthmn.org
- Receive our digital newsletter by texting Jan Mossman at 612-419-1787

GoNorthMn is currently in the process of seeking 501(c)(3) status as a non-profit organization.

Jan Mosman and Kathy Hachey
Co-chairs of GoNorthMn



Wild Washburn!



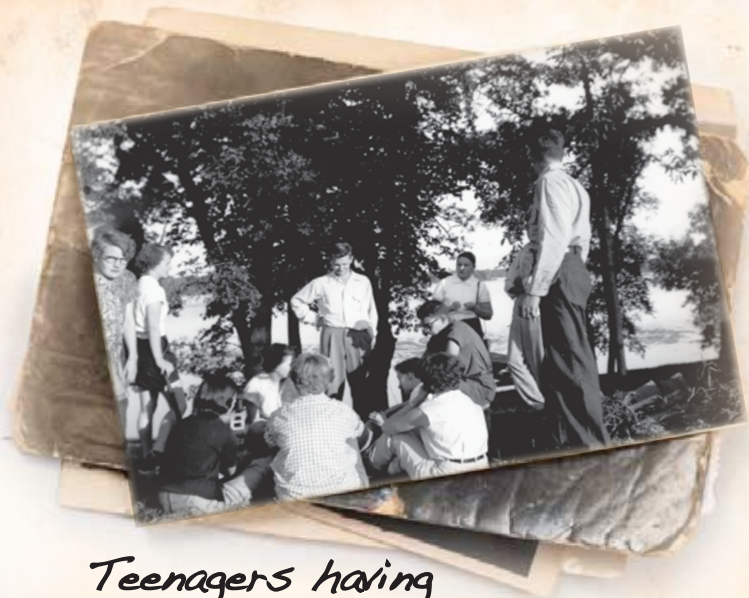
By: Dan Laakso

A Look Back to the 1950s

Photos provided by Mary Callender



*Fehr's Resort
looking up the dock*



*Teenagers having
fun at Fehr's Resort*



*Running Water came
from outdoor handle-pumps.
Rollie Moynagh working the pump*



*Out-houses were the norm
of the day.
Modern Cabins did not have
bathrooms until the 1960s*

Win a \$25 Gift Certificate to Owls & Things

Complete the Word Find puzzle below.

Fill in the requested information and email or mail your entry to:

LWAGoodwin@icloud.com or LWA Puzzle, PO Box 26, Outing, MN 56662

Scans, copies or photos of completed entries will be accepted.

The winning entry will be drawn on August 10 at the Membership Meeting.

Questions

- Addi found an _____ in Lake Washburn.
- LWA is reaching out to the _____.
- _____ Wacker volunteered for the 48 Clean Up.
- _____ a boat with a partner.
- Stay 150 feet away from _____ flags.
- Two new _____ replaced the old ones.
- Teenagers having fun at _____ Resort.
- Hold the fish horizontally with _____ hand.
- Use PVC _____ to glue the frame together.
- Water _____ affects light penetration into a lake.
- Be on the alert for _____ and report anything suspicious.
- The health limit for _____ in water is 10.0 parts per billion.
- _____ is looking for input from area residents.
- _____ will continue in the autumn.
- Prevention of tick _____ begins with responsible clothing.
- Richard represents what _____ is all about.

S C E M E N T Y U F J G P M C B P U
 R O R L Z S T P C H O G G O U A S N
 V G V H O M E D D F B G A O D L P M
 V O M F W S A F M E N B G G L L J I
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 Z C O A A L P O R H V I T R R O W A
 Z R U L R I J E N I R C T F Y N G W
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 J R N S A T E Y B U R Z H O S C Y C
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Contact Info

Name: _____

Email: _____

Mailing Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

LWA Newsletter editors are not eligible to participate. One entry per house hold.

Lake Washburn Association 2019 Membership Report

During the first six months of 2019, the LWA has been very busy keeping up with our membership duties. In January, we implemented a new invoice campaign for paying annual association dues. We've had a tremendous response to this campaign, and it has resulted in 170 returned invoices with dues, and a good number of donations to either the General Fund or the Aquatic Invasive Species (AIS) Fund.

