



THREE LAKES ASSOCIATION QUARTERLY

Swimmer's Itch Update

Studies are ongoing in a number of northern Michigan lakes to identify which particular host combinations are responsible for swimmer's itch in these various sites. A microscopically small parasite that has a complex life cycle (see illustration) causes

the itchy, red rash of swimmer's itch in people when one of the parasites burrows into the skin. People cannot be infected by the swimmer's itch parasite but can develop an inflammatory response where the parasite enters the top layers of the skin.

is available on the TLA web site at [TLA Swimmers Itch Survey Results](#). Sixty percent of respondents were aware of someone in their immediate circle (family, guests, and neighbors) having contracted swimmer's itch in the past few years and 40% were not. The vast majority of reported cases were from the east and south portions of Torch Lake. A slight majority of respondents felt that swimmer's itch was not a problem or was only a minor problem. That notwithstanding, a 60% majority felt that TLA should commit some resources to the study and remedy of swimmer's itch. Numerous detailed individual comments were offered, providing insight into how this issue is perceived by the TLA membership.

Typically, the parasite infection is passed between ducks and snails. Which ducks and which snails varies from one water body to another, so finding out which ones requires study of the organisms present in duck poop and in snail bodies. (Ick!) Two scientific teams, Ron Reimink's Freshwater Solutions LLC, and Curt Blankenspoor's Swimmer's Itch Solutions, are offering these services and a few lake associations in our area are planning to participate in swimmer's itch research in 2018.

The Three Lakes Association (TLA) recently did a member survey to learn the perceived magnitude of the swimmer's itch problem in our lakes. There were 201 respondents. The full report of this survey

Ron Reimink, Curt Blankenspoor, and Wayne Swallow (SiLocations LLC) made excellent presentations at the 2018 Michigan Lake and Stream Associations' 57th Annual Conference. Here are a number of take-home points from these talks:

There is not yet a cream or lotion that is broadly effective at prevention.

The cercariae (the form of the parasite responsible for the rash) swim near the surface in shallow, near-shore water and increase in

See SWIMMER'S ITCH, page 3





THREE LAKES ASSOCIATION

Officers

Tina Norris Fields, President
Fred Sittel, Vice President
Ed Gourley, Treasurer
Mike Bertram, Secretary
Dean Branson, Past President
Len Franseen, Director Emeritus

Zone Directors

- A. Clearwater Township:
Cheryl Lynn Fields, Tina Fields
B. Milton Township: Rick Doornbos, Vacant
C. Torch Lake Township:
Arlene Westhoven, Vacant
D. Central Lake Township:
Todd Collins, Steve Laurenz
E. Forest Home Township:
Fred Sittel, Phil Weiss
F. Helena Township: Stan Dole, Vacant
G. Custer Township:
Beth Hawkins, Mike Bertram
H. Kearney Township:
Duane Drake, Ann McClelland

Directors at Large

Marge Drouillard, Patricia Roush,
Norton Bretz, Art Hoadley,
Becky Norris, Gary Knapp

Committee Chairs

Becky Norris, Water Quality
Todd Collins, Membership
Patricia Roush, Education
Art Hoadley, Water Safety
Duane Drake, Lake Monitoring Program
Vacant, Publicity

Executive Director

Marina Friend

Administrative Assistant

Lois MacLean

The TLA Quarterly is published by
the Three Lakes Association
Please direct comments or questions to:
231-544-7221
P.O. Box 689, Bellaire, MI 49615
info@3lakes.com

President's Message – TLA Quarterly Spring 2018

True Grit

Greetings,

Recently, I've come across a Master Course by Angela Duckworth on "Building Grit." Her definition of grit, is: "a combination of passion and perseverance for long-term goals." To quote a passage in the course: "Grit isn't talent. Grit isn't luck. Grit isn't how intensely ... you want something. Instead, grit is about having ... an 'ultimate concern' – a goal you care about so much that it organizes and gives meaning to almost everything you do. And grit is holding steadfast to that goal. Even when you fall down. Even when you screw up. Even when progress toward that goal is halting or slow."

There's a John Wayne movie, "True Grit," that many of us have seen (some many more times than once). In this movie, a young girl, bent on capturing the man who murdered her father and bringing him back to stand trial for the deed, teams up with a rough, one-eyed, often drunk, marshal whom she has been told has the "grit" needed for the job. Her passion and perseverance for this ultimate concern of hers, does win over the marshal, and they do, eventually track down and capture the bad guy. While it is true that under all the gruff and boozy bluster of Marshal Rooster Cogburn, there is an underlying passion for justice and a stubborn perseverance in pursuing it, the viewer comes to understand and admire the strength of character of the young girl who also displays a "true grit." The one is rough and

tumble, the other is well-mannered and civilized – but, both have that unquenchable thirst for justice – both have grit.

