

KLA NEWSLETTER

Kabekona Lake Association May, 2023



KLA Summer Calendar*

MAY

30 KLA Coffee

JUNE

5 KLA Board Meeting

6&20 Knitting

10 Meet Your Neighbors Picnic

Reuse/Reduce Day

14 Men's Breakfast

21 Ladies Luncheon

21 Book Club

27 KLA Coffee

JULY

4 Boat Parade

10 KLA Board Meeting

12 Men's Breakfast

12 Ladies Luncheon

18 Knitting

19 Book Club

25 KLA Coffee

AUGUST

1&15 Knitting

5 KLA Annual Meeting

Reuse/Reduce Day

9 Men's Breakfast

9 Ladies Luncheon

16 Book Club

29 KLA Coffee

*For more detailed calendar information, check further newsletter articles and the KLA website below.

What can KLAers do to protect Kabekona Lake quality?

Here are some suggestions from the Minnesota Department of Natural Resources:

- 1) **Clean** your boat and gear to remove all plants and prohibited invasive species from boats, trailers, and water-related equipment (docks, rafts, canoes, etc.)
- 2) **Drain** all water and leave plugs out during transport.
- 3) **Dispose** of unwanted bait in the trash, *not the lake*. To keep live bait, drain the water and refill the bait container with bottled or tap water.
- 4) **Never release** bait, plants or aquarium pets into Minnesota waters.
- 5) **Dry** docks, lifts and rafts for 21 days before moving them from one water body to another.
- 6) **Decontaminate** equipment - find free stations at minder.gov/decon.
- 7) **Dry** boat and gear for five days before using in another water body.
- 8) **Check** to make sure that, when hiring someone else to install docks, boats, lifts etc., the business is a DNR Permitted Lake Service Provider. (https://webapps15.dnr.state.mn.us/ais_business_training/lake_service_provider_permits/public_website_list)
- 9). **Spread only** phosphorus-free fertilizer on your lawn.
- 10) **Do not use** lead fishing tackle, weights etc..

Looking for a quick, easy resource on invasive species?

For a handy visual, informative reference guide to aquatic plant and animal invasive species (lake), or terrestrial plant invasive species (land), try this website:

<http://www.misin.msu.edu/species-training/>

Committed to preserve and protect Kabekona Lake

KABEKONA LAKE ASSOCIATION (KLA)

KLA Board Officers:

President: Ingrid Bey
President-Elect: Nick Rogge
Treasurer: Sue Schiess
Secretary: Stef Westphal

KLA Board Members:

Maddy Lawrence
Sarah Carlson
Paul Ulring

KLA Interim Board Members:

Kathy Brown
Sam Holmgren



The KLA is a member of:

- *Hubbard County Coalition of Lake Associations (HC COLA)
- *Minnesota Lakes and Rivers Advocates (MLR)
- *Minnesota Coalition of Lake Associations (MN COLA)

The KLA is a 501(c)(3) tax exempt organization under IRS Code of 1983. Contact KLA Treasurer for information.

Newsletter: Stef Westphal, David Wee, Ingrid Bey



Happy summer 2023 Kabekona Lake Association,

Your wonderful KLA Board is gearing up for another great year. You can see info about many scheduled events elsewhere in this newsletter. Also, don't forget to check out kabekonalake.org.

This year Hubbard County is focusing on education and prevention of starry stonewort. Please familiarize yourself with this aquatic invasive species. See the article about it in this newsletter. Our area has become a bit of a "hot spot" for starry stonewort. Last year a Stop Starry Work Group was organized by Jeff Forester, Executive Director of Minnesota Lakes and Rivers (MLR). This group includes representatives from the counties of Hubbard, Beltrami, and Cass and the Leech Lake Band of Ojibwe. They are involved in cross-county communication and prevention of starry stonewort. This is an important focus in the area.

If you cross paths with KLA board members or KLA committee chairs, Kathy Brown, Heidi Soneson, Catherine Holmgren, Sam Holmgren, Paul Andress, Rolf Smeby, or KLF President Dan Rasmus, please thank them for all their hard work and dedication to Kabekona.

Hope to see you around the lake.

Ingrid Bey, KLA Board President

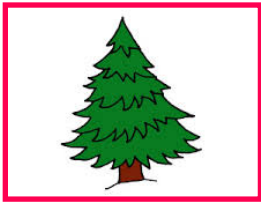
LOOKING FOR WAYS TO BE MORE ACTIVE IN THE KLA?



Here are some ideas:

The KLA is looking for a number of new board members. If you are interested or have questions, feel free to contact Ingrid Bey, belleacres@earthlink.net. There will be an information table at the KLA Picnic on Saturday, June 10th. The KLA is also always looking for new committee members and people interested in supporting the lake in various ways.

