

The Cities of Forest Lake & White Bear Lake, Minnesota

Resident Guide

FREE



- Local Events
- Residential Services
- Area History
- Parks & Rec. Info
- Local Attractions
- Hunting & Fishing Seasons
- DNR License Centers
- Outdoor Recreation Trails



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LOCAL AREA EVENTS

JANUARY

Polar Plunge | White Bear Lake
Bear'ly Open | White Bear Lake

FEBRUARY

Fishapalooza Ice Fishing Contest | Forest Lake
Flake Festival | Forest Lake

MARCH

Family History Day | Forest Lake
White Bearlanca | White Bear Lake

APRIL

Easter Egg Hunt | Forest Lake

MAY

10 Minute Play Festival | White Bear Lake

JUNE

Marketfest | White Bear Lake
10 Minute Play Festival | White Bear Lake
5K Run and Walk | White Bear Lake
Grand Parade | White Bear Lake
Pet Parade | White Bear Lake
Manitou Days | White Bear Lake
Golf Tournament | White Bear Lake
Arts in the Park | Forest Lake

JULY

OSI Fun in the Forest 5K | Forest Lake
Arts in the Park | Forest Lake
4th of July Festival | Forest Lake
Manitou Days | White Bear Lake
Marketfest | White Bear Lake
July 4th Fireworks and Fly Over
| White Bear Lake
Dog Days Downtown | White Bear Lake

AUGUST

Pine Tree Classic 5K & 10K | White Bear Lake
Arts in the Park | Forest Lake
Northern Lights Paddle, Yoga and Music Fest
| Forest Lake

SEPTEMBER

Tri Fitness One Last Tri | White Bear Lake
Blues Festival | White Bear Lake

OCTOBER

Scare in White Bear 5K & Run
| White Bear Lake
Bears Homecoming Parade | White Bear Lake
Fall Cleanup Day | White Bear Lake
Ladies Night Out | White Bear Lake

NOVEMBER

Fast Before the Feast | White Bear Lake
Holiday Open House | White Bear Lake

DECEMBER

Winterfest | White Bear Lake
Breakfast with Santa | White Bear Lake

AREA ATTRACTIONS

BIG WOOD BREWERY TOUR

2222 4th St | White Bear Lake | (612) 360-2986

CASTLEWOOD GOLF COURSE

7050 Scandia Trail N | Forest Lake | (651) 464-6233

EMILY GRAY KOEHLER STUDIO & GALLERY

2168 3rd St Ste 2A | White Bear Lake | (231) 590-2274

FILLEBROWN HOUSE

4735 Lake Ave N | White Bear Lake | (651) 407-5327

FOREST LAKE 5 THEATRE

1480 Lake St S | Forest Lake | (651) 464-4222

GEM LAKE HILLS GOLF COURSE

4039 Scheuneman Road | White Bear Lake |
(651) 429-8715

GLAZING MEMORIES ART STUDIO

341 12th Street SW Suite 200 | Forest Lake |
(651) 982-2866

LAKE AREA DISCOVERY CENTER

3770 Bellaire Ave. | White Bear Lake | (651) 762-7884

LAKESHORE PLAYERS PERFORMING ARTS CENTER

4820 Stewart Ave | White Bear Lake | (651) 429-5674

MANITOU RIDGE GOLF COURSE

3200 McKnight Rd. N | White Bear Lake |
(651) 777-2987

MASQUERS THEATRE COMPANY

PO Box 446 | Forest Lake | (651) 464-5823

MIDWEST SKI OTTERS

4150 Hoffman Road | White Bear Lake |
(651) 351-0001

ONEKA RIDGE GOLF COURSE

5610 N 120th St | White Bear Lake | (651) 429-2390

PINE TREE APPLE ORCHARD

450 Apple Orchard Rd. | White Bear Lake |
(651) 429-7202

RUNNING ACES CASINO & RACETRACK

15201 Running Aces Blvd | Forest Lake |
(651) 925-4600

SKYDIVE FOREST LAKE

20500 Forest Rd N | Forest Lake | (612) 516-5867

TALLY'S DOCKSIDE - CG HOOKS

4441 Lake Ave S | White Bear Lake | (651) 429-2633

TAMARACK NATURE CENTER

5287 Otter Lake Rd | White Bear Lake |
(651) 407-5350

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CITY OF FOREST LAKE

Administration.....	651-464-3550
Building Department.....	651-464-4349
Election Information.....	651-430-6175
Finance.....	651-209-9725
Forest Lake Fire and Rescue.....	651-464-2244
Parks, Trails & Recreation.....	651-209-9723
Forest Lake Police Department.....	651-464-5877
Command Division.....	651-464-5877
Detective Division.....	651-464-5877
School Resource Officer Division.....	651-464-5877
K-9 Division.....	651-464-5877
Patrol Division.....	651-464-5877
Administrative Services Division.....	651-464-5877
Public Works.....	651-464-3220
Public Works Shop.....	651-464-3220
Emergency Utility Calls.....	651-209-9743
Zoning.....	651-209-9732

DISC GOLF

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.



