



TIMBERLINES

W. J. Breckenridge Chapter
Izaak Walton League
September 2023

www.breckenridgeikes.org



Social Educational Meeting:
Tuesday September 26, 7:30 PM
Dr. Scott Sharkey,
Tales of a Minnesota Marsh



Have you ever wondered why biologists consider wetlands so important? Join us for a story about restoring a special Minnesota marsh...complete with a photo-essay illustrating why these places are so remarkable.

In autumn, three decades ago, Scott had his first “encounter” with the “Opus Marsh”, while on a hike on the north side of the Minnesota River near his home in Bloomington. In essence, he adopted this marsh as an open-air studio for observation, photography and recharging. What he saw prompted him to return, time and again, with camera gear and tripod in tow, to document his experiences with this amazing place.

“What began on a September day in 1993 has now become a 30-year odyssey. This was not a planned natural history documentary, rather a series of spontaneous explorations when time allowed, over days, months...and eventually years. What I have seen must be shared with others.

“A century ago, Bloomington Minnesota was farmland. The wetlands were emptied of water using clay drain tiles dug 20 feet deep with outlets into the Minnesota River. The Opus Marsh had 2 of these drain tiles...during many years it was devoid

of water. Working with the biologists at the Minnesota Valley National Wildlife Refuge, we “decommissioned” the drain tiles. The recovery that followed was an example of nature at its finest.” Stay after the program for light refreshments and conversation with Scott and others.

Coming Events

September 2023

- 12 Board of Directors Meeting 7 pm
- 26 Social Educational Meeting 7:30 pm
Dr. Scott Sharkey - Tales of a Minnesota Marsh

October 2023

- 10 Board of Directors Meeting 7 pm
- 24 Social Educational Meeting 7:30 pm
Melissa Hortman, MN Speaker of the House

November 2023

- 14 Board of Directors Meeting 7 pm
- 28 Social Educational Meeting 7:30 pm



Two Breckenridge Chapter Members Awarded

by Tim Johnson

National Conservation Awards were given to two of our Chapter's members at this year's national convention. Carrol Henderson and Tyler Winter are the kind of conservation leaders the Ikes have been known for over the past century. Both have advocated tirelessly for the conservation issues they have felt strongly about.

In Carrol Henderson, the Ikes have a determined leader with a successful history of fighting for the protection of our non-game wildlife. He serves as an inspiration to further action and by authoring many books on enhancing wildlife habitat, he has provided us with guides for doing so.

Carrol, a retired wildlife biologist (from the Minnesota DNR after 44 years), is still very much working full time as a volunteer on many non-game wildlife conservation causes. During his decades at the Minnesota DNR, he led successful efforts to restore the bald eagle, trumpeter swan, peregrine falcon, bluebird and river otter. His efforts have sometimes been thwarted, as they were last year when a unique heron rookery near Rochester he had advocated to protect was destroyed by developers.

Yet he keeps working steadfastly on measures that further the preservation of our wildlife.

This year he has been a leader in our Minnesota IWLA Division's work group on lead. Carrol has been tireless since his retirement in spreading the

word for non-toxic ammunition and fishing tackle. Even though he achieved an earlier goal with the passage of a state law and then a federal ban on lead shot for waterfowl hunting, he has run up against strong opposition since. His compelling testimony on loon, eagle and swan deaths due to lead poisoning was instrumental this year in convincing Minnesota lawmakers to authorize one million dollars for public outreach and education on the merits of switching to non-toxic fishing tackle. Currently he is involved in an effort to prevent the DNR from proceeding with plans to kill cormorants on Egret Island SNA with lead ammunition.

