

Volume 4, Issue 2

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

Patio at Sandcastle

This spring, weather permitting, visitors to Lake Nokomis will get to enjoy some upgrades to the patio and covered seating area next to Sandcastle that the Minneapolis Park and Recreation Board (MPRB) has planned with the help of Locus Architecture, the same firm that designed the remodel of the refectory building. The improvements are being done to provide a patio and pavilion

at the site, as requested by the Community Advisory Committee to provide a similar dining experience to what visitors enjoy at other popular park concession areas, such as Sea Salt and Tin Fish. If weather prevents construction being completed in the spring, the project will be

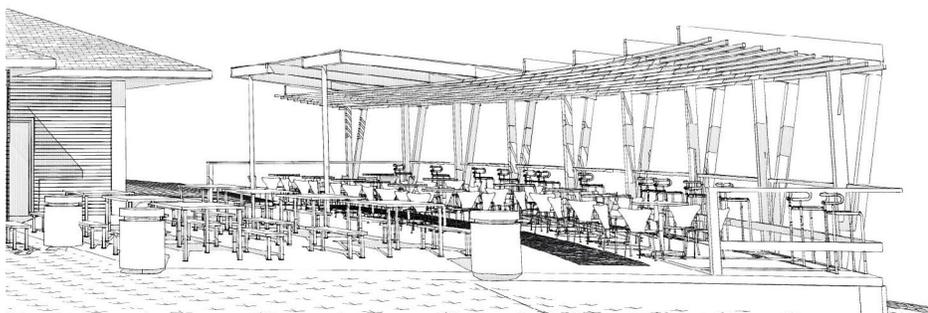


Image credit: Locus Architecture

completed in the fall. Restrooms are being modified to improve accessibility. Another key piece of the site improvement plan is to reroute the walking path to improve traffic flow around the concession for runners and pedestrians not visiting Sandcastle.

The design reflects the desire of many visitors to have more seating with views of the lake and the beach, and

to preserve the shade provided by the surrounding trees as well as the vegetative buffer between developed space and the water. Residents should note that these improvements do not replace the Master Planning process which is due to get underway in 2014. ♠

“I’m really looking forward to experiencing the seating area that Locus has designed to complement their remodel of the refectory building. The first season was terrific, and I’m glad that Sandcastle and the public had an opportunity to provide feedback to the design team about what they’d like to see at the site after they’d used it for a season.”

–Steffanie Musich, MPRB Commissioner, District 5

In This Issue:

Clean Water Project.....	2	Diving into History.....	3
Leadership Changes.....	2	Oak Wilt Identified in Lake Nokomis Trees.....	3
Solar Installation at Nokomis.....	3	Northern Flying Squirrels.....	4

Friends of Lake Nokomis

5665 Woodlawn Boulevard
Minneapolis, Minnesota 55417

Web

www.friendsoflakenokomis.org

Join us on Facebook:

www.facebook.com/FOLakeNokomis

E-mail

Help us save paper and mailing costs by joining our mailing list! Please send an e-mail to: friendsoflakenokomis@gmail.com with the subject: Subscribe

Board of Directors

Matthew Musich, President

Steffanie Musich, Vice President

Matthew Hinrichs, Treasurer

Corinne O'Neil, Secretary

Chad Calvin

Doc Czapinski

Chad Fitterer

Carolyn Gronfield

Sarah Hinrichs

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.

Logo design by Doc Czapinski

Newsletter design by
Kirsten Uhlenberg

Clean Water Project

Funding from the Center for Prevention will help Metro Blooms engage residents around Lake Nokomis in re-imagining their alleyways.

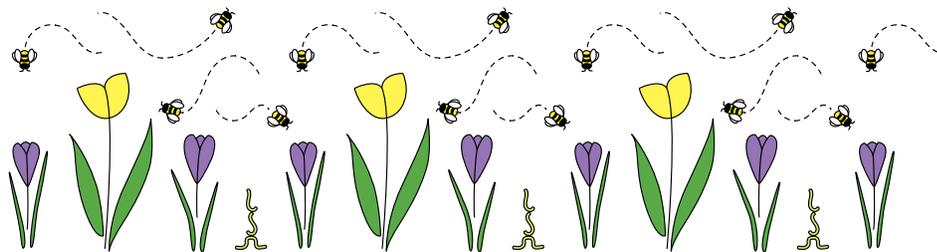
Lake Nokomis Neighbors for Clean Water is a community project to improve the quality of water in Lake Nokomis, provide habitat, and create new community spaces by re-imagining alleyways as ecologically functional and pedestrian-friendly areas. The project will engage local residents and business owners to install storm-water practices, such as raingardens and permeable pavement, as well as beautifying features in backyards, driveways, and parking lots.