The Three Lakes Association, its leaders, its volunteers, and its members share a passion for preserving, protecting, and promoting the environmental quality of the waters of the Elk River Chain of Lakes, especially in Lake Bellaire, Clam Lake, Torch Lake and their tributaries. TLA has pursued this passion for fifty-two years, since its founding in July of 1966. There have been many a tumble, many occasions of failed effort, many aching slow projects carried stubbornly on by a few dedicated volunteers unwilling to abandon an important enterprise in spite of setbacks and disappointing interim results.

This is true passion and perseverance for long-term goals; this is true grit. If you share our passion and you are willing to persevere for the long-term goal of clean water and good health, join us – we welcome you to the team of those committed to that ultimate concern. We believe truly that good environmental health and good economic health go hand-in-hand.

If you value the mission of TLA, please volunteer your time and energy to help with any of our ongoing projects. Just call us (231-544-7221), or email us (info@3lakes.com); or visit our website (www.3lakes.com). There is room for you, no matter what your skill level is.

Tina

Swimmer's Itch

Continued from page 1

numbers and activity as the water warms.

On-shore winds and boat wakes that drive water toward the shoreline may increase the concentration of the parasites in the water.

Feeding ducks increases the duck poop in the area and thereby increases the snail population infection, making the swimmer's itch parasite concentration go up. The concentration of the form of the parasite that infects the snails is much higher in the poop of the ducklings than in the adults.

TLA's plans to address swimmer's itch in 2018 are the

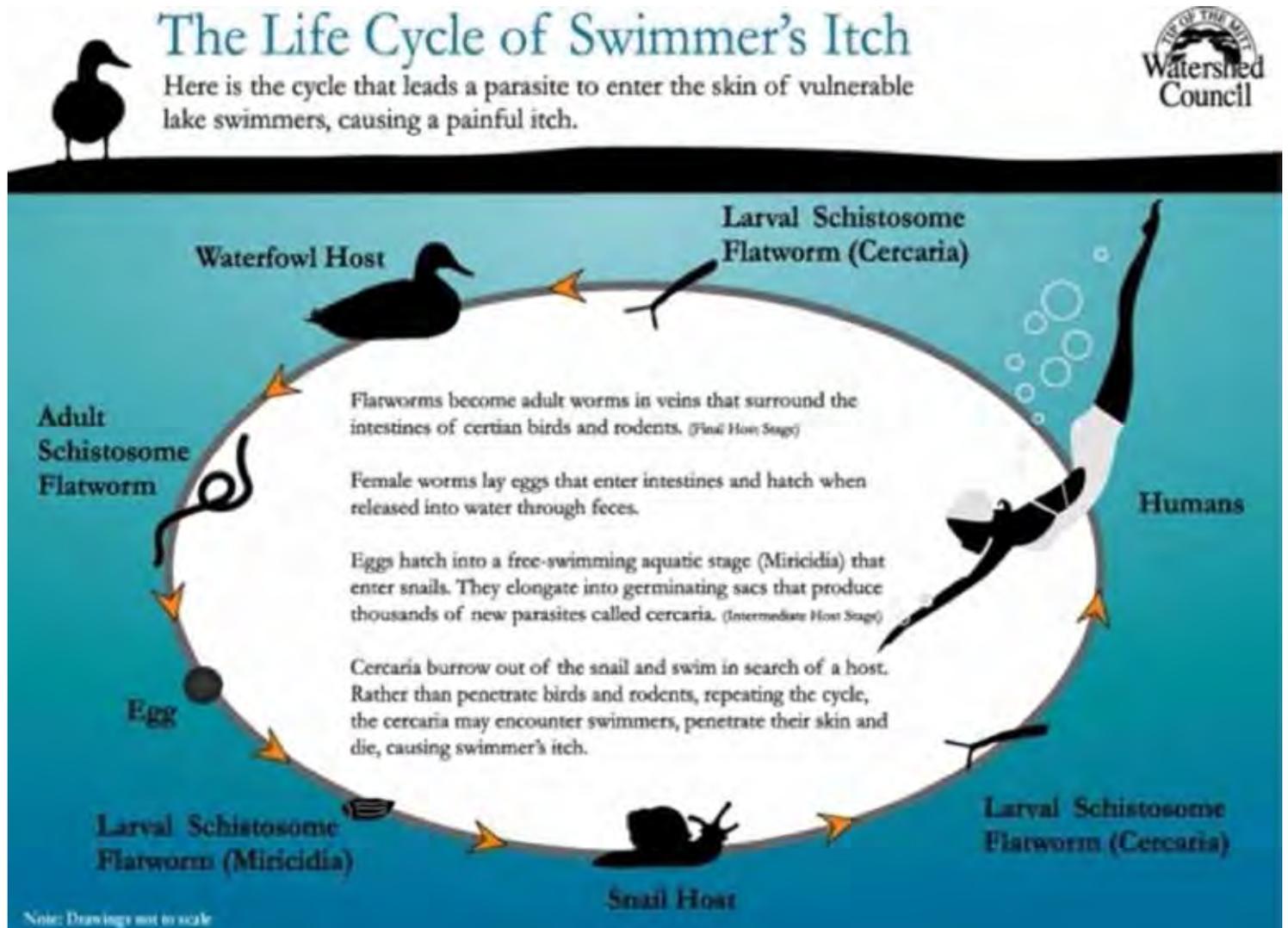
following:

Our members are being requested to report cases of swimmer's itch throughout the summer on our survey monkey web site at [TLA Swimmers Itch Reporting Tool](#). We expect to be able to learn within a short time of reporting where the hot spots are.

We will attempt to identify the parasite at selected locations using microscopic examination of water samples concentrated and filtered by plankton nets. If this technique is successful, it might be possible to provide limited screening of suspected sites.



Swimmer's Itch Cercaria



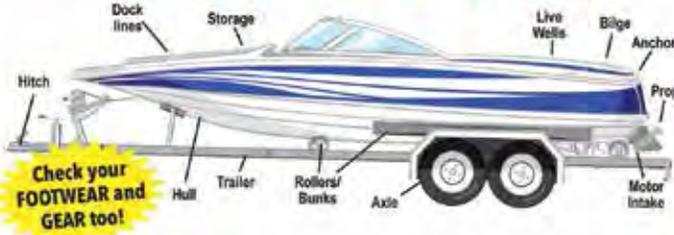
HELP PROTECT TORCH LAKE

STOP THE SPREAD OF INVASIVE SPECIES

To prevent the spread of invasive species, follow these simple steps:

- **REMOVE** aquatic plants and animals from your boat and trailer.
- **DRAIN** all water from live wells, bilges, motor, transom, and other areas before leaving the launch.
- **DISPOSE** of live bait on shore and in the trash, even when ice fishing.
- **RINSE** your boat, trailer and equipment with hot tap water or dry your boat thoroughly for several days, if possible, before going into new waters.

Before launching and before leaving...
INSPECT EVERYTHING!



Check your FOOTWEAR and GEAR too!

Aquatic invasive species are one of the top threats to Torch Lake's environment and economy. Invasive species ruin boat engines, reduce native fish populations, alter shoreline habitats, and cost millions of dollars to control each year. **Be on the look out for these and other invaders** in the Torch Lake Watershed.



SCAN THIS CODE with your mobile device to access information on:

- Torch Lake Fish Shelter Locations
- Aquatic Invasive Species
- Golden Brown Algae
- Monitoring and Research being done on Torch Lake
- Additional Resources



Quagga Mussels

Zebra and quagga mussels have been found in Torch Lake. These invasive mollusks diminish the lake's food web base, reducing forage for fish and other aquatic organisms. They have a rapid rate of reproduction, with a single female producing over one million eggs in a spawning season. Eggs hatch into veligers, or larval mussels, which cannot be seen with the naked eye. They easily spread when lake water is transferred to another water body through a boat's bilge, live well, or other means.



Eurasian Watermilfoil

When Eurasian watermilfoil grows out of control it can take over an entire inland lake from shore to shore. Even the lowest plant fragment is capable of reproducing. The plant forms thick mats on the water's surface that get tangled in boat propellers and interfere with swimming and fishing. It is typically found in waters less than 20 feet deep. **NOTE:** A native look-alike, Northern watermilfoil has fewer (3-10) leaflet pairs.



European Frogbit

European frogbit resembles a small water lily, but much smaller in size. The 1/2 inch leaves are approximately the size of a dime. They are smooth, leathery, and have heart-shaped bases. Since European frogbit are free floating plants that do not anchor to the substrate, they can spread rapidly. Dense masses of European frogbit can hinder boaters and swimmers, prevent other recreational uses of waterways, harm fish communities, and reduce biodiversity.

For confirmation or information on suspected invasive species in Torch Lake, please visit:

Tip of the Mitt Watershed Council! OR www.watershedcouncil.org

Michigan's Cooperative Invasive Species Management www.michiganinvasives.org/cakecisma-2

Funding for this sign provided by The Dole Family Foundation

Membership Donations

thank you!

