



Volume 6, Issue 1

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

MPRB's Open Swim Program Expands!

The 2016 open swim season is June 16–August 28, several weeks longer than previous years. There will be a total of 30

Open Swim Club events this summer, weather permitting. In addition to the free day and two club days at Nokomis (Thursday and Sunday), a new site is being added, Monday evenings at Cedar Lake.



The first annual Chain of Lakes Open Swim Classic is being planned for this summer on Lake Calhoun. The event will be held on August 28 and features 1.5 mile and 2.4 mile courses. Registration for Open Swim and the Chain of Lakes Open Swim Classic is open and club participants receive a reduced registration fee for the event.

Register for one or both here:
<https://goo.gl/5D9vSn> ♡

Park Board Awarded State Funding for Shoreline Project

Lessard-Sams Outdoor Heritage Council approves Lake Nokomis Shoreline Enhancements

The Minneapolis Park and Recreation Board was awarded \$444,000 in 2015 to “improve aquatic habitat in Lake Nokomis through integrated lake management. This project will enhance 4,580 linear feet of shoreline.” The project is anticipated to begin in 2016. The MPRB’s Director of

Strategic Planning, Adam Arvidson, provided an overview of this project during the Friends of Lake Nokomis Annual Meeting, which you can listen to on Soundcloud: <https://soundcloud.com/sdmusich/adam-arvidson-nokomis-1>

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Lake Nokomis Neighbors for Clean Water

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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Newsletter design by Kirsten Uhlenberg

Metro Blooms and partners work with communities to create habitat and clean Lake Nokomis through ‘Blooming Alleys’

Blooming Alleys provide native habitat for pollinators, improve water quality, and create pedestrian-friendly community spaces along alleyways. Through this program, Metro Blooms engages entire blocks of residents to install practices such as raingardens, permeable pavement, and native plantings along alleyways as part of a cost share program.

In 2015, 50 residents near Lake Nokomis joined a Blooming Alleys project. Of those, 20 residents along three blocks installed projects on their properties to create some of the first ‘Blooming Alleys for Clean Water.’ Metro Blooms

and partners plan to build on this success over the next couple of years to install 15 Blooming Alleys within the Lake Nokomis watershed. We’re currently looking for more blocks on the east side of Lake Nokomis to join. The project is filling up fast, so if you’re interested in getting your block involved, or would like to be notified of upcoming Alley Tours, contact laura@metroblooms.org.

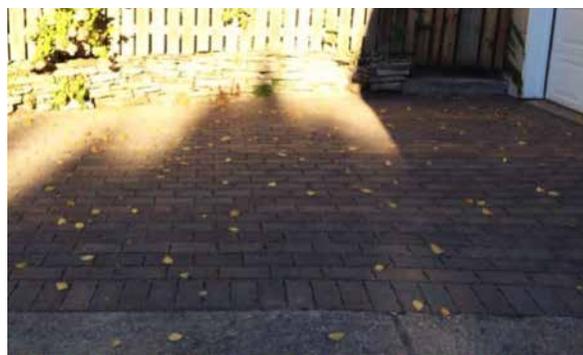
This project is supported by the Clean Water Land & Legacy Fund, the City of Minneapolis, Hennepin County, the Minnehaha Creek Watershed District, Friends of Lake Nokomis, and the Nokomis East Neighborhood Association. 💧



Native plants provide pollinator habitat



Volunteers from Thomson-Reuters plant a raingarden along a Blooming Alley near Lake Nokomis



Permeable pavement driveway to capture garage runoff along Blooming Alley

Shoreline Project

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The Accomplishment Plan in its entirety is available here: http://www.isohc.org/mn/FY2016/draft_accomp_plan/HREo7.pdf

Highlights from the plan:

Historical Value

According to the original land survey map of Hennepin County prior to the development of the city, Lake Nokomis was originally a shallow lake. It was likely full of emergent vegetation and was an effective spawning ground for fish. Dredging in the early 1900s disturbed Nokomis' littoral habitat. The concurrent construction of the storm sewer conveyance system added nutrients and sediment to the lake system. These two actions combined created a feedback loop that caused Lake Nokomis to switch to an algae-dominated low-habitat-value system. Through projects completed by the Blue Water Partnership in the 2000s along with later nutrient reduction projects in the southern portion of the watershed, much of the external sediment and phosphorous load to the lake has been addressed. However, the lake remains locked in an algae-dominated state. The intent of the current project is to help push the lake back into a clear-water habitat-rich state. This will restore the historic function of the lake as an interconnected habitat system that benefits aquatic vegetation, aquatic invertebrates, fish, birds, reptiles, amphibians and small mammals.

To see the [original land survey map of Hennepin County](#) for this area, click the

link in this paragraph, and then click on "Page 7 - Richfield" in the right sidebar.

