

# NORTH AND SOUTH TWIN LAKES RIPARIAN ASSOCIATION

## NSTLRA Newsletter

Fall 2026

**NSTLRA**

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### A MESSAGE FROM YOUR NEW LAKE ASSOCIATION PRESIDENT

As we head into fall, I am honored and excited to introduce myself as your new President of the North and South Twin Lakes Riparian Association. It is a privilege to serve our membership, and I look forward to working alongside our board, volunteers, and all of you to continue making our lake a

special place to live, visit, and enjoy.

My connection to the lake goes back many years. I first started coming here after meeting my now husband, Chuck, who had been spending time on the lake with friends since high school. In 2002, we purchased our lake house, and our two sons, Mitchell and Erik, essentially grew up on the lake. Today, Mitchell is married and Erik is engaged, and we now have the added joy of having our grandpups visit and enjoy the lake with us. While our primary home is in Mequon, this lake has always felt like a second home and has given our family countless memories, friendships, and traditions.

Summer 2026 was a great season for NSTLRA, with

many activities and accomplishments, including:

- Successful Poker Run
- Summer Party
- Community support through donations to four local organizations
- Educational programs and opportunities
- Historic pontoon tour of the lake
- Continued efforts to promote lake stewardship and community involvement

A big thank you to everyone who volunteered, participated, donated, shared their expertise, or simply showed up to support NSTLRA and our lake. Our success is truly a reflection of the people who make up this community.

As we look ahead, I am excited about the opportunity to build on this momentum, strengthen our association, encourage greater involvement, and continue working together to protect and enjoy our beautiful lakes.

Wishing everyone a wonderful fall season, and I look forward to seeing you on the ice or back on the lake next summer!

*Elisabeth Sutton, President NSTLRA*

**The Fall 2026 Newsletter is only being distributed electronically to current email addresses on file. No printed versions will be mailed. The Spring 2027 issue will be distributed via the US Postal Service. As always, Newsletters are posted on the NSTLRA website under About Us. If you have new neighbors at the lake, please feel free to share the newsletter with them and encourage them to join NSTLRA.**

# CONNECT, LEARN AND EAT: THE NSTLRA ANNUAL MEETING

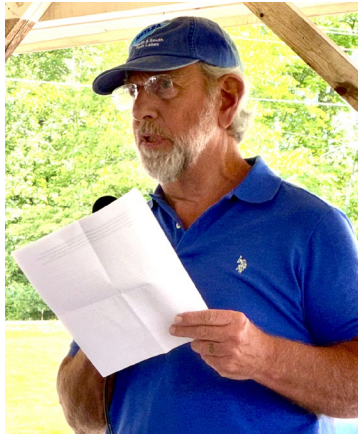
Saturday, June 27, 2026

If there's one way to start the summer, it's getting up to speed as to what's happening in our lake community. Almost 100 members gathered at the NSTLRA Annual Meeting leaving well nourished, well outfitted, and well informed. Egg muffins, home-baked breads, and refreshing beverages set the stage for getting reacquainted. Renewing members updated their contact information and received their membership NSTLRA post sign 2026 stickers. New members took away a new sense of pride after receiving their first membership sign and shopping for new apparel.

Key local speakers provided a wealth of information on important local issues. Lake District

commissioner Bob Krueger updated the members about interactions with the DNR and the efforts to address swimmer's itch. Phelps Town commissioner Steve Weir spoke about the completion of the new Phelps Community Center and the potential development ideas of the "old hospital" property. NSTLRA Community Support Program funding recipients provided updates on their respective efforts and expressed appreciation for generous program donations: Trees for Tomorrow for a new canoe; Lakeland Area Mountain Bike Organization (LAMBO) for their Conover area trail improvements; Phelps Community Center towards project completion; and the Town of Phelps for their annual fireworks show.

And, as promised... members were ready to hit the lake by noon!



# POPULAR POKER RUN ATTRACTS HUNDREDS OF ENTHUSIASTS

Saturday, July 11, 2026

Honestly. Could have it been a more perfect day? Sunny, mid-80's, mild breeze. And a beautifully coordinated event, handling a record 318 participants on 52 boats! Enthusiastic players demonstrated their excellent motoring skills while having an absolute blast! Families and friends, kids and adults... the excitement was evident across the lakes.