Last year, Metro Blooms surveyed residents and business owners about their beliefs and practices in regard to water quality and completed almost 50 site consultations with property owners in the watershed. Now, with funding from the Center for Prevention at Blue Cross Blue Shield of Min-

nesota, Metro Blooms is collaborating with residential blocks to re-imagine their alleys at block get-togethers this spring. The outcome will be a number of alleyway concept plans, which will be presented to the community at an open house and at Metro Blooms' Raingardens and Beyond workshop on June 4 at the Nokomis Rec Center.

We're currently looking for block leaders to serve as a liaison between Metro Blooms and their block, so if you're interested in this role let us know!

Contact laura@metroblooms.org with questions and to find out if we'll be holding a get-together on your block. Visit metroblooms.org to sign up for the Raingardens and Beyond workshop. ♡



Leadership Changes

We would like to congratulate our former president, [Steffanie Musich](http://www.facebook.com/SteffanieMusich) (www.facebook.com/SteffanieMusich), on her election to the Minneapolis Park and Recreation Board, as the representative for the 5th Park District. We know that her dedication to parks will carry over into making the park experience throughout the fifth district an extraordinary one. We cannot thank her enough for the leadership she has provided and the work that she's done for the Friends of Lake Nokomis for the past four years.

Please Welcome our New Officers, elected at the January Friends of Lake Nokomis Board Meeting:

Matt Musich, President

Steffanie Musich, Vice President

Corinne O'Neil, Secretary

Matt Hinrichs will remain in the post of Treasurer. If you are interested in joining the board of the Friends of Lake Nokomis or assisting in planning and coordinating events, please contact our president Matt Musich at friendsoflakenokomis@gmail.com. ♡

Solar Installation at Nokomis

Lake Nokomis is getting a shade canopy built from a solar array that will plug into the meter at the beach house during the 2014 season. The Minneapolis Park and Recreation Board has recently been selected by Xcel Energy to receive funding for seven solar energy projects, of which the shade structure at Nokomis is one. The project coincides with other efficiency upgrades being done throughout the park system as part of broader sustainability initiatives the MPRB is working on. ♠



Diving into History

Dr. Christian Lambersten was a pioneer in underwater breathing technology. In the early days of World War II, Dr. Lambersten demonstrated his “breathing apparatus” to the Office of Strategic Services (OSS, which is today the CIA) in a pool in Washington D.C. The OSS was so impressed by Dr. Lambersten’s design they hired him to lead the program to build the dive element of their maritime unit, which produced the first “Frogmen.” The Frogmen are still around today, although they’ve evolved and operate under a different moniker, Navy SEALs. In 1944 Dr. Lambersten patented his technology, first simply as a breathing apparatus, but later changing the name to LARU (Lambersten Amphibious Respiratory Unit). In 1952, he again changed his invention’s name to Self Contained Underwater Breathing Apparatus (SCUBA). Although today we associate SCUBA with a different technology developed by Jacques Cousteau and Emile Gagnan, it was Lambersten who patented the name.

Lambersten versus Jacques Cousteau & Emile Gagnan

Lambersten’s technology used a closed-circuit oxygen system. The closed-circuit system supplies two breathing gases to a loop. One is pure oxygen and the other is a diluting gas such as air. The closed-circuit system allows for longer dives and produces no bubbles, thus their preference