Design and Scope

The enhancement activity included in this project will improve habitat for fish, birds, amphibians and aquatic invertebrates in the entirety of Lake Nokomis. The lake measures 200 acres; approximately half is less than 15 feet deep. Its shoreline consists of a combination of Works Progress Administration stone wall in varying condition along with stretches of turfgrass with poor quality native shoreline buffer and little emergent vegetation along the eroding lake edge. It is an important stopover for migratory waterfowl, songbirds, and shorebirds that use the Mississippi River Flyway, such as wood ducks, loons, grebes, coots, warblers, vireos, grosbeaks, herons, rails and sandpipers.

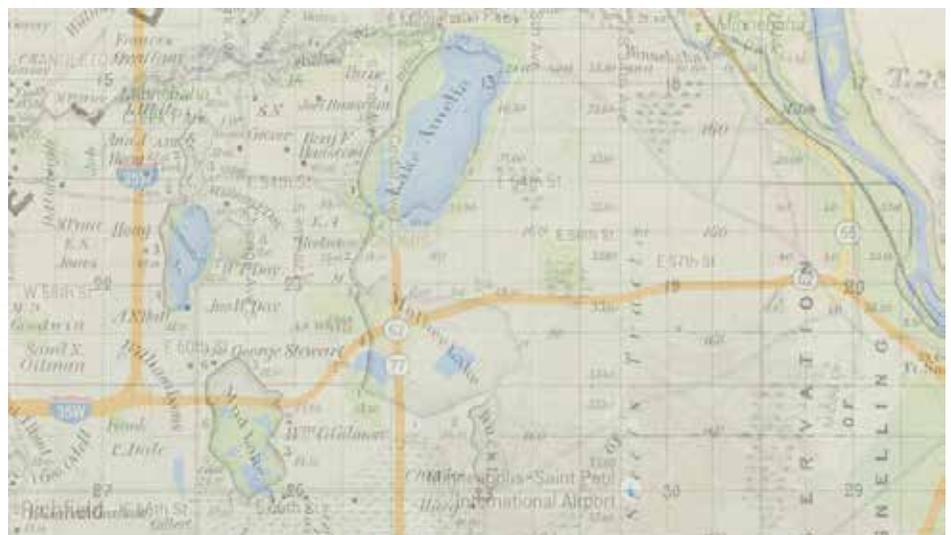
Lake Nokomis is limited in its habitat potential due primarily to its lack of clarity and lack of aquatic vegetation. The poor water clarity is attributable to a negative feedback cycle centered on an imbalance in the fish population. Periodic fish surveys have found that

small black bullheads and small panfish are overabundant in the lake. There is not enough aquatic vegetation in the lake for these species' shelter and food needs (plants would serve as habitat to prey insects), so these species root in the substrate in search of food. Sediment re-suspension increases turbidity in the lake and also instigates algae blooms by releasing nutrients back into the water column. Sediment- and algae-based turbidity then further suppresses plant growth by preventing light penetration to the lakebed.

Aquatic and shoreline vegetation is critical to overall lake clarity and habitat. A study by Canfield and Hoyer (1992) has shown that lakes with at least 40% vegetative coverage function as high quality habitat lakes with good water clarity. Lake Nokomis currently has 11% vegetative coverage. Plants grow only to lake depths up to 8 feet and not in the entire littoral (15-foot maximum depth) zone – which constitutes about half the lake.

This project will enhance 4,580 linear feet of shoreline by regrading banks to

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1873 Hennepin County Map overlaid on 2016 Google map of the area

Shoreline Project

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stabilize erosion, removing invasive plants in the shoreline buffer, and installing appropriate native emergent and shoreline plants.

This activity is proposed based on extensive scientific study of the lake. Lake Nokomis has excellent habitat potential. The MPRB and Minnehaha Creek Watershed District (MCWD) have been studying this generally shallow lake for years

and have implemented some critical habitat improvements already. LSOHC funding leverages MPRB and MCWD's efforts through each agency's general operations and maintenance funding. It allows the next phase of habitat enhancements to occur.

In addition to the shoreline restoration project, the Legislative-Citizen Commission on Minnesota Resources has

recommended additional funding for Lake Nokomis be provided to perform Invasive Carp Applied Research in the lake's subwatershed. Once we know if these funds are awarded, we'll provide a detailed outline of the project in this newsletter. 💧

Scan this QR code
for mobile access
to our website.



Friends of Lake Nokomis Annual Report

The [Friends of Lake Nokomis 2015 Annual Report](#) has been uploaded to our website. Highlights include the addition of a new buckthorn removal site and the tube tree stewards partnership with the University of Minnesota and MPRB's Forestry Division. Many thanks to the volunteers that dedicated 360 hours to the protection and enhancement of the park!

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