CITY OF WHITE BEAR

City Manager.....	(651) 429-8516
Assistant City Manager.....	(651) 429-8505
City Clerk/Administrative Assistant.....	(651) 429-8508
Building Official.....	(651) 429-8521
Building Inspector.....	(651) 429-8519
Building Inspector.....	(651) 762-4832
Building Permit Clerk.....	(651) 429-8518
Community Development Director.....	(651) 429-8562
Planning Secretary.....	(651) 429-8561
Code Enforcement Officer.....	(651) 429-8595
Planning Intern.....	(651) 762-4839
Housing & Economic Development Coordinator.....	(651) 762-4838
Rental Housing Specialist.....	(651) 762-4837
Planning & Zoning Coordinator.....	(651) 429-8534
City Engineer/PW Director.....	(651) 429-8563
Assistant City Engineer.....	(651) 407-5361
Finance Director.....	(651) 429-8517
Assistant Finance Director.....	(651) 429-8510
Accounts Receivable/Receptionist.....	(651) 429-8526
Utility Billing Clerk.....	(651) 429-8565
Interim Fire Chief.....	(651) 429-8567
Fire Department Office Clerk.....	(651) 762-4840
Passport Clerk.....	(651) 407-5300
Mayor.....	(651) 762-4800
Chief of Police.....	(651) 762-4890
Public Works Superintendent.....	(651) 747-3651
Public Works Office Clerk.....	(651) 747-3655
Sports Center Manager.....	(651) 429-8571



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Settled in 1855 by Louis Schiel, Forest Lake owes much of its history to the railroad. The community became a fuel stop for trains and was platted by the Lake Superior and Mississippi Railroad. By 1880 businesses included hotels, creameries, a bank, blacksmith shop, hardware and general stores, stockyard, lumberyard, bathhouse, charcoal kiln and specialty shops. Today Forest Lake is home to approximately 17,373 residents.



The name White Bear Lake was derived from a Native American legend about a brave warrior who battled a great bear. The community was settled in the 1850s by pioneers who were attracted to the fertile farmland and ample natural resources. White Bear Lake quickly became a popular resort area and businesses were established to meet the needs of travelers. As the community continued to grow, industry became led by agriculture and logging and White Bear Lake was incorporated in 1921. Today White Bear Lake is home to approximately 24,095 residents.

Summer Energy Saving Techniques

Conduct an energy assessment to find out where you can save the most. This will allow you to see where the biggest problem areas are.

Windows

- Close curtains during the day to block sunlight and open them at night.
- Plant trees, shrubs, or vines to help shade your home.
- Apply solar window film to windows.

Adjust Your Thermostat

- When you're home and awake, set your thermostat at the highest comfortable temperature.
- When you're out of the house, turn your thermostat up. You can save 1-3 percent per degree, for each degree the thermostat is set above 72 degrees, depending on the outside temperature.
- You can set a programmable thermostat to keep the temperature where you want day and night.

Maintain Your Cooling Systems

- Schedule service for your cooling system.
- Do regular maintenance to keep your cooling system operating efficiently.

Fans and Vents

- Keep inside air vents clear from furniture and other objects.
- Run energy efficient ceiling and whole-house fans to circulate the air.
- Use the bathroom vent to remove the heat and humidity after showering.

Appliances and Electronics

- Try not to use the oven on hot days. Cook on the stove top, microwave, or grill outside.
- Keep your fridge and freezer full. The refrigerator will run less often.
- Air dry dishes in the dish washer.
- Wash laundry with cold water and air dry.
- Unplug electronics when not in use.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span, plus they produce less heat than incandescent and CFL bulbs.

Winter Energy Saving Techniques

Windows

- Open curtains during the day to allow sunlight in and close them at night.
- Tape a clear plastic sheet or film to the window frames.
- Install insulating drapes or shades on windows.

Adjust Your Thermostat

- When you are home and awake, set your thermostat at the lowest comfortable temperature.
- When you are asleep or out of the house, turn your thermostat down about 12 degrees for eight hours and save around 10% a year on your heating bills.
- You can set programmable thermostats to keep the temperature where you want day and night.

Air Leaks and Insulation

- Seal the air leaks on the inside and outside walls of your home. These can be holes for pipes and wires, gaps around chimneys, or unfinished spaces behind cupboards and closets.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.
- Check your attics insulation. Depending on what climate you live in there are different insulating products and thickness that work best for your area.

Maintain Your Heating Systems

- Schedule service for your heating system.
- Do regular maintenance to keep your heating system operating efficiently.
- Furnace - Replace your furnace filter once a month or as needed.
- Fireplace - Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.

Lower Your Water Heating Costs

- On average 18% of the energy consumed in your home is from the water heater. Turn down the temperature of your water heater to a setting around (120°F). This will save energy and can help prevent burns.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span.

Be Aware of your Surroundings

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.

Bicycle Hand Signals



Drink lots of Water!



Know Your ATV

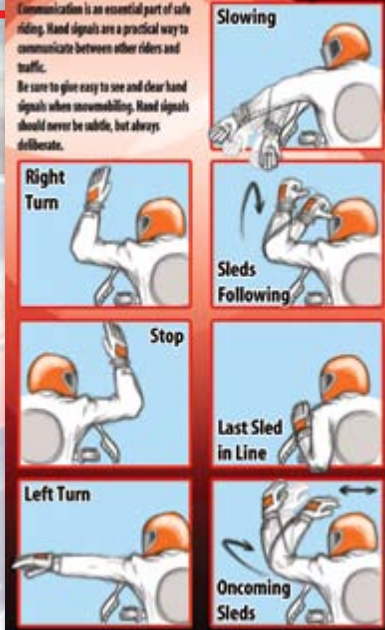
Read the owner's manual

and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of drugs or alcohol. • Drive at speeds that are appropriate to trail conditions. • Stay to the right on trails. • Stay away from thin ice, open water and wetlands • Know the weather forecast. • Make sure headlights and taillights work properly. • Maintain safe distances between other riders. • Reduce your speed when riding at night. • Yield to other motor vehicles and trail users. • Young or beginning riders are encouraged to take a safety training course.

SNOWMOBILE SAFETY

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

Snowmobile Hand Signals



PRIVATE PROPERTY
NO TRESPASSING

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.



HEALTHY HABITS

Eat Breakfast

A healthy balanced breakfast every morning is very important. It allows your body to run smoothly throughout the day and can help with weight control while lowering your cholesterol levels. It will improve things like concentration, performance and strength. Also studies have shown that women who skip breakfast have a higher chance of developing diabetes and men who skip breakfast have a higher chance for heart disease.