An event like this doesn't happen without volunteers who coordinate everything from recruiting host docks, preparing and distributing game materials, calculating results, selling NSTLRA merchandise, and providing a great celebration venue. Special thanks to Elisabeth Sutton and Sue Vasko for taking the lead in bringing this event to our lake community.

Let's not forget the eight host docks who managed to engage and entertain (emphasis on "entertain") one boat after another with their treats and themes. It's hard to determine who is having more fun - the participants or the hosts! Special thanks to the dock host families and special shout out to the Ritter family, for once again allowing the use of the Gangster Island dock as the starting point.

**TRULY, A PERFECT DAY!**



*Our Poker Run Starters: Elisabeth and Chuck Sutton; Sue and John Vasko.*



*Hosts (from left): Griffens, Mulrooneys and Peplows.*



*Hosts (from left): Roses and Herbers.*



*Hosts (from left): Thoebles and Ziemetzs.*



*And, of course, OUR CELEBRATED WINNERS!*

# THE SUMMER PARTY AND SKI SHOW: OH, WHAT A NIGHT!

Friday, July 24, 2026

You can feel the sense of excitement begin to build as the crowd gathers along the North Twin's lakefront in anticipation of the Chain Skimmers performance. Although challenged by choppy waters, our local skiers did not disappoint!

Then, the excitement continues when the band The NOW incites hours of dancing, young and old alike. Food trucks, concessions, merchandise sales, and pure enjoyment fill the rest of the evening.

Another huge turnout confirms this is an event not to be missed.



## NSTLRA BOARD OF DIRECTORS

Your Board of Directors stay engaged year-round to enhance your lake life experiences. A huge thank you for their commitment, ingenuity, and dedication. Directors are elected for three-year terms.

**Elisabeth Sutton**, President (Current term ends 2029)  
**Peter Gloede**, Past President (Current term ends 2027)  
**Sarah Sewall**, Vice President (Current term ends 2029)  
**Sue Vasko**, Secretary (Current term ends 2029)  
**Jeff Schmidt**, Treasurer (Current term ends 2028)  
**Jeff Kocken**, (Current term ends 2028)

**Carrie Mijal** (Current term ends 2027)  
**Debbie Rose** (Current term ends 2028)  
**Shelly Rudnick-Peterson** (Current term ends 2029)  
**Joyce Wade** (Current term ends 2028)  
**Nick Zeimetz** (Current term ends 2029)

# LIFESAVING TRAINING: NOT JUST FOR DUMMIES

Monday, June 29, 2026

Dilya St. Louis, President and Founder of Healthy Hearts, Healthy Minds (a 501c3 organization), demonstrated her passion to Empower through Education by providing a hands-on CPR and AED training experience. A family nurse practitioner, born with a congenital heart defect, implanted with a pacemaker at age 34, and an avid water skier, Dilya knows firsthand the value of being healthy and well informed. Class participants who have personally been involved in lifesaving emergency situations attested to the value of being prepared for the unexpected. They agreed that “one and done” training received years ago is easily forgotten and the procedures and equipment are regularly being



updated. Of particular importance, participants were reminded that Emergency Medical Services (EMS) are not as readily available here in the Northwoods as they may be in more populated settings.

While “dummies” took the front row, participants were actively involved, learning the appropriate placement of hands and speed for chest compressions and when and how to follow the automated external defibrillator (AED) instructions. Updated procedures eliminated the mouth to mouth breathing technique and have placed new emphasis on the chest compressions, with oxygen being delivered by blood flow. A brain without oxygen could be negatively impacted within 3 to 5 minutes. The



safety learning session extended to responding to choking and drug overdoses. Clearly, all those who attended learned that jumping into action, taking control, and “knowing your stuff,” will save lives.

## FORE FOR FUN! NSTLRA GOLF OUTING

NSTLRA golf pros Jeff Kocken and Nick Zeimet coordinated a great afternoon of fun, fun, fun golf. Participants gave it their best shots, even if the ball was twice normal size, you had to drive while sitting on a stool, or your club got stuck in a tree. Proof that this is not only for pros, even a lucky beginner scored a valuable prize – a free golf lesson!