- Roberta Barnhouse, Basic
- Susan Courtright, Basic
- Mark & Diane Duncan, Donor
- GTR Land Conservancy, Basic
- John & Jean Harasin, Donor
- James Ferne Harris, Basic
- Philip & Carol Heles, Basic
- Jane & David Martin Family, Donor
- Mary Monolo, Donor
- Denise Rossi, Donor
- Daniel & Julie Rush, Donor

- Eugene Selden, Donor
- Dan & Martha Soenen, Donor
- Karen & Ted Stone, Donor
- Timothy Young, Steward

- Over \$500 recognition
- Timothy Young, \$500
- Tom & Deborah Southworth, \$500
- Edward & Mary Hayes, \$1,000:
- In memory of their love of Torch Lake*
- Norton & Mary Lee Bretz, \$1,090

Kabob Marinade

Whether you're grilling on the deck or preparing for a sit-down dinner, this is a great recipe that will be ready in minutes.

Ingredients Nutrition

1 1/2 cups oil
3/4 cup soy sauce (can use low-sodium)
1/4 cup Worcestershire sauce
1/2 teaspoon salt (or to taste I use seasoned salt)
3 tablespoons chopped fresh parsley or 2 teaspoons dry parsley flakes
1 teaspoon fresh ground black pepper (or to taste)
1/2 cup wine vinegar
1-2 tablespoon fresh minced garlic (or to taste, I use lots!)
1/3 cup store-bought teriyaki sauce
1/2 cup honey (do NOT use any substitutions use only honey)
2 small green onions, chopped (optional)

Directions

Put all ingredients into a blender (except the green onions, if using add them in after blending).

Blend for 30-40 seconds.

Mix in in green onions.

This recipe makes 3-1/2 cups of marinade. It may be stored in the refrigerator tightly covered in a glass container for up to three weeks.



**NOTE* marinate the beef, pork or lamb for 8 hours or up to 24 hours chicken up to 8 hours.*

Michigan's Arctic Grayling Initiative

The Arctic Grayling (*Thymallus arcticus*) was historically found in many coldwater streams throughout Michigan's Lower Peninsula and in one Upper Peninsula stream. Large

populations of Grayling flourished in the Manistee and AuSable Rivers, commending such importance that one community adopted and bears its namesake.



Extirpated from Michigan by 1936 due to habitat destruction, unregulated harvest and predation/competition from introduced species, a new effort is striving to bring this historical species back to the state.

Michigan's Arctic Grayling Initiative is a statewide partnership effort focused on restoring self-sustaining populations of this native fish. This initiative was launched in June 2016 and Three Lakes is proud to be part of the 40 organizations currently working on this project.

In the Summer 2017 the initiative unveiled its official action plan, outlining the four main focus area of this effort: research, management, fish production and outreach and education.

To read Michigan's Arctic Grayling Initiative Action Plan, or for the latest updates, related to this effort, visit migrayling.org.

Water Rules

COURTESY ON THE WATER...

- When overtaking a slower vessel in open water, do so with as much room as depth conditions allow, and reduce your speed.
- Be especially cautious of smaller vessels, such as canoes or kayaks, which may be less stable.
- You are responsible for the safety of your passengers, your boat, and any damage to other boats and personal property.
- Avoid creating an excessive wake in narrow, confined areas.
- Operate slowly at all times when in the vicinity of marinas and launch ramps.

YOU MUST...

- Be born on or before July 1, 1996, to operate a boat legally without restrictions.
- Have been issued a boating safety certificate and have it on board the boat, if you were born on or after June 30, 1996.
- Have a Coast Guard approved life jacket available for each passenger.
- Maintain a speed of 6 knots or slower within 100 feet of another vessel (boat or PWC); the shore; a pier, piling,



or bridge structure; or people in the water.

- Have any PWC you operate be equipped with a functioning self-circling device or kill switch.

YOU MAY NOT...

- Exceed a dead-slow, no-wake, speed within 100 feet of a shoreline (where the water depth is less than 3 feet), a dock, pier, or raft; a swimming area; or people

in the water.

- Operate above idle speed in water less than 18 inches in depth.
- Operate between sunset and sunrise without appropriate lights.
- Jump, or attempt to jump, the wake of another vessel, within 100 feet of that vessel.
- Disturb waterfowl and wildlife.
- Operate in a reckless or negligent manner.

Personal Flotation Devices (PFD)

When selecting a PFD, be sure to read the label to verify that it is appropriate for the person's size and weight. Try your PFD on to make sure it fits



properly and check to make sure it is US Coast Guard approved.