Eat Your Greens

Leafy greens and vegetables contain phytochemicals which help to fight diseases. This will help against things like metabolic syndrome, diabetes, cancer and strokes. Vegetables are also rich in fiber which helps with hunger. The recommended amount of vegetables for the average person is around 2 ½ cups a day.

Drink Enough Water

Many people don't get enough water throughout the day. It is recommended that the average person drinks roughly a half gallon a day which is equal to about eight 8 ounce glasses. Water helps rid the body of toxins and with unwanted weight gain by flushing out by-products of fat in your system. Water also helps your immune system, energy levels, focus and mood.

Take a Walk During Lunch Break

Your body and mind benefit greatly when getting out for a quick walk. A walk can help with weight management, blood pressure, bone strength, balance and coordination. Plus it helps you focus by getting extra blood flow and oxygen to your brain. Also a lot of people don't get enough vitamin D in their diet and getting outside is one of the easiest ways to ensure you are getting your vitamin D.

Get Up and Move

It is important to try and get around 10,000 steps in per day. It is very hard on our bodies when we are slumped over a desk or kicked back in a recliner all day. Studies have shown that just from walking more you can lower your risk of high cholesterol, high blood pressure and diabetes. It may be hard to get the 10,000 steps in every day but doing small things like getting up from your desk every so often and doing a lap around the office or parking farther away from your destination will help.

Floss and Brush

This might not seem like the most significant health issue but it is very important. If you don't floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.



PARKS & RECREATION

BAY PARK

1701-, 1799 9th Ave SE | Forest Lake | (651) 209-9723

BAYVIEW PARK

Bayview Dr. SE & 15th Ave. SE | Forest Lake | (651) 209-9723

BELTZ PARK

11th Ave. SE & South Shore Dr. | Forest Lake | (651) 209-9723

BRIDLE PASS PARK

6558 210th Lane CT. N | Forest Lake | (651) 209-9723

BOSSARD PARK

3725 Prairie Road | White Bear Lake | (651) 747-3650

CARLOS AVERY WILDLIFE MANAGEMENT AREA

5463-C West Broadway | Forest Lake | 651-296-3450

CEDAR PARK

2nd Ave. NW & 7th St. SW | Forest Lake | (651) 209-9723

CLEAR LAKE PARK

5803 213th St. | Forest Lake | (651) 209-9723

EAGLE BLUFF PARK

Farnham Ave. N & Farnjam Ln. N | Forest Lake | (651) 209-9723

FENWAY PARK

5530 206th St. N | Forest Lake | (651) 209-9723

HARDWOOD CREEK TRAIL

19987 Fitzgerald Trail N | Forest Lake

JACK YOST PARK

1856 Florence Street | White Bear Lake | (651) 747-3650

KULENKAMP PARK

8938 230th St. N | Forest Lake | (651) 209-9723

LAKESIDE MEMORIAL PARK

95 East Broadway Ave. | Forest Lake | (651) 209-9723

LAKEWOOD HILLS PARK

2110 Orchard Lane | White Bear Lake | (651) 747-3650

MANOR PARK

Harrow Ave. N & 213th St. N | Forest Lake | (651) 209-9723

MATOSKA PARK

4810 Lake Avenue North | White Bear Lake | (651) 747-3650

NORTH SHORE CIRCLE PARK

7621 North Shore Circle | Forest Lake | (651) 209-9723

PODVIN PARK

1700 9th Street | White Bear Lake | (651) 747-3650

PRESERVE PARK

20809 Granada Ave. N | Forest Lake | (651) 209-9723

RAMALEY PARK

1883 Park Street | White Bear Lake | (651) 747-3650

ROTARY NATURE PRESERVE

4840 White Bear Parkway | White Bear Lake | (651) 747-3650

SCHILLING PARK

7th Ave. NW & 5th St. NW | Forest Lake | (651) 209-9723

SHADY TRAILS PARK

4th St. SE at 8th Ave. SE | Forest Lake | (651) 209-9723

SHAWN B SILVERA MEMORIAL PARK

Between Evergreen Cir. & Elston Ave. | Forest Lake | (651) 209-9723

SHERWOOD PARK

Imperial Ave. N & 210th St. N | Forest Lake | (651) 209-9723

SHIELDS LAKE PARK

8787 212th St. N | Forest Lake | (651) 209-9723

SOUTHVIEW PARK

Between Georgia Ave. & Forest Blvd. | Forest Lake | (651) 209-9723

SPRUCE PARK

3653 McKnight Road | White Bear Lake | (651) 747-3650

STELLMACHER PARK

3930 Linden Street | White Bear Lake | (651) 747-3650

SUMMERFIELD PARK

206th St. N & Everton Ave. N | Forest Lake | (651) 209-9723

TOWER PARK

843 4th St SW | Forest Lake | (651) 209-9723

WEST PARK

2350 11th Street | White Bear Lake | (651) 747-3650

WHITE BEAR LAKE COUNTY PARK

5050 Lake Ave. | White Bear Lake | (651) 429-8566

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The winter can be tough for everyone. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

Prevent slips and falls on ice.

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt and sand driveway and sidewalks or have someone do it for you.
- Step down when getting out of a car or off a curb instead of stepping out.

Keeping warm

Before going outside in the wintertime you need to prepare yourself to prevent things like hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

Carbon monoxide poisoning and fires

During the winter months the risks of carbon monoxide poisoning and fires is much greater due to the different heating methods used to stay warm. While trying to stay warm we are heating our houses with fire places, furnaces, electric heaters, and boilers. When one of these heating methods fail or stop working properly there are potential safety hazards.