The total number of properties with access to Lake Washburn by way of shoreline ownership or designated deeded access to the water:

- 465 parcels are owned by 305 entities
- 6 are owned by the State of Minnesota
- 4 are Tax Forfeited properties

Lake Washburn Association
Membership Totals:

2015 Membership - 212
2016 Membership - 187
2017 Membership - 213
2018 Membership - 241
2019 Membership - 264 As of 6/16/19
2020 Membership - 9 Paid in advance
2021 Membership - 3 Paid in advance
2022 Membership - 1 Paid in advance

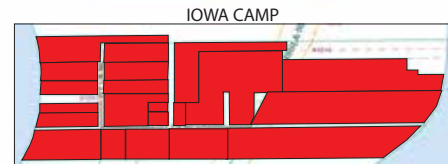
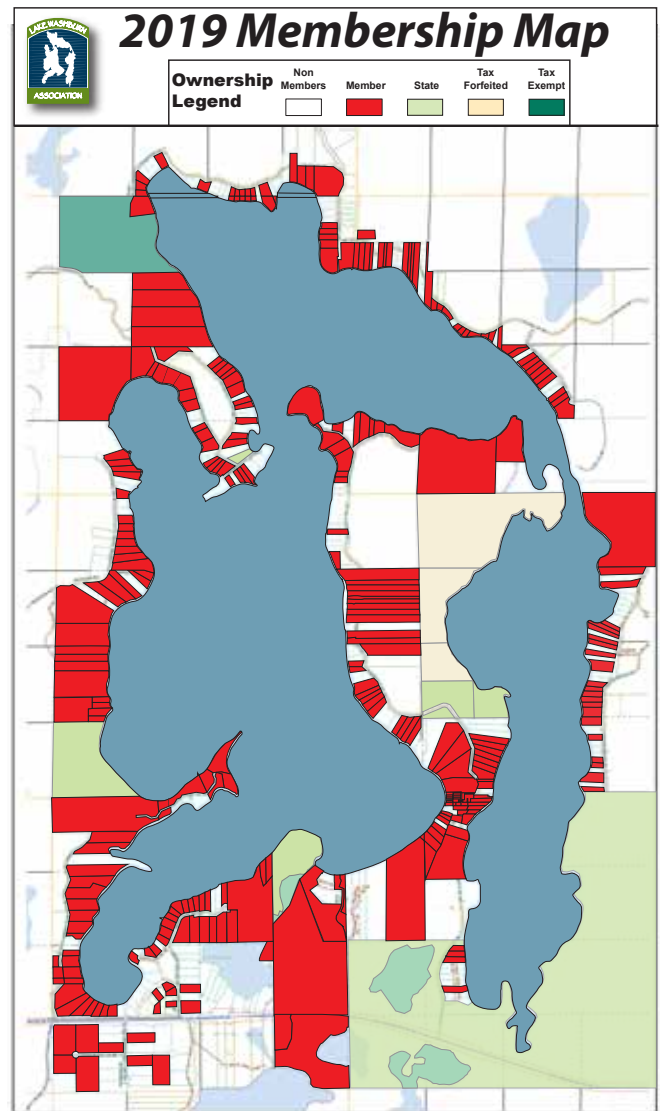
2019 Memberships received by invoice - 177
Previously listed as never members - 4
2019 Donations to General Fund - 47
2019 Donations to AIS Fund - 97

It's interesting to note that the new invoice campaign resulted in a majority of memberships being processed before the June/2019 Membership Meeting. In the past, many members waited to pay their dues until they returned to Outing or attended a Membership Meeting.

The current LWA membership list and map are posted on our website.

Please contact Glen Goodwin at lwagoodwin@icloud.com; or 218-752-5289, if you have questions about your membership status, or if you are not receiving LWA emails or NextDoor announcements and wish to be added to the list.

By Glen Goodwin



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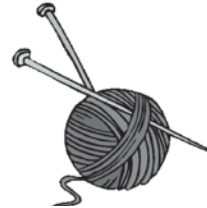
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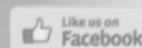


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Tuesdays at 5:00 p.m. - Pickled Loon
Wednesdays at 5:00 pm - Barrett's Log Cabin
Fridays at 6:00 p.m. - Pickled Loon
Saturdays at 5:00 p.m. - Barrett's Log Cabin
Sundays at 4:30 p.m. - Barrett's Log Cabin

Outing Chamber Fireworks - July 6, 2019 at Dusk
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Annual Membership Dues and Donations

Annual Membership Dues: \$25.00

Please complete the entire form so we can keep our database current.

Mail forms to: LWA, PO Box 26, Outing, MN 56662

Name: _____ Email: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Lake Address: _____ City: _____ State: _____ Zip: _____

Winter Address: _____ City: _____ State: _____ Zip: _____

Use Winter address from: _____ Until: _____

Primary Phone: _____ Mobile Phone: _____ Lake Phone: _____

New Property Owner: YES No Date Purchased: _____

I am Interested in participating in the following areas:

Check all that apply

- Buoy Markers Newsletter Sheriff Water Patrol
- Board Position Water Quality Testing Other _____
- Fish Committee County Road 48 Cleanup
- Boat Monitoring Invasive Species (AIS) Prevention and Treatment

PAYMENT INFORMATION:

- New Dues: \$ _____
- Renewal General Fund: \$ _____
- Contribution Only AIS Fund: \$ _____
- For Year(s) _____ **Total:** \$ _____

***ALL contributions are tax-deductible
AIS donations are restricted for AIS efforts only.***