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Moon Lake Riparian Association Newsletter
Moonlake.org

Winter 2018



Hear Ye, hear Ye, all Loon Crier readers! It's MLRA membership renewal time

On Moon Lake we have 55 homes, with 42 annual MLRA members (18 paid so far in 2018). For only \$20, you will support an organization whose purpose is to enhance the quality of life on Moon Lake. As an added bonus, your membership includes a subscription to the Loon Crier....what a deal! 😊

Please send dues to: Sheila McConaghy
PO Box 893

Land O'Lakes, WI 54540

and encourage any neighbors who are not current members to join. Thanks in advance for your ongoing commitment to Moon Lake!

Be sure to visit the Lake Web Cam often – stay up on the coming thaw! Visit the website at:
<https://moonlake.click2stream.com/>

Today's view (3/3/18)



A Word from the President

By Bob Turnquist

We are in full winter mode here in the Northwoods. We finally have adequate snow for winter activities although there has been enough snow to get by for Cross Country Skiing and Snowshoeing since December 10. It had been thin for snowmobiling until late January. In general, it has been a colder than normal year with a couple of warm-ups with above freezing temperatures. I was pleased to see our Lake Cam still functioning at -25 degrees.

For this winter's newsletter I have put together an article on trails for XC Skiing, Snowshoeing, and Fat Biking (copy attached at end of newsletter). I know it is a little late in the year for most of you, but I hope it will help you plan your outdoor activities in the future. The information will also be put on the website and can be found under the "Outdoor Recreation" tab at <http://www.moonlake.org/wp-content/uploads/2018/02/Area-Ski-Trails.pdf>

Stay well, Bob

Sincere condolences to the family of Jean Reiels who passed away March 6, 2018. Her funeral will be March 24 in Watersmeet. Find details at <https://www.krausefuneralhome.com/obituary/jean-reiels/>

CALENDAR OF AREA EVENTS

Please contact the editor with any special event dates coming in 2018, sssloon13@gmail.com

- PHELPS MAPLE SYRUP FEST- APRIL 7TH
- EAGLE RIVER JOURNEYS MARATHON- MAY 12TH

Enjoy the remainder
of WINTER!



But Start Thinking SUMMER...

Trips to the Dari Maid



Hiking the Clark Lake Trail, Sylvania



FUN FACT: In case you missed it last year, Mark your calendars - The next total solar eclipse in the U.S. will be April 8, 2024. Totality will be seen from Texas to Maine.

Edible Plants around Moon Lake

By Steve LaPalio

Many of you have probably seen this plant on your property or out hiking, but did you know it is edible?



Flower



Fruit

The Wintergreen (*Gaultheria Procumbens*) plant was the original source for the favored wintergreen oil. It is also known as Checkerberry and Tea Berry. It was once extracted from the plant to use in candies and as a spice. If you enjoy the wintergreen flavor, an excellent tea can be made from the leaves and/or berries of this plant. They can be harvested at any time during the year, as this is an evergreen plant. During the winter season you may simply need to brush away the snow to find the plant. Be sparing when you harvest the leaves from this plant, making sure to only take one of two leaves from each stem. This will ensure that there will still be some for the next time.

The leaves and berries can be eaten as a trail nibble. They are both very flavorful, however the leaves can irritate the stomach if swallowed. The active ingredient in the oil is methyl salicylate, which is a compound similar to aspirin. In fact, the oil of wintergreen was used in some of the first commercially prepared aspirin tablets. Due to this property, the wintergreen plant was used by many civilizations in much the same way as we do aspirin today. Most often the chemical would be derived in a tea, which would soothe sore muscles, calm a headache, and relieve general pain.

This volatile oil of wintergreen [obtained from the leaves by steam distillation] can be toxic however if taken internally in excess, causing liver and kidney damage.

Cooking the leaves or berries of the wintergreen plant will fill the house with the wonderful aroma, but the flavor of the berries and leaves will have diminished. When the leaves or berries are heated the volatile oils are vaporized into the air. If you want to use the berries for their flavor it is best to use them fresh. Pureeing them will bring out more flavor to the food.

This creeping, rhizomatous shrublet grows to 6 inches, with scalloped or bristly toothed, glossy, dark green leaves. Foliage has a strong wintergreen scent when crushed. Urn-shaped white or pale pink flowers appear in summer and mature to aromatic scarlet fruit that often persists into the following spring.

In the eighteenth century the plant was highly reputed as a tea-substitute; first discovered by French-Canadian court-physician, Dr. Hugues Gaultier. On account of Gaultier's enthusiasm over the great possibilities of this tea, his friend, Pehr Kalm, the famous Swedish explorer, who visited him in 1748, proposed that the plant be named *Gaultheria*.



It should be noted that "oil of checkerberry" or "oil of wintergreen", used so much as a flavoring and in medicine today, can also be derived (when not made synthetically) by distillation from the twigs of Black Birch.