There is a spot for you and your help is needed!



KLA SOCIAL UPDATES

How About Having a Cup of Coffee, KLAers?

Beginning on the last Tuesdays of the four summer months, KLA folks are invited into homes for a cozy time, visiting and seeing the lake view from a different angle!

The first Coffee will be on May 30th at Martha Vetter's cabin, 30658 County 37. From then on volunteers are needed for these dates: [June 27](#), [July 25](#), [August 29](#).

If you are willing to open your home, here's the "Deal." Coffees begin at 10:00. There's a travelling large pot. Don't worry about treats, the simpler, the better. In fact, folks whose cabins are too small are willing to supply the treats. There's a bin of supplies, and a wind-sock to hang on the day you have the coffee.

Contact Martha, 218-407-3327 or vettermartha@yahoo.com This is a unique way to get together!

Ladies...Ladies..Ladies...

How about a summer luncheon in our favorite local Laporte cafes? This is a grand time to see our neighbors and enjoy a time together not far from our cabins!

We'll start at "The Door" on [June 21st](#). If you haven't been there, it's across the street from Trinity

Lutheran Church. The menu is simple and yummy. The Door was an old wreck of a house which Kevin and Joyce Day have remodeled and furnished it beautifully. The story of The Door is one of inspiration and strength. You'll need to hear more about it.

Then, on [July 12th](#) we'll journey to The Woodshed. This use to be "Third Base" and now its menu has expanded with all sorts of interesting food. The Woodshed is a popular "watering hole" with the locals. Its history is long and colorful.

[August 9th](#) will bring us to the Popple Bar, looking out over Garfield Lake. The Smiths have made this former "dive" into a gracious and welcoming place. Often featuring live music in the evenings, the Popple brings talent and fun! The food is delicious!

We'll end where we began, and "The Door" on [September 13](#).

All our luncheons begin at 12:00 noon. What a delightful time to be together! Bring family, friends, and especially new neighbors!

Men's Breakfasts

8:30 a.m. all year round, [2nd Wednesdays of the month](#). Meet at Jimmy's! Simply order off the

menu. Order those yummy omelets or other great choices too!

Let's Get Together and Knit!

There's a group that gets together twice a week, putting needles to work, creating lovely works of art out of yarn.

The Kabekona Knitters meet twice a month on the [first and third Tuesdays at 1:00](#). Gathering in each other's homes, lots of projects are shared, advice given, and plenty of talk...talk...talk!

One does not have to be a knitter to join up! Any lap project will due. Many have been working on the same piece for a year or two... the conversation is so very stimulating! Others have displayed their skill knitting amazing Norwegian sweaters and other complicated works.

If you'd like to join, all are welcome (men, too!). Email Sara Hanhan, uhanhan@paulbunyan.net, who figures out where to meet and sends out notices. Contact her, and she'll put you on the list!

Dig out those needles and yarn and come on over!



Kabekona Book Club Welcomes New Members

Meeting the **third Wednesday** of each month at 10:00, anywhere from 10 to 20 people gather for a lively discussion based on the book for that month. Winter, the club is “zoomed,” and in the summer months, it meets at

Trinity Lutheran Church in Laporte.

Books were chosen for each of the 12 months. Prior to the “Vote.” members submitted titles. Then, trailers were published, so that each member could read about the books. A ballot was given out, and votes were cast. A schedule for the year was published with names of

the “facilitator,” the person who will bring treats, and the month the “winning” book is to be discussed.

New members are always welcome!! To obtain a schedule, email Heidi Soneson, hsoneson@comcast.net. *If you aren't able to finish the book, come anyway...*



KLA MEET YOUR NEIGHBORS PICNIC



The **KLA Meet Your Neighbors Picnic** will be held on **Saturday, June 10th** at Laporte School, from 11 a.m. to 1 p.m. Join us for lots of fabulous conversation, information and shopping! We will offer box lunches again. There will also be membership sign in/up, a 50/50 game, information from HC COLA, a lead tackle collection, KLA information, and more! We'll have our members' displays and an opportunity to do some shopping. **There is always room for more vendors!** If you are interested in sharing your wares, contact Stef at stefmyown@aol.com. For future updates, please check out the KLA website at: www.kabekonalake.org.

The KLA will also sponsor a **Reuse/Reduce Day** on June 10th. Please place only gently used items on the road. Stop and shop heading to and from the picnic at Laporte School! This event will repeat on the day of the KLA Annual Meeting in August. Please make sure to bring all unclaimed items back into your lake home by evening.