- Make sure carbon monoxide detector and fire alarms are working properly.
- Have fireplace and chimney cleaned or furnace and boiler inspected.
- Make sure electric heaters are working properly and not too close to anything flammable.
- Keep a fire extinguisher easily accessible in the areas of your home that have a potential fire hazard.
- Never try heating your home with things that are not made for it like, a stove, oven, or grill.

Winter Driving

- Don't drive in bad weather unless you have to.
- Never use cruise control on snowy, icy, or wet surfaces.
- Increase your following distance.
- Have a phone on you and let someone know your plans.
- Check your car or get it inspected to make sure things like the tires, antifreeze, window wipers, window washer fluid, oil, battery, and other components are up to date and working properly.
- Stock your car with emergency supplies like a first aid kit, extra warm clothes or blankets, jumper cables, shovel, window scraper, a warning device like a flare or caution lights and a material like kitty litter or sand in case you get stuck on ice.
- Keep your gas tank close to full in case you end up stuck or stranded and to prevent gas line freeze.
- Clear off the entire car for increased visibility.
- Never warm up your vehicle in an enclosed area like a garage.

HUNTING SEASONS

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:

Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

Small Game - Rabbits, Squirrels season
09/17/16 - 02/28/17

Raccoon, Red Fox, Gray Fox, Badger, Oposum (North) Hunting & Trapping
10/15/16 - 03/15/17

Raccoon, Red Fox, Gray Fox, Badger, Oposum (South) Hunting & Trapping
10/22/16 - 03/15/17

Furbearer Trapping - Beaver - south zone
10/29/16 - 05/15/17

Furbearer Trapping - Mink and Muskrat - north zone
10/29/16 - 02/28/17

Furbearer Trapping - Beaver - north zone
10/29/16 - 05/15/17

Furbearer Trapping - Mink and Muskrat-south zone
10/29/16 - 02/28/17

Goose-Spring Light Goose conservation action
03/01/17 - 04/30/17

Crow Hunting (2nd season)
03/01/17 - 03/31/17

Spring Turkey "A" season (lottery/surplus)
04/12/17 - 04/18/17

Spring Turkey "B" season (lottery/surplus)
04/19/17 - 04/25/17

Spring Turkey "C" season (hunter selected)
04/26/17 - 05/02/17

Spring Turkey "D" season (hunter selected)
05/03/17 - 05/09/17

Bear Hunt Lottery Deadline
05/05/17

Spring Turkey "E" season (hunter selected)
05/10/17 - 05/16/17

Spring Turkey "F" season (any unfilled license)
05/17/17 - 05/30/17

Elk Hunt Lottery Deadline
06/16/17

Bear Baiting start date
08/11/17

Camp Ripley Archery Hunt Application Deadline
08/18/17

Prairie Chicken Hunt Lottery Deadline
08/18/17

Crow Hunting (3rd season)
09/01/17 - 10/31/17

Mourning Dove season
09/01/17 - 11/09/17

Bear season
09/01/17 - 10/15/17

Snipe and Rail Hunting season
09/01/17 - 11/06/17

Early Canada Goose season
09/02/17 - 09/18/17

Antlerless Deer and Special Hunt Lottery Deadline
09/07/17

Youth Waterfowl Day - Tentative
09/09/17

Sandhill Crane season-NW zone-Tentative
09/15/17 - 10/21/17

Small Game - Rabbits, Squirrels season
09/16/17 - 02/28/18

Deer Hunt - Archery season
09/16/17 - 12/31/17

Sharptailed Grouse season
09/16/17 - 11/30/17

Ruffed and Spruce Grouse, Hungarian Partridge season
09/16/17 - 01/01/18

Waterfowl season opener - Tentative
09/23/17

Take-a-Kid Hunting weekend
09/23/17 - 09/24/17

Woodcock season
09/23/17 - 11/06/17

Fall Turkey season
09/30/17 - 10/29/17

Prairie Chicken season
09/30/17 - 10/08/17

Raccoon, Red Fox, Gray Fox, Badger, Oposum (North) Hunting & Trapping
10/14/17 - 03/15/18

Pheasant season
10/14/17 - 01/01/18

Deer Hunt - Camp Ripley Archery Hunt - 1st season
10/19/17 - 10/20/17

Deer Hunt - Special Youth Deer season
10/19/17 - 10/22/17

Raccoon, Red Fox, Gray Fox, Badger, Oposum (South) Hunting & Trapping
10/21/17 - 03/15/18

Furbearer Trapping - Otter - South zone
10/28/17 - 01/07/18

Furbearer Trapping - Beaver - North zone
10/28/17 - 04/30/18

Furbearer Trapping - Beaver - South zone
10/28/17 - 04/30/18

Furbearer Trapping - Otter - North zone
10/28/17 - 01/07/18

Furbearer Trapping - Mink and Muskrat - North zone
10/28/17 - 02/28/18

Furbearer Trapping - Mink and Muskrat - South zone
10/28/17 - 02/28/18

Deer Hunt - Camp Ripley Archery Hunt - 2nd season
10/28/17 - 10/29/17

Deer Hunt - Firearm season - 100A
11/04/17 - 11/19/17

Deer Hunt - Firearm season - 200A and 300A
11/04/17 - 11/12/17

Deer Hunt - Firearm season - 300B
11/18/17 - 11/26/17

Bobcat - Hunting & Trapping-north of I-94 and US Hwy 10 only
11/25/17 - 01/07/18

Fisher and Pine Marten-north of I-94 and US Hwy 10 only
11/25/17 - 11/30/17

Deer Hunt - Muzzleloader season
11/25/17 - 12/10/17

Crow Hunting (4th season)
12/14/17 - 12/31/17

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas:

Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

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HOLIDAY STATIONSTORE #253

1208 W Broadway | Forest Lake | (651) 464-2673

HOLIDAY STATIONSTORE #311

31 SW 19th St. | Forest Lake | (651) 982-6812

HOLIDAY STATIONSTORE #408

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CITY OF WHITE BEAR LAKE LICENSE BUREAU

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Minnesota

The 10 Largest Lakes in Minnesota

Red Lake	Lake Kabetogama
Mille Lacs Lake	Mud Lake
Leech Lake	Cass Lake
Lake Winnibigoshish	Lake Minnetonka
Lake Vermillion	Otter Tail Lake

Flathead Catfish - 2017 Season

04/01/17 - 11/30/17

Stream Trout in streams, except SE -

2017 season

04/15/17 - 10/01/17

Stream Trout in streams SE - 2017

season. Dodge, Goodhue, Fillmore, Houston, Mower, Olmsted, Wabasha and Winona counties only.

04/15/17 - 09/14/17

Walleye, sauger, northern pike -

2017 season

05/13/17 - 02/25/18

Smallmouth and Largemouth Bass -

2017 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/13/17 - 02/25/18

Lake Trout (summer) - 2017 season

05/13/17 - 10/01/17

Largemouth Bass - 2017 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County

05/27/17 - 02/25/18

Muskellunge (Muskie) - 2017 season

06/03/17 - 12/01/17

Smallmouth Bass - 2017 Catch and

Release season only - South and West of U.S.

Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

09/11/17 - 02/25/18

Stream Trout (Fall) SE - 2017 season Catch and Release season only

09/15/17 - 10/15/17

Lake and Stream Trout - Winter (entirely

within the BWCA)-2018 season

12/30/17 - 04/01/18

Trout in lakes - Winter (outside or partly

outside the BWCA) - 2018 season

01/13/18 - 04/01/18

*Contact the MN DNR for specific zone information by calling: 1 (888) 646-6367 or go to www.dnr.state.mn.us

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Get up earlier

Some of the most successful people in the world start their days before 6 a.m. It may be hard at first, but you can start by waking up 15 minutes earlier and gradually increase the time from there. Soon enough you will be awake and getting things done before most people are out of bed. That will allow you a head start on everybody else.

Start with "me time"

First thing in the morning go through all of your social media posts, respond to all of the little things that others need you to so they can get to work and set up a schedule for the rest of your day. Getting organized in the morning will help the rest of the day go smoother.

Sleep well

While waking up early is important, so is going to bed early. The bare minimum a person needs to sleep is 7-8 hours at a time to stay healthy. You will be able to think more clearly and make better decisions if you have a good night's sleep.

Use time-blocking

Take your to-do list and block off a time to get each item done. Make sure all of your desktop, online, mobile, and physical calendar's are in sync. You want to be on the same page with all your devices.

Once you have the time set aside to accomplish a task do not get distracted. If turning off your phone and locking yourself in a room is what it takes, then do that!

Use checklists

If you are operating under a deadline or you have a lot of tasks to accomplish, a checklist will help you keep you focused and on track.

Schedule breaks

Taking breaks is important because it allows your body and mind to get organized. If you schedule your breaks regularly it allows your mind to structure your day better. It would be hard for most people to do but if you can take a 10-20 minute power nap right after lunch it may help you feel energized and refreshed!