Reference: Emergency outdoors sept 2012

<http://blog.emergencyoutdoors.com/edible-wild-plants-american-wintergreen-checkerberry-tea-berry-gaultheria-procumbens/>



LAKE NOTES - FEBRUARY 2018

By Dale Sharpee

Cooperative Lakes Monitoring Program (CLMP):

As of February 22nd, we have not received the data from the measuring and sampling that was done in 2017. When it is available it will be posted on the website (Moonlake.org.) A summary of the data can be accessed by clicking the "Water Quality" tab. I have registered to have Moon Lake participate in the 2018 monitoring program offered through the CLMP. This will be the **24th** year that sampling and measuring has been undertaken on Moon Lake.

Record of Ice Cover on Moon Lake:

The current winter season is the 12th season that we have recorded the ice-over and ice-free dates as well as the number of days of ice cover. Our dataset pales in comparison to the 575 years that Shinto priests have been keeping records of the annual freeze date of Lake Sawa in the Japanese Alps. The priests collect the dates while observing a legend about a male god crossing the frozen lake to visit a female god at her shrine. We intend to continue to add to the Moon Lake data base even though we do not have a legend like the Shinto priests to motivate us!

Moon Lake was ice-free on April 15, 2017. Ice was on the lake for 125 days during the 2016-2017 winter season. The longest time in the past 12 winter seasons that the lake has been covered with ice was 167 days during the 2013-2014 winter. The shortest time was 113 days for the winter of 2011-2012.

Water Level:

The level of the lake as measured on the gauge on November 9, 2017 was 5.97 feet. That was 12 inches higher than the level at ice-over in 2016 and 10 inches higher the level at ice-out on April 16, 2017. The water level at both ice-out and ice-over in 2017 were the highest since recording began in 2000. In the summer of 2010, I temporarily stopped reading the water level at the gauge and commented that we might have to consider locating a new gauge further out in the southeast bay. Now we have the problem of

recording the level because we cannot read level on the gauge if the lake is higher than 6.0 feet! The shore line of Moon Lake has certainly undergone a significant change since the summer of 2010 when the lake level at the time of the annual meeting was recorded at 1.24 feet.

How Submergent and Emergent Plants Maintain a Healthy Lake:

These plants are an essential part of our lake ecosystem. These aquatic plants comprise the plant community that is found in the littoral zone of our lake. (Lakes are divided into zones on the basis of the amount of sunlight that reaches the bottom of the lake.) This zone is the shallowest and warmest part of our lake. Enough sunlight gets through the water column to allow rooted aquatic plants to grow. Here are some of their important functions:

- produce leaves and stems (carbohydrates) that fuel an immense food web
- produce oxygen through photosynthesis that is released into the lake water
- provide underwater cover for fish, amphibians, insects and many other organisms.
- provide a surface for algae and bacteria to adhere to
- provide important source of food for organisms higher in the food chain
- break the energy of waves with their multitude of flexible stems, lessening the water's impact on banks and this prevents erosion
- stabilize bottom sediments which otherwise can be resuspended by wave action. Stabilizing them reduces turbidity and nutrient cycling in the lake

(Source: Natural Shoreline Landscapes on Michigan Inland Lakes. Extension Bulletin E-3145.)

There is short video that is available for you to view online that makes the connection between aquatic plants and fish habitat. Its title is "Natural Shoreline: Living in Harmony at Waters Edge" at www.mishorelinepartnership.org.

Your MLRA Board:

- President: Bob Turnquist
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- Vice President: Eric Zorr
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Moon Lake Memories...

by Steve Sunderland

(On occasion, I'll include a story about my favorite childhood memories from the North Woods. We'd love to hear yours too!)

"Swimming in Place"

Both my parents were teachers, which meant two glorious summer months at Moon Lake each year. It was always the most anticipated time of the year for our entire family. Back in the early 1970s our cabin was a one room structure so the more my three brothers and I could be outside the better for our parent's sanity. Luckily there were always plenty of outside things to do.

However, on the occasions of the all-day rains, my parents needed to get creative. We all loved swimming so the answer was a day pass to the Gateway Lodge pool. It never failed to be a great time. My brothers and I would spend hours making up games, challenging each other to skill tests and just having tons of good ol' fashioned fun. More often than not, we'd have the pool to ourselves, except one corner of the deep end. That was always reserved for the girl swimming in place. It was always an odd thing to see as this teen-aged girl was strapped into a harness tied to a rope attached to the ceiling. She would swim and swim and swim but never go anywhere. I couldn't for the life of me see how that was fun! It seemed every time it rained, and we were at the pool, there she was - swimming in place. I'm not sure I ever saw her face as she just kept swimming.

As I look back, those rainy days at the Gateway Lodge pool were some of the best times I ever had with my brothers. To this day I have gratitude for all-day rains.

Oh, and about that girl swimming in place. Well it most definitely paid off. Wendy Boglioli, former Land O' Lakes resident, won both a gold and a bronze medal at the 1976 Montreal Olympics. Little did I know I was sharing the pool with a future United States Olympic champion!

FUN FACT: Bing Crosby was a guest singer in the Watersmeet Catholic Church choir. He was visiting Sylvania at the time in the 1940s.