# PLANTS AND POLLINATORS: *ENRICH AND PRESERVE OUR LAKES*

Tuesday, July 14, 2026

Quita Sheehan, Conservation Specialist for the Vilas County Land & Water Conservation, engaged property owners in discussing how the health of our lakes largely depends on all of us. She warned of the shoreline depletion and emphasized importance of creating a shoreline buffer to reduce the impact of waves, runoff, and "ice shove." Rock riprap installations should follow DNR permit requirements and be slanted from the lake toward the property at a 2 to 1 slope. Additionally, "fishstick" groupings of trees can be placed in the water to reduce the impact of waves.

Native plantings ideally should be 35 feet deep along a shoreline. Quita provided a tour of the native plants, many in bloom, along the North Twin Lakefront Pines Park and provided free seeds to participants. Private property owners can take advantage available grant programs to assist with the costs associated with creating and maintaining lakefront property. She also reviewed how the *right plants* attract the *right bugs*. Bugs are actually considered wildlife as they are part of the greater food chain. In fact, caterpillars, found on our flowers and grasses, are one of the most important sources of protein for baby birds, especially songbirds.

Attendees brought forward discussions ranging from lake lighting (encouraging dark skies), mosquito abatement (non-chemical methods), and a local source that sells native plants (try Yenny's Wildflowers in Phelps or Hanson's Garden Village in Rhinelander). Long-term and especially new lakeshore property owners would all benefit from doing some homework before changing their lakeshore, and so would the lake! For more information, check out [healthylakeswi.com](http://healthylakeswi.com) (Healthy Lakes Program of WI, Let's Make Healthy Lakes Together) and [vclra.org](http://vclra.org).



## RENEW YOUR MEMBERSHIP AND ENCOURAGE YOUR NEIGHBORS TO JOIN

NSTLRA'S membership year is January 1 – December 31. Set a January reminder to renew for the 2027 calendar year by going to [www.nstlra.com](http://www.nstlra.com). Remember, your NSTLRA membership sign proudly shares your annual support when displaying your annual stickers. And, give your neighbors a little nudge and encourage them to join.

## GLORY B! SPECIAL THANKS TO TOM HICKSON

A special shout out to Tom Hickson for sharing his sailing expertise with NSTLRA members and non-members alike. With his sailboat *Glory B* and a little gust of wind, whew! You're on your way.



## STAY CONNECTED

Be sure [northandsouthtwinlakeswi@gmail.com](mailto:northandsouthtwinlakeswi@gmail.com) is in your address book so that you are ready to receive important email announcements. Follow North and South Twin Lakes on Facebook and Instagram, [northandsouthtwinlakes](http://northandsouthtwinlakes), and at our website at [www.nstlra.com](http://www.nstlra.com)

# LAKE HISTORY LIVES ON: PONTOON CRUISE HISTORY TOUR

Saturday, August 8, 2026

A day's delay due to the threat of nasty weather, NSTLRA members gathered at North Twin Lakeside Pine Park, boarded volunteer pontoons, and set out for a lake cruise to learn the rich history of North and South Twin starting in the late 1800's. Brave souls Hackley, Phelps and Bonnell established a lumber mill that supported the town of Phelps for the next half century and drew residents, resorts, and businesses to the area. The mills closed in 1957 with North and South Twin emerging as a top recreation area.

Cruisers enhanced the tour by sharing their own histories and personal highlights. What could be better than an afternoon of smooth cruising, great stories, and loads of laughter? Well, maybe a glass of wine and the gourmet hors d'oeuvres, prepared and served by our own Joan and Frank Barrett.

A truly exceptional event!



## NSTLRA'S COMMUNITY SUPPORT VALUED



*NSTLRA is recognized for its contribution to the Phelps Community Center and Library Fund.*



**PERFECT TIME TO GET INVOLVED!**

*Contact NSTLRA to volunteer!  
northandsouthtwinlakeswi@gmail.com*

### NEWSLETTER EDITOR:

*Enjoy writing? Enjoy photography? Your talents are needed! Guidance provided to get you comfortable and excited to prepare our semi-annual newsletters for production and distribution.*

CHERISHING OUR LAKE MOMENTS