Tyler Winter's work has also been concerned with non-game animals, but focused on the aquatic ecosystem. He led the effort to pass a Breckenridge Chapter resolution to protect our native "rough" fish, which then advanced to be adopted at the Minnesota Division and National IWLA. A story about his work was published recently in the IWLA's Outdoor America Magazine. He worked closely with another Chapter member, attorney Tom Casey, in drafting a legal petition to the DNR, asking them to move forward with actions to study and protect our native fish. At the same time, he lobbied and testified for a bill that was passed in the last session of the Minnesota Legislature to require the DNR to "submit a written update on the progress of identifying necessary protection and conservation measures for native fish currently defined as rough fish." That bill also appropriated enough funds to hire a full time DNR biologist to focus on the protection of these native non-game fish.

The petition and all his work led to the DNR agreeing to form a workgroup, including the Ikes and other stakeholders, to come up with some recommendations to include in their report to the legislature. That workgroup just concluded and a draft summary report is out for comment.

We are just as proud to have these two members as part of our organization as they have indicated they are to be honored by our storied conservation organization. Let's all do our best to support them in the work they do.

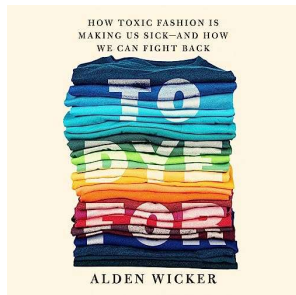
Breckenridge Chapter Board of Directors Meeting Highlights: August 8, 2023

Internet: The Chapter House is now connected to WiFi, thanks to Tim and Josh. WiFi password will be posted, changed regularly.

Membership dues 2024 membership dues are coming up. Karen expects the list of names and addresses from the National office for solicitation of membership renewals in September.

Book Review: *To Dye For* By Aldean Wicker

I read a disturbing book called *To Dye For* by Aldean Wicker, published in 2023. The author is a long-established fashion journalist whose career shifted pathways when she heard about the plight of some flight attendants. They had been provided with new uniforms by the airline, and some of them got rashes, respiratory issues, and overwhelming fatigue. Her subsequent search to understand what happened consumed several years.



One difficulty involved figuring out where the fabric came from and who actually made the garments. It is not readily available information. Most of our clothing is made in other countries which generally have lax regulations. She eventually came up with a long list of chemicals that are used in the production of clothes. They are used to dye fabrics, make them water resistant, wrinkle resistant, stain resistant, and protect against sunburn. Some of them are used to improve the “feel” of the cloth.

In visiting some overseas fabric factories, she observed many instances of workers suffering severe health issues. Skin rashes and breathing problems were common. Autoimmune diseases and

hormone disruption are known to be exacerbated by chemical exposure. The employees are rarely provided masks or respirators, which are usually not mandated in underdeveloped countries.

Many fabrics are made from fossil fuel components. Polyester is one we commonly see on labels, as are acrylic, nylon and spandex. Natural fabrics such as cotton are often finished with synthetic substances such as dyes. The author tells of trying to find out where clothing items originate, and it is often nearly impossible to figure out. Regardless of where the items are actually sewn, the fabrics can come from many different countries.

Very little testing of what chemicals are in the clothes is required by US regulations. There are some standards regarding allowable quantities of specific chemicals but little is known about what happens if there are combinations of chemicals.

Not all of us are as sensitive as some to these chemicals, but some people have multiple sensitivities. Washing before first wearing does not necessarily remove all the potential irritants. The author did not address the issue of what happens to them once they are in our water systems.

Those with autoimmune disorders can become more ill due to what they are wearing. Some evidence suggests that fertility issues may be exacerbated by all the toxins we wear.

The author attempted to get some purchased items analyzed. It is fabulously expensive and each specific contaminant must be individually researched. The expense makes it prohibitive for consumers to do. She spent \$10,000.00 for 4 items to be checked for just a few chemicals. It did not even include PFAS. Other chemicals, including formaldehyde, were found, as well as several with long names, and reproductive interrupters.

My summary of the book is that we are minimally protected by regulations, and we have no idea of what damage is being done. To the degree possible, buy fabrics made with organic plant fibers.

