

# LAKE WAVES

Newsletter for the Hand/Hay Lakes Association

[HandHayLakesAssoc.org](http://HandHayLakesAssoc.org)

Winter 2015

## DNR News Release for December 2015

Following public review that wrapped up this past fall, fishing regulations will change on 17 lakes and one stream starting in March, while existing regulations on five lakes will become permanent.

There are two regulations that might be of interest to our lake association members.

**Mule Lake** (Cass County): Bass 14 to 20 inches must be released, one over 20 inches allowed in possession; currently there is a 12-inch maximum size limit on bass. The existing regulations worked to protect large bass; however, relaxing the regulations will allow more harvest opportunity while still protecting larger bass desired for quality angling.

**Horseshoe Lake** (Cass County): Special regulations on wall-eye, northern pike, bass and crappie will be dropped and return to the statewide regulation. Regulation objectives for improving populations for these species were not achieved, so special restrictions will be lifted. However, the existing five-fish bag limit restriction on sunfish is working to maintain quality sizes of sunfish, and the regulation will continue to be in place.

The complete news release can be found here:  
<http://tinyurl.com/j7s63t9>

## Harvesting Firewood from State Forest

To harvest firewood from a state forest for personal use to heat your home, you can get a fuelwood permit from your local DNR forestry office. Firewood harvesting is generally limited to cutting only dead wood that is already lying on the ground in designated areas of the forest. Fuelwood permits can be issued for up to 12 cords of wood each year per household for personal use only, and range in cost from \$25 to \$45.

Availability of fuelwood permits can vary depending on demand and location, so it's a good idea to check with a forestry office ahead of time to see what opportunities there are. Office locations are available on the DNR website at [www.dnr.state.mn.us/areas/forestry/index.html](http://www.dnr.state.mn.us/areas/forestry/index.html).

*Jeff Busse, DNR timber sales program coordinator*

<http://handhaylakesassoc.org>

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## The Effects of Zebra Mussels and Spinywater Flea on walleye fisheries

In an article originally published in *Forester* in August 2015 and republished on-line by the Minnesota Lakes and Rivers Advocates, the possible effects of AIS on MN fisheries are discussed. As we all know the walleye fishery on Mille Lacs has been in a free fall for a few years and finally collapsed to a point where walleye fishing has to be suspended. The cause has coalesced around DNR management, predation by muskies and cormorants, and tribal harvest. What was left out, though, was the recent introduction of zebra mussels in 2005 and spiny waterflea in 2009 to the lake.

According to the article, the estimated biomass of walleye in Mille Lacs is two million pounds while the estimated biomass of zebra mussels is 2 billion pounds. That means the mussels are filtering all of the water in the lake more than once per day and in doing so they remove a segment of the food chain. Spiny waterflea removes another portion of the food chain, zooplankton. One researcher says he is seeing dramatic declines in zooplankton. It makes sense that zebra mussels and spiny waterflea are having an impact. They dynamically alter the food web.

Mille Lacs was one of the first inland lakes to be infested with zebra mussels and was an early victim of spiny waterflea. It is the only MN lake with both. It is not yet possible to establish a direct cause of the walleye decline but certainly AIS is a factor. It becomes a question of what to do about it.

Read the complete article here: <http://tinyurl.com/jfkr2nr>

*From the Editor*

I don't usually get much correspondence from association members for the winter newsletter and there have been times when I have just skipped the winter edition all together.

In this issue, on the front page I included some recent

DNR news release information and I paraphrased an intriguing article about the potential effects of AIS on MN lakes. I included a link to the original article. You will want to read it.

Amy Brallier of Hay Lake sent an interesting and well written story about her ordeal with an accidental fall and a neighbor's rush to rescue.

Lee Theisen reported his correspondence with Sandy Fecht (DNR). He reports that Hand Lake originally froze on 11/29/2015 but then reopened in the middle in December. The DNR mentions that it is unusual for Minnesota lakes to reopen for a time in December. Evidently this reopening and refreezing also happened in 2004.