Reminder for Interested Members: The board has purchased a small book from Michigan Lakes & Streams Assn. titled "Michigan Lake Associations- The Nuts & Bolts", by Clifford H. Bloom. If anyone is interested in reading this, you may borrow it from Bob Turnquist.



Moon Lake Family Recipe Corner:



Send us your “tried and true” recipes (meals, snacks, beverages) that you rely on to please your Moon Lake visitors!

This recipe comes from the kitchen of Sheila McConaghy. There’s still plenty of winter to get warmed up on this tasty meal. Heck, there are plenty of days in July when this would also hit the spot so keep it in mind all year long. 😊

Thank you Sheila!

White Chicken Chili

2 cans Northern Beans, undrained
1 onion, chopped
1 green pepper, chopped
1 ½ lbs. shredded or ground chicken, sautéed
1 can green chilis
2 cups shredded Monterey Jack or Mozzarella cheese
2 cans chicken broth (29-30 oz)

Sautee onions and green peppers, add chicken, chili, broth and cheese. Cook about 20-30 min. Serve with corn or tortilla chips. Serves 8 and freezes well.



How Moon Lake Found You

We are still hoping to receive more of your family stories about Moon Lake!

Send to Steve at sssloon13@gmail.com.

Respectfully submitted,
Steve and Carleen Sunderland

1-page attachment – Trails near Moon Lake

Cross Country Skiing, Snowshoeing, and Fat Biking near Moon Lake

Within just over 10 miles from Moon Lake are 4 trail systems that allow for outdoor winter silent sport recreation. In addition to the information below you can find information for ski conditions on the website "skinnyski.com" From the main page select "Trails" and on the new page select "Ski Trails". You can use the map or search a ski trail name to get information.

1. Land O Lakes Fish and Game Ski Trail 13 kilometers (7.5 miles)

Allowed: Classic Skiing and Snowshoeing

Fee: Donation

The parking lot for the trail is on the East Duck Lake Road, 0.6 miles north of the intersection of the North Moon Lake Road with the East Duck Lake Road. The trail is entirely within the Ottawa National Forest.

There are trails on the east side and the west side of the parking lot. The East Trails travel through a forest dominated by evergreens with terrain that is gentle and rolling and suitable for skiers of all abilities and is better suited for snowshoeing. The West Trails travel through a forest of primarily hardwoods and offer more hills and winding runs through the natural hilly terrain. Novice skiers may have difficulty on a few of the West Side runs and there are areas where the trail is not really wide enough for snowshoeing.

There are no bathrooms or other facilities.

2. Sylvania Outfitters 25 kilometers (15 miles) Phone 906-358-4766

Allowed: Classic Skiing and Snowshoeing

Fee: \$10 for skiers

Rentals: Snowshoes and Ski Equipment are available for rent and may be taken to other trails.

Sylvania Outfitters (sylvaniaoutfitters.com) is located 1 mile west of Watersmeet on Highway US 2. There trails are also in the Ottawa National Forest. The Forest is primarily hardwoods and the terrain is hilly. Some of the trail is rather narrow and some of the turns are rather tight, especially as you ski further south on the trail. The first few kilometers of trail are

well suited to all levels of skiers. Most of the snowshoeing is on the northern sections of the trail just south of the trailhead.

There is a warming area in the Sylvania Outfitters building and outdoor bathrooms.

3. Pioneer Creek Cross Country Ski Trail 13 kilometers (7.5 miles)

Allowed: Classic Skiing, Freestyle Skiing, Snowshoeing, and Fat Biking

Fee: Donation

Rentals: snowshoes

New in 2017, the Pioneer Creek Trail (<https://www.conover.org/pioneer-creek-trail/>) is located at the Conover Town Park, ½ mile east of Highway 45 on Highway K. This is a wide trail with a skating and snowshoe lane the entire length of the trail. Near the beginning of the trail is a fairly large hill requiring caution for novice and intermediate skiers. Since the trail is wide, there is plenty of room to snowplow to keep your speed down. The rest of the trail does have hills, but none too demanding.

There are heated bathrooms and changing rooms at the trailhead.

4. Afterglow Lake Resort 18 kilometers (11 miles) of XC trails. 8 miles of snowshoe trails. 5 Miles Groomed Single Track Fat Bike Trails. Ski Trail connects to the Phelps Ski Trail which is for classic skiing only.

Allowed: Classic Skiing, Freestyle Skiing, Snowshoeing, and Fat Biking

Fee: \$10 for skiing, \$5 for snowshoeing

Rentals: snowshoes

Afterglow (afterglowresort.com) is located on Sugar Maple Road in Phelps. When traveling east on Highway E, Sugar Maple Road heads north just before Highway E intersects with Highway K. Wide, well groomed trails for skiing only. Separate trails for snowshoeing and Fat Biking. There are trails for skiers of all levels and there are specific expert runs.

There are bathrooms and a very large warming room with fireplace and couches and easy chairs. The room has a great view of Afterglow Lake.