Karen Ostenso

IWLA Minnesota Division Meeting August 12, 2023

Reported by Tim Johnson

Our Breckenridge chapter of the IWLA volunteered to host the most recent Minnesota Division quarterly Board of Directors meeting which was held on August 12. Jerry Steele led the planning committee. The need to have internet access to enable some directors to attend virtually served as a spur for our chapter to go ahead with connection to cable internet. The Minnesota Valley Chapter loaned us their Meeting Owl camera to use on the Zoom meeting so participant's faces would be zoomed in on as they spoke. This device is something our chapter is seeking to acquire in the future. Please keep us in mind for a donation of a device or funds to purchase one.

As usual, the agenda was packed so some of the business was conducted while eating breakfast and lunch with meals organized by Karen Ostenso, Susan Schmidt and Wendy Steele. Brian Raney (far right in photo) filled in at the last minute to take minutes in place of our secretary who could not attend. Division President, John Rust (seen speaking in the photo), thanked the Breckenridge Chapter for hosting "a great meeting for the Minnesota Division board" saying "everything went very well."

The meeting ran long as usual but was concluded in time for a number of chapter members to meet at Mississippi Gateway Regional Park with their naturalist to receive an update on the ongoing development there. We learned that construction has been delayed so the visitor center plans can be readjusted to save one of the ancient oaks near the site.

Following are some of the program reports heard by the directors;

- a. UMRI Report – **Dave Zentner/Ted Suss**
- b. BWCAW Mining – **Matt Norton**
- c. Lead Hunting/Fishing – **Steve Schaust/Tom Casey**
- d. DNR Native non-game fish – **Tyler Winter/Tim Johnson/Tom Casey**
- e. Mature/Old Growth Forests – **Lois Norrgard/Craig Sterle/Rich Staffon**
- f. ATVs/Trails in Minnesota - **Lois Norrgard/Willis Mattison**
- g. Wildlife Management Areas - **Craig Sterle**



September Haiku

Enjoy some September haiku
from John Moriarty's
*one day and three lines at a time:
a year of nature haiku*

Soaring Sandhill Cranes
Circling high above the land
Constantly calling



Ripening acorns
Fall to the ground by thousands
Provides food for many



Jerry and Josh repairing Woodpecker damage to the Chapter House.

Recipe from Barbara Franklin printed by request
BIG SOFT GINGER COOKIES

$\frac{3}{4}$ c butter
1 c sugar
1 egg
 $\frac{1}{4}$ c molasses
 $2\frac{1}{4}$ c flour
2 t ground ginger
1 t baking soda
 $\frac{3}{4}$ t cinnamon
 $\frac{1}{2}$ t ground cloves
 $\frac{1}{4}$ t salt

Additional sugar

In a large bowl cream butter and sugar until light and fluffy. Beat in egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture and mix well.

Roll into $1\frac{1}{2}$ " balls, then roll in sugar. Place 2" apart on greased baking sheets. Bake at 350° until puffy and lightly browned, 10-12 minutes. Remove to wire racks to cool.
Yield: $2\frac{1}{2}$ dozen

W. J. Breckenridge Chapter
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If you would like to submit an article for the Timberlines, please send it to
Barbara Franklin at: bbfrankli@gmail.com
Deadline is the First Day of each month.

All articles in this newsletter do not necessarily reflect the position of the Breckenridge Board of Directors. The Editor reserves the right to edit material as necessary.

Chapter House Rental Rates

Non-Members: (damage deposit: \$300.00;
\$200 for previous renters)

Monday through Thursday.....\$300.00
Friday, Saturday, Sunday & Holidays.....\$400.00

Members: (damage deposit \$100.00)

Monday through Thursday\$150.00
Friday, Saturday Sunday & Holidays.....\$200.00

Scouts: (damage deposit \$50.00)
Overnights.....\$50.00

*Rates and terms subject to change without notice; please
contact the Chapter for special circumstances.

The Rental Agreement and Renters Checkout List
are available on our website.

For availability, please contact Tim Johnson by email
johns860@mac.com.