Climate information:

<http://droughtmonitor.unl.edu/Home/StateDroughtMonitor.aspx?MN>

<http://climate.umn.edu/doc/weekmap.asp>

I chose to publish a recipe in this issue. I don't know if that is something we want in the newsletter. If you have a favorite recipe to share, let me know. Maybe you have a favorite fish fry batter, or some BBQ tips. Let me know, they might make good reading.

And finally, I added some winter feeding tips for birds and deer along with an interesting website for finding where to recycle various products.

Don't forget to check out the association website at:

<http://handhaylakesassoc.org> . If you have photos, stories or anything else to be published on the site, send your information directly to webmaster Barbara Hansen: [handhaywebmaster@yahoo.com](mailto:handhaywebmaster@yahoo.com)

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**Neighbors helping neighbors**

By Amy Brallier

Good Neighbor Indeed!

Spending time at the lake is usually a relaxing time. That changed in a moment for me this past spring. I arrived at Hay Lake at dusk on a Friday. I unpacked, set feline companion Bobcat free in the cabin, and headed to the lake to wash out the bird bath bowl, comfortable in flip flops and carefully stepping on the patio stones set into the hill. All of a sudden, my feet slipped out from under me and I was lying on the hill, looking at the sky! I groaned, grateful the wind hadn't been knocked out of me, and sat up a little. As I moved, I realized my left foot was not pointing down the hill as the rest of my body was. It was crooked at a nauseating angle and I could feel my breath becoming shallow. What should I do?

Miraculously, my neighbor of 10 years was at his place, and I'd said a quick hello as he and his dad were working on a project when I pulled in. I butt-scoted halfway up the hill, then crawled another few feet, and hollered for him. He and his dad saw me sitting on the ground and came running over. Despite my protestations that I would be okay if they could just get me on the couch . . . I would call a friend to come get me in a few hours – that neighbor and I ended up driving to the clinic in Crosby, and I was in emergency surgery a few hours later. My badge of courage was a tri-malleolar fracture of the left ankle and I now have two plates, 9 screws and a few scars to provide proof of my adventure. Six months of progression from non-weight bearing to a cast to an air-boot to a brace . . . I did a bang-up job of a fall.

The value of a good neighbor cannot be overstated. As much as he would like to be anonymous, THANK YOU RICK POPE . . . just another kid who grew up coming to this lake for 40 years and who now has his own piece of Hay Lake Heaven.

Yearly dues for membership in the Hand/Hay Lakes Association are collected in the spring of each year. I have included the yearly dues form in this issue in case you want to get an early start on 2016. You can also use this form to update any portion of your address or Phone #, or to provide us with your email address at any time.

Submissions to be considered for publication in the fall newsletter must reach the editor before March 15th. Email photos, articles, and suggestions to:

[pcourneya@gmail.com](mailto:pcourneya@gmail.com)



### Wild Rice Pancakes

By Paul Couneya

Wild rice is a staple of the Anishinaabe (Ojibwe) of Minnesota. When I cook wild rice I always cook up a big batch of it. I nearly always have some cooked wild rice on hand in the refrigerator or in the freezer. Wild rice pancakes are similar to potato pancakes but cooked rice is used instead of shredded potatoes.

2 cups of cooked wild rice  
2 eggs  
2 TSP flour

1 cup of minced onion  
2 TBLS bacon grease, more if needed

Beat the eggs slightly. Add the flour and onion and beat until smooth. Add rice and combine. Heat a cast iron pan to medium heat. I use a nonstick electric grill set to 350 degrees. Lightly coat the pan with bacon grease. Yes, I said bacon grease. The bacon grease will give the cakes that extra bit of flavor that makes the difference between eating just food and eating something delicious. If you didn't make bacon to go with the cakes then you will have to use your saved bacon grease.

Lightly coat the pan with bacon grease, spoon 1/3 cup of mixture into hot oil, flatten, and fry 3 minutes on one side. Do not try to move the cake around in the pan until the eggs have set. The cake will fall apart. Turn and fry 2 minutes on the other side. Serve hot. I like to put a little maple syrup or homemade gooseberry jam on my rice cake.