The Mattson's **Kabekona gear store** for the 2023 season will likely be open by Memorial Day thru mid June, in time for production and delivery before the 4th of July. There will be a variety of options with t-shirts, sweatshirts, hoodies, baseball hats, and more! Every purchase supports a donation to the KLF/AIS. Be sure to stay updated by checking out their Facebook ([@kabekonatees](https://www.facebook.com/kabekonatees)) and Instagram ([@kabekona.tees](https://www.instagram.com/kabekona.tees)).



KLA COMMITTEE REPORTS

KLF

The first weekend of May I walked trails on the South side of County 37 and set out my beehive. Signs of spring were everywhere. The ice went out. Trumpeter Swans reclaimed the top of the beaver hut. Spring Peepers (small brown frogs) sang to one another like a conducted choir.

Heavy, wet snow bent the top of many red and white pine trees. Tops of some young trees snapped off. Hopefully, another branch will take over as the lead so that the stress of the winter does not cause the precious young trees to die.

These plants and animals, much like our beloved Lake Kabekona, depend on a healthy, natural environment to thrive. The Minnesota Department of Natural Resources has created a new online tool, called the Watershed Health Assessment Framework for Lakes that provides valuable information. Here is link to the assessment of Kabekona: <https://arcgis.dnr.state.mn.us/ewr/whaflakes/lakedetails/29007500/topic/quality>

Kabekona scored fine, but not as well as I thought it would. According to the DNR: "A healthy lake is one that is nearest to its natural state — free from pollution

and with a natural shoreline that protects the bank and filters runoff... Healthy lakes depend on people who value these resources and invest in the protection and restoration of the water, watershed, and biology."

The Kabakona Lake Foundation (KLF) Board is committed to using endowed funds to help preserve and sustain the health of Kabekona. We invite your ideas and participation in working together to protect and preserve Kabekona as a healthy lake.

By: Dan Rasmus, KLF President

SEPTIC

Many years ago, the the Kabekona Lake Foundation (KLF) funded a program to provide rebates to lake shore owners who pumped their septic systems. The purpose was to ensure a continued clean and clear Kabekona Lake. KLF continues to fund this program which is administered by the Kabekona Lake Association. Heidi Soneson and Kathy Brown are facilitating the septic rebate process.

Property owners are eligible for a \$60 rebate (\$30 to non-members) once every 3 years for pumping the septic tank on a property that you own on Kabekona Lake. The property must have lake shoreline, i.e. be on the lake.

If you would like to request a rebate, send your name, lake address, and mailing address (if different), along with the pumping company receipt or a copy of your cancelled check to:

KLA
P.O. Box 8
Laporte, MN 56461

Alternatively, you can email this information, along with a screenshot of your receipt, to Heidi Soneson at hsoneson@comcast.net

Please send in your pumping confirmation, even if you don't want a rebate.

If you have questions about this process, contact Heidi at

hsoneson@comcast.net
651-338-3158 (cell)

MEMBERSHIP

KLA Membership Dues Increase

The KLA Board has voted to increase the cost of membership dues. This is the first dues increase in many years. The new dues are:

\$30 covers 1 year of membership

\$50 covers 2 years of membership

Dues are payable online via the KLA website, at the picnic, or by check.



AREA AMBLES

THE ROGNESS WALKING TRAIL

By: Peter Rogness



We have a Kabekona Lake cabin on County 37, just off County 39. We also own a wooded 20-acre property across the road from our lake lot. For some time we have considered making a hiking trail around the periphery of our acreage, and in 2020 my daughter Rachel, her partner Sam, and I tramped around and flagged a loop trail. In 2021 we finished the route by stretching it around the swamp and connecting with a longer and older trail, which we think is all county or state land, except for the part that comes onto County 37 near Wintersteen's cabin--a stretch owned by Nervig/Schmid.

All are welcome to use these trails and enjoy the woods.

While once a year I take a chainsaw around the trail, any hiker is encouraged to do minor clearing. Our neighbors and other hikers keep the trail pretty clear. Sturdy hiking boots are helpful, and long-sleeved shirts discourage the insects and wood ticks. A typical trail

walk takes 30-45 minutes. Some signs and red paint blazes on trees make it difficult to stray from the path. The hike can be pleasant in any season. Last winter was gorgeous, and snowshoeing was enjoyable. Spring brings peepers to the swamp, autumn brings glorious color to the leaves, and summer brings peaceful shade.

