



Friends of LAKE NOKOMIS

We envision a harmonious coexistence of the urban community and the environment created around the lake.

Buckthorn Bust!

The first weekend in November, 17 Friends of the Lake and a team of two Conservation Corps team members and their six teen volunteers worked diligently to clear new buckthorn growth in the wooded area near Amelia Pond.

The Conservation Corps team

worked throughout the summer to clear this wooded area of established buckthorn thickets and aggressive grape vines. They primarily cut the woody plants down and treated their stumps with targeted applications of herbicide. The remaining smaller growth was small enough to

remove with weed wrenches by the volunteer crew in November.

Diligent follow up work in this area will allow the remaining trees and native plants to flourish. Great work volunteers! 💧



Volunteers in front of a pile of buckthorn removed from both sides of the creek in the wooded area near Amelia Pond.

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Biomanipulation Project

Friends of Lake Nokomis

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Sponsor a Newsletter

This newsletter was sponsored by our founding members—thank you all for joining us! If you would like to sponsor a future newsletter please contact us via e-mail.

Friends of Lake Nokomis is the official publication of the Friends of Lake Nokomis, a nonprofit corporation, and is published four times a year.

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Kirsten Uhlenberg

The Minnehaha Creek Watershed District (MCWD), in partnership with the Minnesota Department of Resources and Minneapolis Park and Recreation Board, is in the second year of a three-year biomanipulation project at Lake Nokomis.

The fish manipulation design has the following activities taking place every year for three years:

(1) A fish removal effort targeting adult-sized black bullheads to reduce their population size.

(2) Stocking walleye to control bluegill sunfish and young black bullheads

(3) Conduct plant surveys to monitor plant distribution, diversity and depth of plants colonizing Lake Nokomis

(4) Conduct fish surveys on Lake Nokomis to monitor fish populations' dynamics

The omnivorous bluegills and black bullheads are bottom-feeding fish that disrupt phosphorus that has accumulated in the sediment on the bottom of the lake. In a healthy lake without a large bottom-feeding fish population, that phosphorus stays in the sediment or is used by aquatic plants. In a lake like Nokomis, where the population of rough fish does not face enough predatory pressure to stay in check, their feeding habits move a lot of phosphorus back into the water column. Their roughing up of the lake bed for food prevents plants from establishing and using that phosphorus, instead

making it available for algae growth, causing the large algae blooms we see in the lake mid-summer.

Anglers can help control the breeding populations of these fish by removing bullheads they catch. Wondering what you can do with them? Eat them! See the insert for a *Barbecued Bullhead* recipe. Additional information about the project and pictures of the commercial fish removal can be found

Barbecued Bullhead

- 4 oz. honey
- 2 tablespoons soy
- juice from one lemon
- 1/4 c. sherry
- 2 tablespoons olive oil
- 1 teaspoon rosemary
- ½ teaspoon dried ginger
- ½ teaspoon dried thyme
- 8 bullhead fillets
- 2 tablespoons butter

Place first eight ingredients in a sauce pan and heat until the honey just begins to bubble. Stir well and remove from heat. Set aside.

Dot bullhead fillets with butter and place on foil on a barbecue grill about 12 inches from hot coals. Cook, covered, about 4 minutes and baste with barbecue sauce. Cook another 2 minutes until the fish is done and flakes. Remove fish to a serving platter and serve with remaining sauce on the side. Excellent served with steamed rice and steamed green vegetables.

Serves 2-3.

on the MCWD's website: <http://www.minnehahacreek.org/projects/water-quality-projects/current-projects/lake-nokomis-biomanipulation-project> 💧

Switchgrass Planting for Soil Stabilization

The first weekend in October, ten friends of the lake and a team of six Conservation Corps volunteers worked together to clear 200 feet of shoreline of dead vegetation and planted native switchgrass and little

bluestem to help with shoreline stabilization. Switchgrass' fibrous root structure anchors soil to prevent erosion along the lakeshore. The stone walls erected by the WPA in the mid-nineteen thirties

are crumbling in places like the one where this planting took place, and proactive work to stabilize the shoreline will help prevent erosion and keep additional sediments out of our lake. 💧



A volunteer tickles the roots apart to ensure they grow new ones once in their permanent homes.



New plants get a deep drink from volunteers to tide them over for the rest of the weekend.

1:1 Match

Now that we've held our inaugural event, the Friends of Lake Nokomis qualifies for a 1:1 match for new membership dollars through the Membership Match Fund managed by the Minnehaha Creek Watershed District!

As a volunteer-run organization that relies upon membership fees to fund our activities, we hope that you feel our mission is important enough to consider joining us.

Due to our 501(c)3 status as a public charity, membership contributions are 100% tax deductible. A receipt will be emailed to you if you provide an email address or mailed to your physical address if you don't.

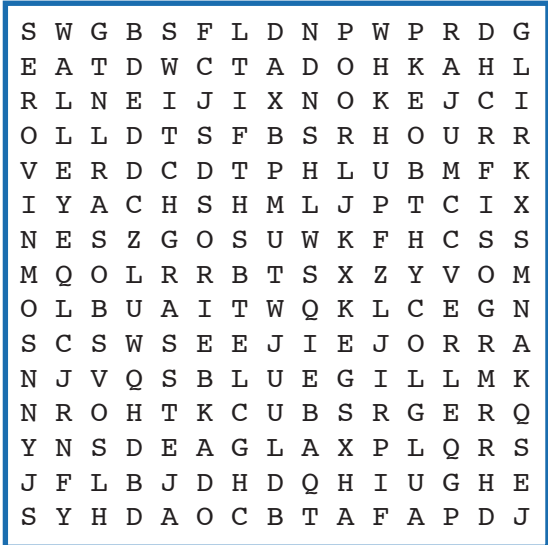
Online member enrollment is now available:

<http://www.friendsoflakenokomis.org/membership.html> 💧

Word Search!

Find these words from the newsletter! They can be found written forwards or backwards, and vertically, horizontally, or diagonally.

- ALGAE
- AMELIA
- BLUEGILL
- BUCKTHORN
- BULLHEAD
- NOCTURNAL
- NOKOMIS
- OMNIVORES
- PHOSPHORUS
- PUPS
- SWITCHGRASS
- WALLEYE



Our Sly Neighbors

by Emma O'Neil



photo courtesy of Wikipedia

What is that furry, brown creature that looks like a small wild dog in the woods by the lake? Chances are you are looking at a red fox. These small, rusty red animals with black mittens and a white-tipped tail live all over Minnesota, even here in the Twin Cities. They are a member of the dog

family, even though some people think they resemble a cat more.

Foxes are found in forests; but open fields, pastures, and farmland is preferred.

Foxes are nocturnal and spend the night hunting for food. Red foxes eat a variety of foods. Just like people, red foxes are omnivores, but usually eat berries. If necessary, they can eat fish, mice, squirrels, rats, and nuts.

Foxes are solitary animals and live by themselves unless it is breeding season (January to February). Baby foxes are called pups, and a litter consists of 4 to 5 pups.

Foxes live in dens, reusing abandoned badger and woodchuck dens, when nursing pups. Their dens can be up to 50 feet deep! They prefer to sleep in the open air, no matter the weather. The red fox can run 30 m.p.h. and can leap up to 15 feet in the air!

Red foxes make many different noises. Growls, barks, whimpers, and screams are all part of a fox's language. ♡

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