

# NEWSLETTER

## LAKE FRANCIS



### Spotlight on Loons: Minnesota's Iconic Birds

Did you know? Minnesota is home to about 12,000 Common Loons, making it the second-highest state for loon populations in the United States, just behind Alaska. These striking birds are not only a cherished part of our natural heritage but also a key indicator of the health of our lakes.

During the summer, loons inhabit lakes in central and northeastern Minnesota, where they can be spotted gracefully gliding across the water. In the winter months, they migrate to the Atlantic coast and the Gulf of Mexico, showcasing their adaptability and the need for different habitats throughout the year.

Loons are particular about their nesting habits. They typically do not settle into a territory until they are five to seven years old, often having to evict older loons of the same sex to claim a suitable spot. Once a pair has established their territory, they work together to build their nest and share the responsibility of incubating the two eggs laid by the female. Hatching occurs around 28 days later, marking the beginning of a new generation. Witnessing a chick riding on a parent's back is a delightful sight! For the first few days of life, chicks stay under the wing or on the back of a parent to stay warm. Initially completely dependent on their parents for food, these young loons gradually become more independent, diving for longer periods as they grow. By around five weeks, they can catch about half of their own food, and they are ready to take flight by nine weeks.

Loons play a crucial role in indicating water quality and environmental health. Their sensitivity to lakeshore development and pollution makes them valuable indicators of the ecosystems they inhabit. By protecting loons and their habitats, we contribute to the overall health of Minnesota's lakes.

Let's work together to ensure that these iconic birds continue to thrive in our beautiful state!

# VOLUNTEER OPPORTUNITIES: WATER TESTING AND AQUATIC INVASIVE SPECIES

We're excited to announce upcoming volunteer positions in our newsletters! If you're passionate about the water quality of Lake Francis, we have two great opportunities for you:

## 1. Water Testing~

Join Brian Knox in 2025 to help monitor the health of our lake. You'll assist in collecting water samples, which are tested five times throughout the summer and sent to Buffalo for analysis. This is a fantastic way to learn about water quality and contribute to projects aimed at improving it. Looking for someone to take over this position in 2026!

## 2. Aquatic Invasive Species Monitoring~

If you're interested in tracking invasive species, we need volunteers for weed searches three times a year, each lasting about 1-2 hours. You'll help monitor the efforts of 10 other search teams and play a key role in developing strategies if invasives are detected. Looking for someone to shadow in 2025 and then take the reins in 2026.

Many of our volunteers return year after year, making it a rewarding way to engage with the community and protect our lake's ecosystem. If you're interested in either of these opportunities, please reach out by completing this [VOLUNTEER FORM](#).



## AUGUST 4 GOLF FUNDRAISER RESULTS

A HUGE THANK YOU TO EVERYONE WHO JOINED US FOR OUR RECENT GOLF FUNDRAISER! WE'RE THRILLED TO SHARE THAT WE RAISED OVER \$1,700, THANKS TO YOUR GENEROUS PARTICIPATION AND SUPPORT. WITH 58 GOLFERS ON THE COURSE, THE ENERGY WAS FANTASTIC! WE ALSO HAD A GREAT TIME WITH 24 PRIZE GIVEAWAYS—CONGRATULATIONS TO ALL THE WINNERS! WHILE NO ONE TOOK HOME THE HOLE-IN-ONE CAR THIS YEAR, IT WAS A BLAST TRYING!

MARK YOUR CALENDARS FOR NEXT YEAR'S EVENT ON AUGUST 2! OUR GOAL IS TO HAVE 72 GOLFERS, AND WE CAN'T WAIT TO SEE YOU ALL THERE FOR ANOTHER FUN-FILLED DAY.

THANK YOU AGAIN FOR YOUR SUPPORT, AND SEE YOU NEXT YEAR!

# LAKE FRANCIS OUTDOOR AED CABINET

An AED (Automated Electronic Defibrillator) used within 4-6 minutes can turn a survival rate to 75% during Sudden Cardiac Arrest (SCA).

Heart attack, drowning, electrocution, and drug overdose all can result in your heart-stopping.

Action and Access anytime the heart stops can Save Lives. We encourage the public to know where the closest AED is located and to take action during a Sudden Cardiac Type Event.

Placing an AED in an Outdoor AED Smart Monitored Cabinet makes it available 24/7.

The AED is not just placed outside in any cabinet. Smart Monitored technology in the cabinet continuously monitors the AED's operation. This guarantees that everything with the AED works properly in the event of an emergency. When the Outdoor AED Cabinet door is opened pictures are taken and an alarm is sounded to alert other bystanders. A built-in SIM card contacts a call center that dispatches 911 when the AED is removed from the cabinet. The AED itself has a video screen and voice that walks the responder through the steps needed to be taken as soon as the on-button is pushed.

Outdoor AED Cabinets will be placed at a location TBD on Lake Francis.

We encourage you to make a donation online or send a check to Advocates For Health at 4067 Pine Point Road Sartell MN 56377.

Please add a memo to checks "Lake Francis" and let us know if you want to be anonymous.

\*All donations are tax deductible. You will receive a receipt after the donation is processed.

## **DONATE HERE**

Outdoor AED Cabinets on Lake Francis