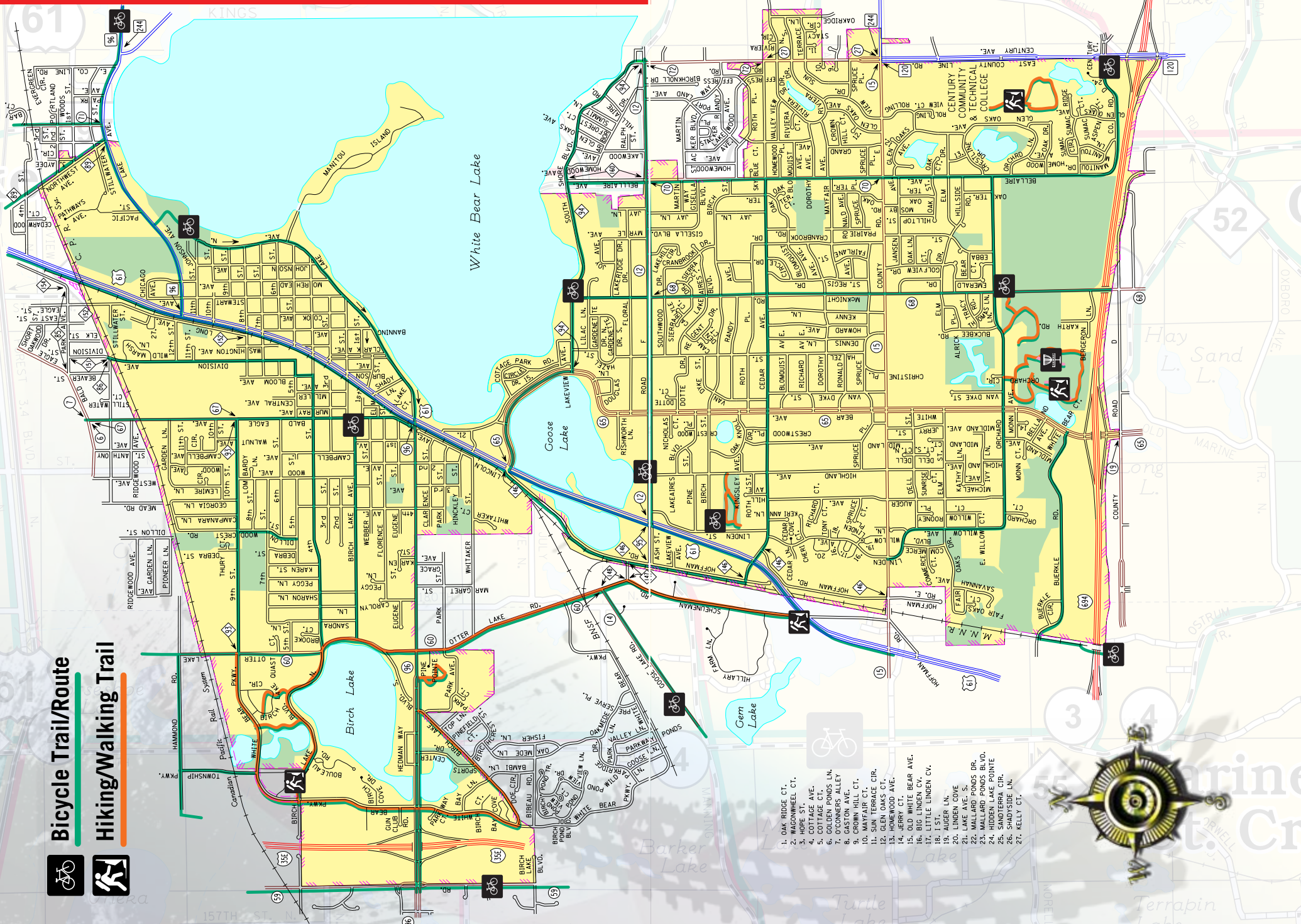
Clear your clutter

It is important to keep a clean work station because order will help your mind focus on accomplishing your goals. Even if it looks like a mess to others having a place for everything will help anybody focus and be more productive.

Get Fit

Being in shape and exercising regularly will help keep you energized throughout the day.

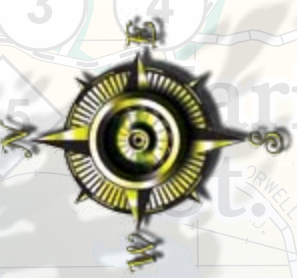
CITY OF WHITE BEAR LAKE



Bicycle Trail/Route
Hiking/Walking Trail



1. OAK RIDGE CT.
2. WADSWORTH CT.
3. ROPE ST. AVE.
4. COTTAGE CT.
5. COTTAGE CT.
6. GOLDEN PONDS LN.
7. O'CONNORS ALLEY
8. GASTON AVE.
9. CROWN HILL CT.
10. MAYFAIR CT.
11. SUN TERRACE CIR.
12. GLEN OAKS CT.
13. JERRY CT.
14. JERRY CT.
15. OLD WHITE BEAR AVE.
16. BIG LITTLE LINDEN CV.
17. LITTLE LINDEN CV.
18. I ST.
19. AUGER LN.
20. LINDEN COVE
21. LAKE AVE. S.
22. MALLARD PONDS DR.
23. HIDDEN LAKE DR.
24. HIDDEN LAKE DR.
25. SANDTERRA CIR.
26. SHADYSIDE LN.
27. KELLY CT.