### Feeding Pileated Woodpeckers in the Winter

The pileated woodpecker has become a frequent winter visitor to bird feeders here in the lakes area. These large colorful birds that come swooping

through the trees screaming their loud jungle call bring a certain excitement to winter bird watching. These birds prefer the high energy nutritional benefits of suet, suet mixes and peanut butter. Pileated woodpeckers prefer their suet on solid platforms instead of a swinging suspended feeder. Nail the suet feeder directly to a tree as shown in the photo. They also like peanut butter filled log-style feeder or smear peanut butter on large pine cones. The pileated will come, you will enjoy.

### Feeding Wild Deer in the Winter



While the DNR generally discourages feeding the wild deer in the winter, many people who live around our lakes area feed them anyway.

There are many that put out shelled corn for the deer but that is not always the best of ideas as their digestive system can't always handle it and it can be fatal. Deer have trouble with shelled corn due to the shell of the kernel being so hard. A mixture of cracked corn and steer fattener, both of which have nutritional value is a better choice.

Deer are not grazers. They do not eat grass. They generally eat woody plants, stems of brush and trees, and other coarse food stuffs. But, they will eat alfalfa hay. So that is another good deer feed. Put out a bale or two of alfalfa hay and the deer will enjoy pawing through it and eating what they like.

Deer blocks are another good food source.

Just remember, if you are going to feed them, keep feeding them all winter. Deer will eat 5-10 pounds per day.

### Recycle

Have something to recycle but don't know where to take it?

Step 1: Visit <http://search.earth911.com/>  
Step 2: Enter your zip code and Material search  
Step 3: Find your local recycler and drop off your materials!  
Step 4: Pat yourself on the back for making the great choice to recycle!

The Hand/Hay Lakes Property Owners Association was formed in the spring of 1987. Its primary function is to preserve the health, safety, welfare, and prosperity of Hand and Hay Lakes and the adjoining properties. The association has one general meeting on Saturday at 9:00 am during the Memorial Day weekend at the Ponto Lake Town Hall. All are welcome. Yearly membership dues are \$15.00 per household and payable at the general meeting. Or, send your check to the office of the treasurer with your name, address, phone number, and email. The Treasurer's address is: Cheryl Lindberg, Treasurer, 1437 Shadywood Shores Drive NW, Pine River, MN 56474. Make check payable to Hand Hay Lake Association

All Hand/Hay Lakes property owners are entitled to receive the Lake Waves, the official organ of the association. The Lake Waves is also available on the association's website, <http://HandHayLakesAssoc.org>. The Lake Waves is published four times per year in March, June, September, and December. Material for the newsletter should be sent directly to the editor. Material must be received before the 15th of the month for consideration to be published in that month's newsletter. Editor's address is: Paul Courneya, 1388 Shadywood Shores Drive NW, Pine River, MN 56474

**Past Presidents**

Duane Larson, *Dennis Haley*, *John Waters*, Dale Johnson, Dustin Mirick, Dick Stensrud, *Pete Kampa*, Wayne Lee, Andy Droen, Scott Parr, Arlan Hagen

**Officers**

President	Sandi Theisen	2016
Vice President	Jean Schatz	2016
Treasurer	Cheryl Lindberg	2017
Secretary	Barbara Courneya	2017

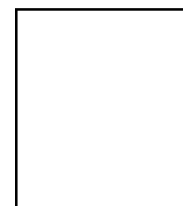
**Hand Lake Directors**

Shadywood Shores	Clint Lindberg	2017
Haley's Haven	Mary Martin	2017
Indian Point	Ken Reinecke	2016
North Bay	Dustin Mirick	2016
Norway Shores	Lee Theisen	2017
At Large 1	Danae Schafer	2016
At Large 2	Wayne Lee	2017

**Hay Lake Directors**

Director 1	Scott Parr	2017
Director 2	Rick Pope	2016
Director 3	Joanna Gellerman	2016
Director 4	Paul Anderson	2017

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