LAPORTE PRAIRIE TREK

KLA's own Rosy Albers, together with a Youth Works Team, science students from Laporte School, Cal Marjamaa, and the Laporte School Shop class have been busily creating in Laporte a native prairie trek with a mix of 100 species of prairie grasses, flowers, and over 30 native shrubs. Rosy, with the help of a fellow master naturalist and the University of Minnesota, used her master naturalist training to create a prairie behind Trinity Lutheran in Laporte. They hope that soon there will be an asphalt, handicapped-accessible walking path to and from a cement picnic table in the center of the prairie. Some previous donors wished to memorialize people special to them. If you have questions or wish to donate, please contact Rosy Albers, ralbers2@msn.com.



2023 AIS Emphasis:

Starry Stonewort



Keys to ID:

*Grass-like appearance

*Smooth, thin stems

*Branchlets in whorls of 5-8

*Forked tips of branchlets are asymmetrical Star-shaped bulbils may be observed

*Small, orange spheres (antheridia) may be present

In 2021, starry stonewort was discovered at a resort in Steamboat Bay, Leech Lake. The algae had gone unrecognized by resort staff and patrons until a company which was hired to remove aquatic plants recognized it and contacted the Department of Natural Resources. A DNR specialist confirmed the invasive algae well-established throughout the marina. This bright green macro-algae may form dense surface mats, inhibit recreation, impede movement of fish and decreases spawning habitat.

Starry stonewort has never been eradicated from any U.S. lake. Current neighboring lakes infested with starry stonewort include:

*Wolf Lake.

*Leech Lake

*Cass Lake.....

*Lake Bemidji

Mississippi River.....

Winnibigoshish



READING RECOMMENDATIONS FROM MINNESOTA LAKES AND RIVERS (MLR)

Here are 2 book options by Ted Rulseh and recommended by Minnesota Lakes and Rivers (MLR). “*A Lakeside Companion*” will deepen your appreciation for the forces that shape lakes and the teeming life in and around them. In “*Ripple Effects*,” lakes are among our greatest treasures and most valuable natural resources. And yet, in large part because of the numbers of people who enjoy our local waterways, our lakes face numerous challenges: invasive species, pollution, defective septic systems, inadequate shoreland zoning laws, and climate change are present and increasingly existential threats. We are, quite possibly, loving our lakes to death.





KABEKONA CRITTERS

Beware the Bear

With weather getting warmer and animals coming out of hibernation or returning for summer, please heed this reminder to prevent unwanted visitors. Although we cannot prevent visits from curious bear, deer, or raccoon, and other gifts of nature, we can take action not to invite them to our property.

First, about bird feeders.

As nice as it is to watch the many species of northern Minnesota birds, the feeders are invitations to bear and deer. It's exciting to see bear wander through, but are you really inviting them to

munch on your bird seed and destroy the feeder? Deer are more peaceful, but they will feast on your nearby plants and flowers and at the bird feeder. If you put bird feeders out during the day, PLEASE consider bringing them inside before dusk to prevent bears' nocturnal visits. You can always put feeders out again in the morning. Bears remember who leaves feeders out, and they may return.

Second, where do you keep and store your garbage?

Your garbage may attract not only bears, but also raccoons and skunks. If you keep your cans outside a secured structure, make sure that they

have an animal-proof lid. And don't place your garbage can at the curb too far in advance of pick-up day. Let's keep our lake free of garbage being spread across the road and into the woods.

Third, after enjoying a great dinner on the grill and deck, or s'mores by the fire pit, pick up food remnants and garbage so that these nocturnal visitors don't snoop around your house while you sleep, or when you are gone.

These simple precautions can help make your time in the woods at the lake safe, fun, and memorable.

Submitted by: Nick Rogge

Don't Bring Worms!

Thinking about moving some plants or shrubs from your winter home to your beloved spot on Kabekona Lake? PLEASE DON'T! Especially if you live near a city..

Jumping Worms (JWs) are unwelcome invaders from Asia that wreak havoc with our soils. They live in the top six inches of soil and voraciously eat plant roots, compost, and mulch. Through their feeding and burrowing behaviors, they turn topsoil into loose granular soil (think coffee grounds) that can be

easily eroded and does not support plant life. Because of their ability to clone themselves, just one Jumping Worm can start a population.

Because people can unwittingly bring JWs to their property through plants, compost, soil, and mulch, please don't bring anything from a non-Kabekona garden. Bait sometimes includes JWs, too, so choose and discard your bait in the trash with great care. Heaven forbid that JWs invade our forests!

In the spring, you really can't tell whether you have JWs in your soil or not. Only their eggs survive our winters, and in spring the newly hatched juveniles look like little pieces of filament – all but impossible to distinguish in the soil.

Come August, the adults can be spotted quite easily, but by then it's too late to protect your property.

There IS no preventive treatment against JWs.

By: Sue Schiess

