



# TIMBERLINES

W. J. Breckenridge Chapter  
Izaak Walton League  
November 2023

[www.breckenridgeikes.org](http://www.breckenridgeikes.org)

## Coming Events

### November 2023

- 14 Board of Directors Meeting 7 pm
- 28 Social Educational Meeting 7:30 pm  
**Lori Naumann, Information Officer  
for the Nongame Wildlife Program of  
the Department of Natural Resources**

### December 2023

- 12 Board of Directors Meeting 7 pm
- 26 No Social Educational meeting

### January 2024

- 9 Board of Directors Meeting 7 pm
- 21 **Annual Holiday Party** 4 pm, Dinner 5 pm,  
Program: John Rust: *Exploring Wilderness*

**Social Educational Meeting:  
Tuesday November 28, 7:30 PM  
Lori Naumann, Nongame  
Wildlife, DNR**



Lori Naumann, information officer for the Nongame Wildlife Program of the Department of Natural Resources will update us and answer questions on the activities of the DNR, including, among other her other responsibilities, the popular EagleCam.

Lori grew up close to a lake with lots of undeveloped wetland and woods around it. As kids, she and her siblings spent a lot of time exploring the wild area, finding everything from baby toads and salamanders to raccoons and deer, and catching large catfish in the lake. It was magical experiencing an untamed wilderness so close to home and learning about wildlife from the time she was a young child.

Please stay afterwards for light refreshments and social time.

Lori Naumann released a young bald eagle at a University of Minnesota Raptor Center event in 2015.



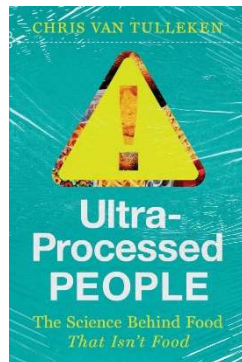
# Breckenridge Chapter Board Meeting Highlights

## October 10, 2023

**2024 Renewal Notices** have been sent out to current members and are due back by the end of the year.

**Citizen's Climate Lobby** The Board met on Zoom with potential speaker Andy Willette of the Citizen's Climate Lobby, a non-partisan group working to build political will, mostly at the Federal level; on "Carbon Fee and Dividend;" in an effort to solve the problem of greenhouse gases and advocate for wind and solar energy.

**Book Review:**  
***Ultra-Processed People: The Science Behind Food That Isn't Food***  
 by Chris van Tulleken



Review by Karen Ostenso

Recently Chris van Tulleken, a British doctor and researcher, published *Ultra-Processed People: The Science Behind Food That Isn't Food*. It is a distressing, depressing book with disgusting information. He took an in-depth look at the increasing incidence of obesity, primarily in the United Kingdom and the United States, to ferret out possible reasons for it. He does NOT paint a pretty picture.

From about the 1950s until now, a system of industrial food production and advertising that is driven by making money, has been expanding. Both big and small companies are involved. It is described as ultra-processed food - UPF. Research has reported that UPF makes up about 60% of diets here and in Britain.

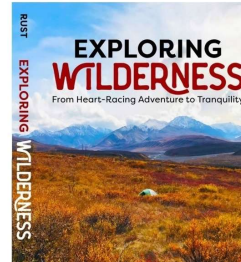


Izaak Walton League  
 Breckenridge Chapter House  
 8816 West River Road  
 Brooklyn Park, MN 55444

Saturday, November 11  
 4:30pm – 6:00pm  
 Refreshments Provided

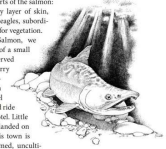
John Rust – Author of Book

**Exploring Wilderness**  
 From Heart-Racing Adventure to Tranquility



bears. Because salmon runs on the Alaskan Peninsula are remarkably prolific, as the bears gain weight, they often eat only the high-energy and choicest parts of the salmon: eggs, brains, and the fatty layer of skin, leaving the rest for grills, eagles, subordinate bears, or as nutrients for vegetation.

Arriving in King Salmon, we connect with the owners of a small hotel where we have reserved a room. They help us carry gear and a two-week supply of food for our stay in Katmai. We load our duffel bags into a big old SUV and ride one-quarter mile to the hotel. Little did we know that we had landed on a premier landscape. This town is encircled by a vast, untamed, unspoiled wilderness. The road in town connects King Salmon with the fishing town of Nainok on Bristol Bay. We walk across



Salmon (Dorothy/Annette) by Steve Bellinger



John Rust has been a member of the Izaak Walton League for 30 years and is the current President of the Minnesota Division.