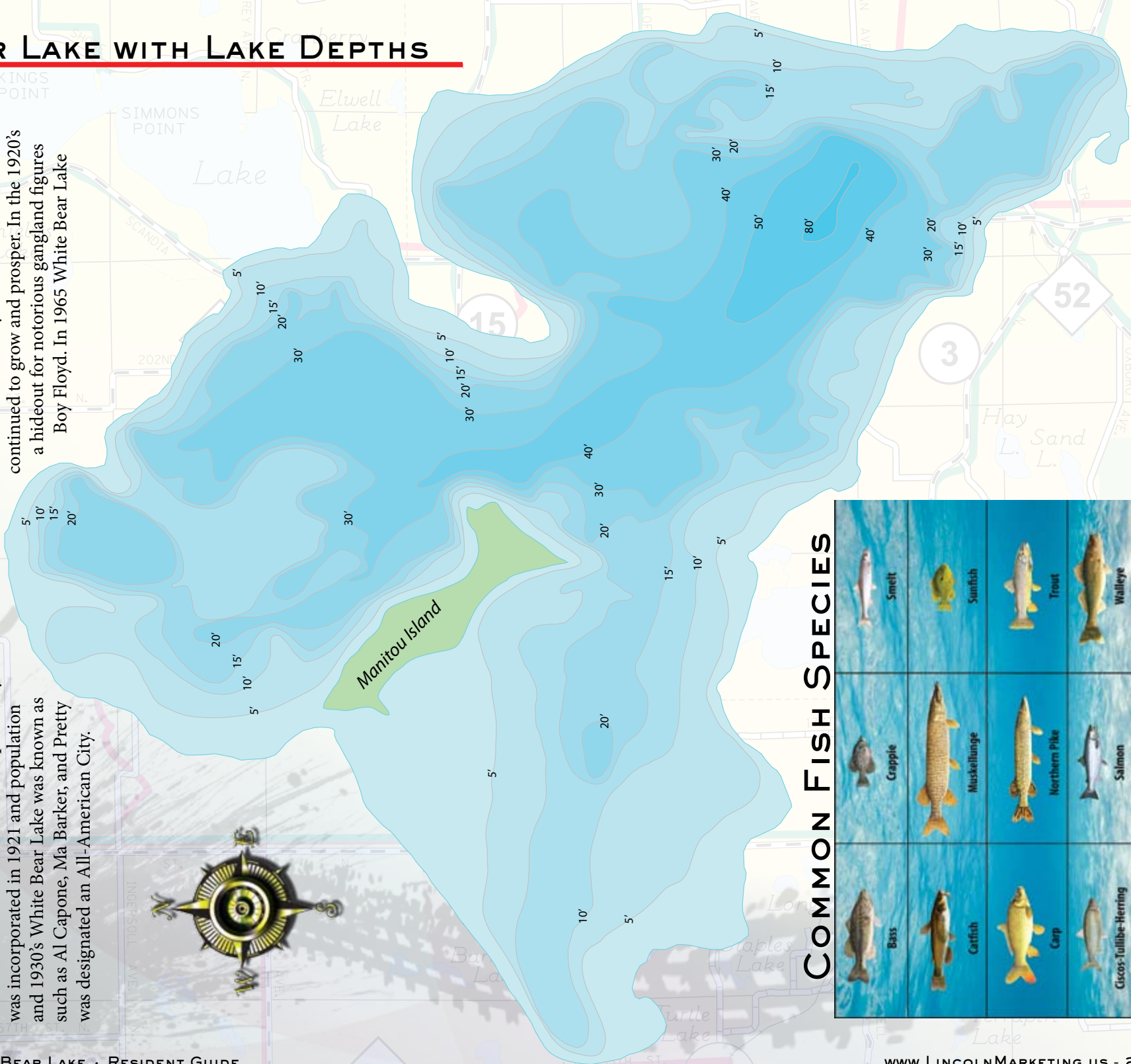


WHITE BEAR LAKE WITH LAKE DEPTHS

WHITE BEAR LAKE

The Dakota and Ojibway Indians were among the first inhabitants of the White Bear Lake area. European and American pioneers and settlers were later attracted to the area by the scenic lakes and rich land. In 1858 when Minnesota became a state, the early settlers established White Bear Township. White Bear Lake soon became a resort and tourist area with hotels, stores and restaurants springing up. The first hotel, the Leip House was built by V. B. Barnum. White Bear Lake basin is 2,590 acres with a maximum depth of 83 feet. In 1868 rail service from St. Paul was established which eventually connected to Duluth. Shortly after 1900 the resort era faded away, but other industries continued to grow. The downtown area was platted in 1871 and commerce began with the establishment of a meat market, a blacksmith shop, a livery stable was incorporated in 1921 and population and 1930's White Bear Lake was known as such as Al Capone, Ma Barker, and Pretty was designated an All-American City.

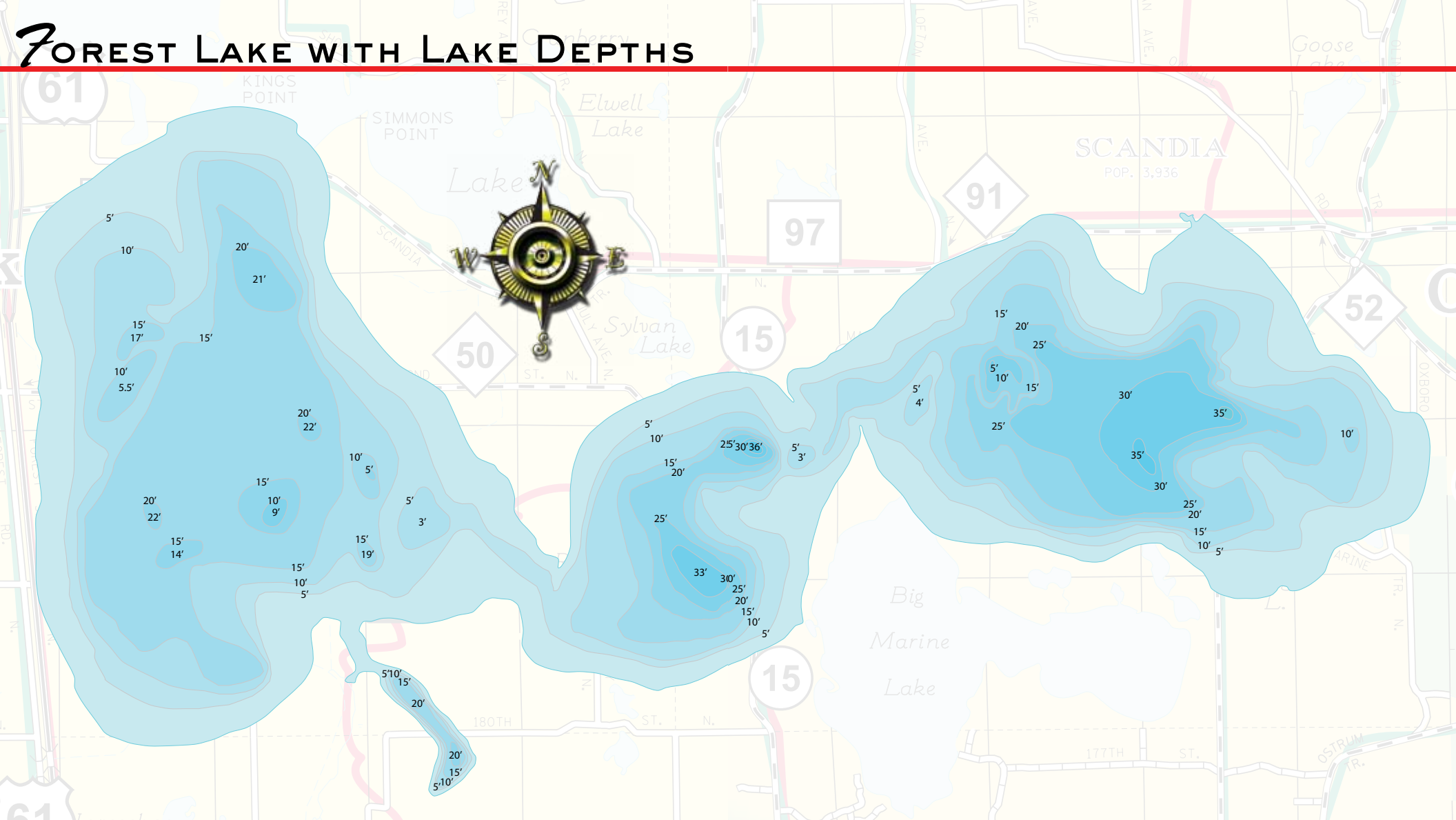
continued to grow and prosper. In the 1920's a hideout for notorious gangland figures Boy Floyd. In 1965 White Bear Lake