continued on page 4

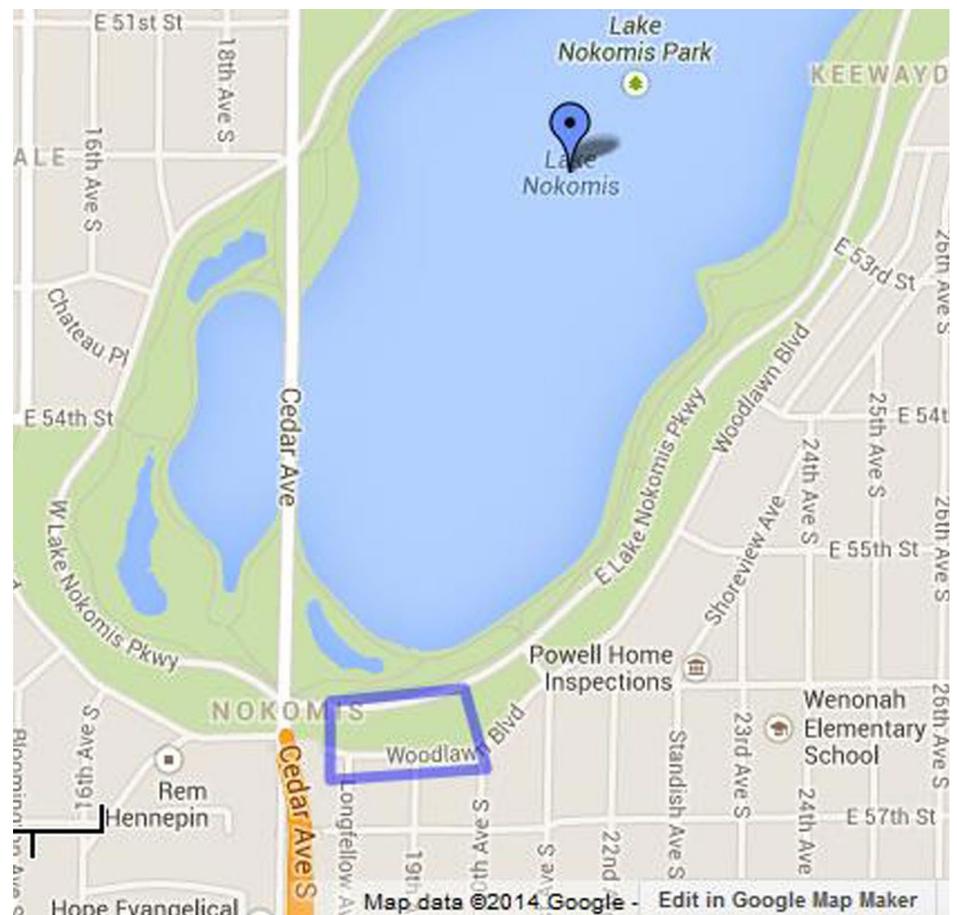
Oak Wilt Identified in Nokomis Trees

Two of the majestic oak trees adorning the hillside leading down from Woodlawn Boulevard into the park on the far south end of the lake have been confirmed to have oak wilt. The damage to the trees observed by the MPRB’s arborists is assumed to have occurred in June’s violent storms. The trees that tested positive for the fungus *Ceratocystis fagacearum* are being removed in hope of preventing the spread of the disease to neighboring trees. Trenches are also being dug in

the spring to separate the roots of healthy trees from the diseased ones.

The fungus infects oak trees’ water-carrying cells, preventing water and nutrients from traveling from the roots to the crown of the tree. This process is what causes the wilting of the infected tree and eventually its death. The fungus spreads through root grafts under the soil (in closely spaced trees, such as occur on this

continued on page 4



Location of oak wilt fungus

Northern Flying Squirrels

Those creatures you see flying over you just at the edge of your peripheral vision may not be what you think they are. The size of a chipmunk, northern flying squirrels (*Glaucomys sabrinus*) have the ability to glide short distances—up to 150 feet! They have a small flap of skin running from their



fore to hind legs and when stretched taut, this skin allows them to glide through the air. Typical glides will consist of distances between 20 and 30 feet.

Friends of Lake Nokomis member Ron Buhta first observed these curious little furballs at his bird-feeder in December, “Because they are nocturnal, not many people are aware they are even around.” He snapped some photos (included here for your amusement) and started researching. Finding the [DNR’s reference materials on the state’s mammals](#) was a great tool for sleuthing out who the visitors to his bird-feeder were. While Ron lives a few blocks from the lake, flying squirrels have also been spotted gliding between trees in the park.



Next time you’re out for a stroll after dark, keep an eye out for our little furry flying friends. 💧



Photos courtesy of Ron Buhta

Scan this QR code with your smartphone for mobile access to our website.



Oak Wilt (continued)

hillside) and via sap-feeding beetles which carry the fungal spores from infected to healthy trees.

The removal and trench line method of containment for oak wilt has been utilized successfully in the park before (near 50th Street and the parkway) and we hope for the same success this time. Replanting will not be done, both because it is not recommended to replant oaks where wilt has been confirmed, and because of the area’s designation as a natural area. Natural areas are minimally managed by park staff, and are left to be replanted by mother nature and the squirrels when trees die or are removed due to disease.

More information about diseases of oak trees, including oak wilt, can be found on the University of Minnesota’s Extension website: www1.extension.umn.edu/environment/trees-woodlands/oak-wilt-or-anthraxnose/ 💧

Upcoming Event

Earth Day Clean Up
April 26, 9:30 a.m.–12 p.m.

Diving into History (continued)

with the military. Cousteau’s and Gagnan’s technology (the Aqua-Lung) is an open-circuit oxygen system. In this system the gases flow from the cylinder to the diver and then out into the water. This system is more popular with recreational divers because of its ease of use and relative safety.

What, you may ask, does this have to do with Lake Nokomis? In 1940, while pursuing his doctorate at the University of Pennsylvania, Dr. Lam-bersten made a trip to Minneapolis/

St. Paul. There is no documented history of why he came to the Twin Cities, but we do know that while he was here, he made 12 dives in his LARU prototype in Lake Nokomis. These dives represent the first closed-circuit oxygen dives in U.S. history! So, the next time you pass a SCUBA shop, see a special on the History channel about the Navy SEALs or don your own gear, think about Lake Nokomis and its place in history. 💧