Defenders of Soil, Air, Woods, Waters, and Wildlife

as it rolls by, surrounded by green-clad mountains. We peer down into the clear depths of the water and with almost every stroke of the paddle, we discover something new. There is a crab easily seen on the seabed. Over here is a pink sea star. Floating by is a large orange sea jelly, likely a lion's mane. Now, here are several translucent sea jellies with four clear, semicircular organs within them—moon jellies. At the fringe of many sea jellies, there are some organs with primitive eyespots (ocelli). Despite their delicate, gelatinous nature, sea jellies have survived on Earth for over 500 million years, and perhaps up to 700 million years, thus making them one of Earth's first multi-cellular animals.

For a couple of paddles accustomed to freshwater canoeing in the Boundary Waters, sea kayaking is foreign to our Midwestern experience and sensibilities. Paddling



Lion's mane jellyfish (Gyrodactylidae) by Steve Bellinger

A definition of UPF has been established. It is a long definition that concludes "Processes and ingredients used to UPF are designed to create highly profitable (low cost ingredients, long shelf life, emphatic branding, convenient) hyperpalatable products liable to displace freshly prepared dishes and meals." ( p 33)

An actionable definition is "if it's wrapped in plastic and has at least one ingredient you wouldn't usually find in a standard home kitchen, it's UPF. (p 6) There is a difference between UPF and processed foods. Processing can include frying, milling flour, butchering animals, pasteurizing milk, etc. This book is not focused on those types of processing.

We have all heard blaming of obesity on sugar, carbohydrates, starches, and high fat products. I cannot readily summarize the studies that show why this author concluded that such thinking is in error. However, his ultimate conclusion is that UPF is seriously contributing to obesity is increasing worldwide; and that the underlying objective is making money.

It seems counter-intuitive, but our bodies are programmed to burn a similar number of calories

each day, regardless of activity levels. When we are more active, our bodies then burn fewer calories when we rest. That means that increased activity will not cause significant weight loss. So, we must eat more calories in order to gain weight. The Coca Cola company sponsored studies concluding that we are gaining because we are not active enough, i.e. blaming us for gaining too much weight, not that we are drinking lots of Coke products. The study stated there was no conflict of interest by the authors. This was an out-and-out lie. Several of the authors were coordinating with the Coke company.

Artificial sweeteners are lambasted in this book. It seems reasonable that they cannot cause obesity because they contain zero calories. However, there is some evidence artificial sweeteners are associated with an increase in total calories and sugar consumption. When they are consumed with even a small amount of sugar, insulin levels rise. That causes a drop in blood sugar which increases hunger. In a sense, the sweet taste prepares the body for sugar, causing us to seek sweetness. Over consumption is probably the result.

Most UPF is reconstructed from whole food that has been reduced to basic molecular constituents, which are modified and reassembled. As such, it would be almost unpalatable, so it is made appealing by adding salt, sweeteners, colorings and flavorings. One expert summed it up as not food, but as “industrially produced edible substance.” (p 155)

The FDA is responsible for approving new food additives. A disturbing example of how this actually works is related to corn oil. A new method of creating corn oil was devised by an Iowa company in 2017. Rather than extracting it from kernels, it was made from the “mash” left over from making biofuel for automobiles. It contains antibiotics and other additives allowed in animal feed. The company wanted to process it further to use in human food. Ultimately, it was neither approved nor rejected by the FDA. Instead, they allowed it to no longer seek approval. At this time, it is not known if it is in our foods.

Nestlé company is totally panned. Most of its products are UPF and sold worldwide. It very aggressively marketed snacks by building a floating

supermarket and going door to door in Brazil. Obesity and type 2 diabetes rates rose dramatically.

Without going into the details in the book, suffice it to say that UPF end up addicting consumers. As with smoking and alcohol, not everyone is equally susceptible to addiction to UPF. Even on neuroimaging, the parts of the brain that are active in addiction are similar whether to substance or UPF consumption.

UPF have negative effects on the climate. The demands of producing UPF have caused farming to focus on a few specific crops rather than those plants that naturally grow in certain climates. It is most profitable to grow a lot of a small number of crops as compared with a small amount of many different crops. Thus, forests are being removed, lots of chemicals are being applied to the soil, and later more chemicals are put in the food product. Aggressive marketing is then added on top.