COMMON FISH SPECIES



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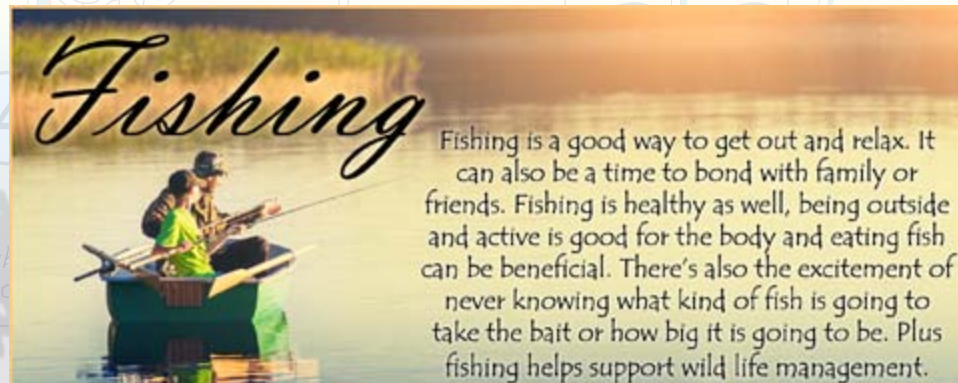
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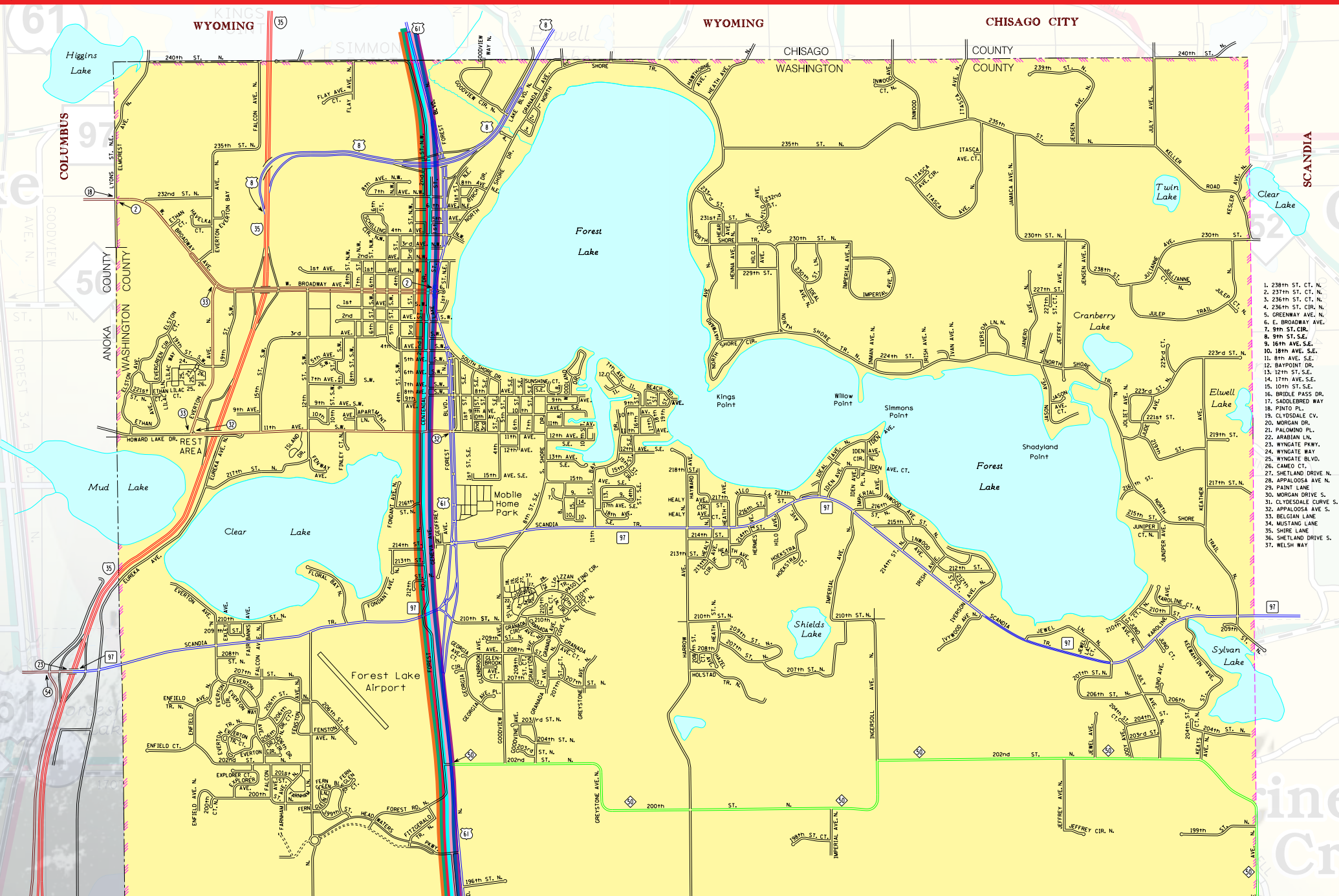
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CITY OF FOREST LAKE



Snowmobile Trail
Bicycle Trail/Route



Hiking/Walking Trail
Cross-Country Ski Trail



In-Line Skating
Equestrian Trail



Snowshoeing

PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

KIDS:

FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and asks for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite seek medical attention immediately.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



SAFETY TIPS

FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911

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LOCALLY



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