Craft Under 16 Feet Long:

• For the Great Lakes and connecting waterways, the US Coast Guard requires all vessels less than 16 feet carry one wearable approved Type I, II or III PFD for each person on board. For inland waters not connected to the Great Lakes, each person on board must have either a wearable or throwable PFD.

Craft 16 feet or longer:

- If your boat is 16 feet or longer,

you must have on board at least one throwable PFD (Type IV, PLUS one of any of these wearable PFD's for each person on board:

- Offshore Life Jacket (Type I)
- Near-Shore Bouyant Vest (Type II)
- Flotation Aid (Type III)

Michigan Law Requires:

- Everyone operating, riding or being towed by a personal watercraft must wear a non-inflatable Type I, II, III PFD.
- Persons less than 6 years old must wear a Type I or Type II PFD when riding on the open deck area of a boat.

Fishing *hot spots*



Get a little help trying to catch the fish of your dreams and spend some time making great memories with your family. What? You don't know where to start? Find a great place to fish with easy access, with a high likelihood of catching fish, that is all-around family-friendly! Visit Michigan.gov/fishing and look for the red and white bobber to get started. You'll find a map of Michigan. Click on any county to find family friendly fishing locations in that area.

Also, each week discover the latest fishing hot spots and tips used to catch specific species. You can also get up-to-date information by catching the Michigan DNR Weekly Fishing Report. You can snag the information 3 ways:

- by phone at 855-777-0908
- online - Michigan.gov/fishingreport
- or receive via email by clicking on the red envelope at Michigan.gov/dnr

Elk Rapids Garden Club

Six delightful gardens will be on display for the bi-annual Elk Rapids Garden Walk on July 17, 2018, from 10:00 a.m. to 5:00 p.m. with the theme of "Color it Blue: Celebrate Water."

Four gardens are located on Elk Lake, Torch Lake and East Grand Traverse Bay; while two inland gardens are within yards of East Bay.

According to Elk Rapids Garden Walk Chairs, the July 2018 walk will feature a new twist on the traditional format of area garden walks. This year's gardens will feature sustainable practices including the use of native plants, green belts to preserve the shore line, selective tree pruning and water friendly herbicides and pesticides. At the same time, attendees will enjoy the traditional format of viewing beautiful gardens with identifiable plantings that work well in either shady or sunny Michigan locations.

Also new this year, the garden club will team with area environmentalists to offer attendees the chance to learn more about water and land conservation. Caring for both land and water today will help to ensure clean water, clean air and the preservation of the scenic beauty of Northern Michigan.

Learn more by visiting elkrapidsgardenclub.com/gardenwalk



*Available thru
Mi Corps*

This post highlights the importance of native aquatic plants to species that live, feed, reproduce and hide from predators in the vegetation of our lakes, and discusses how you can help protect this important habitat.

CHECK IT OUT AT

www.micorps.net/blog/beneficial-aquatic-plants-fish/



NON PROFIT ORG
US POSTAGE PAID
BELLAIRE, MICH
PERMIT NO.5

Three Lakes Association

P.O. Box 689
Bellaire, MI 49615
3lakes.com



The mission of the Association is to provide leadership to preserve, protect, and improve the environmental quality of the Elk River Chain of Lakes Watershed for all generations with emphasis on Lake Bellaire, Clam Lake, Torch Lake and their tributaries.



This newsletter printed on recycled paper

Membership counts

- DONOR \$100 STEWARD \$500
- BENEFACTOR \$1,000 LIFE \$2,000
- BASIC \$60
- Michigan Riparian Magazine Subscription add \$15

TOTAL AMOUNT ENCLOSED:

\$ _____

NAME: _____

SUMMER POSTAL ADDRESS: (Street, P.O. Box) _____

TOWNSHIP: _____ TOWN: _____ ZIP: _____

SUMMER PHONE: _____

WINTER POSTAL ADDRESS: (Street, P.O. Box) _____

CITY: _____ STATE: _____ ZIP: _____

WINTER PHONE: _____

EMAIL: _____

May we include your name in our newsletter donor list? Yes No

Are you interested in volunteering in any of the following areas?

- Water Quality
- HS Intern Program
- Water Safety
- Education
- Invasive Species
- Membership
- Finance
- Public Relations
- Service
- Other

Three Lakes Association is a 501(c)(3) corporation. Your dues and other contributions are tax deductible. Call for further information.

To join Three Lakes Association,

please visit our website 3lakes.com or return this form with your check to:
THREE LAKES ASSOCIATION, P.O. Box 689, Bellaire, MI 49615