Reviewing this book is challenging due to the broad range of issues. I have covered very few. I can say that I am taking some actions based on what I read. I am no longer using margarine and will avoid artificial sweeteners. I will not eat Pringles nor frozen lunches. I will boycott Nestlé and urge our congresspeople to pursue changes in FDA management of food additives; and I will certainly look carefully at ingredient lists.

## Free Firewood

Help yourself to ash logs for your fireplace. Anyone is welcome to cut as much as they want into their preferred length.



# WLA Breckenridge Chapter Holiday Party

Sunday, January 21, 2024

\$25 suggested donation

Proceeds go to the Breckenridge Chapter's Scholarship Fund

**4 p.m. – Social Hour**

Silent Auction  
Hors d'oeuvres

**5 p.m. – Dinner**

Carol Knutson - Spectacular Catering  
Bring desserts to share!

**6 p.m. – Program**

John Rust  
*Exploring Wilderness*

Please RSVP to  
Barbara Franklin (bbfrankli@gmail.com)  
Call or text  
763-242-0432

*Everyone Welcome*



## November Haiku

Antlers in the brush  
The buck searches for a doe  
Love is in the air

From John Moriarty's  
*one day and three lines at a time:  
a year of nature haiku*

## Our Speaker Speaks On Conservation

Our members had a great opportunity in October to hear from Rep. Melissa Hortman, our District 34B representative and the Speaker of the House for the past five years, on important policy related to environmental conservation issues.

Melissa related how she became interested in politics the first time at the age of ten, watching Walter Mondale, running-mate of Jimmy Carter, in the spotlight. She had been raised, she described, by social justice Catholic parents who instilled in her brother and her, the recognition of their privileged circumstances and the understanding that “of those to whom much is given, much is expected”.

She was first elected in 2004 after a couple unsuccessful attempts, the first of which began over the issue of health insurance for childbirth. It was not long after she and our now Sen. Klobuchar had their first babies. Melissa found that her incumbent representative in the legislature was in the insurance business and was against expanding minimum coverage for mothers to 48 hours of hospitalization after giving birth. Klobuchar was lobbying the Minnesota legislature to do so at the time. Melissa wondered who might run to challenge that representative in the next election and noting no other volunteers, decided to run herself. She lost in 1998, bypassed running in 2000 and tried again in 2002, only to lose again.

As a young girl who had been raised in Spring Lake Park and Andover, Melissa graduated from Blaine High School and received her undergraduate degree from Boston University in political science and philosophy in 1991 *magna cum laude*. She worked as an intern in the US Senate for Al Gore and John Kerry before returning to Minnesota where she earned a Juris Doctor from the University of Minnesota Law School *cum laude*. It was much later, in 2018, while also serving in the legislature, that she added to her credentials a Master of Public Administration from Harvard Kennedy School.

Her initial interest upon finally being elected in 2004, was transportation finance where she felt enough was not being invested compared to what



Minnesota Division President John Rust fielded questions from the audience

she had seen elsewhere, including in Europe. With the collapse of the 35W bridge in 2007, she participated in the override of Gov. Pawlenty’s veto of the transportation finance bill which provided billions to ensure there was never a catastrophic bridge failure again in Minnesota.

After the 2007 release of the climate change report by the IPCC, Melissa started taking a serious interest in the issue and when the Democrats achieved a “trifecta” in 2013-14, she was appointed to chair the energy policy committee. She wrote the current laws on requiring investor-owned electric utilities to buy electricity from community solar gardens. The amount generated this way has since increased from 8 MW to 1792 MW per year.

Between 2015-2023, with divided government returning, conservation minded legislators were blocked for the most part by Republican Party majorities in either the House or Senate. But with Rep. Hortman’s elevation from Minority Leader to Speaker in 2019, many conservation bills were able to be passed in the House, only to die in the Republican Senate.

When asked why there seems to no longer be bipartisan support for common sense environmental conservation policy, Melissa answered that the Republican Party has changed drastically since she was first elected. She remembered the early days of her political career when Republicans like Rep. Denny McNamara, Rep. Dennis Ozment, Rep. Ray Cox, all Republicans, were willing to buck Party leadership on important environmental issues. She

noted that today, our thoroughly conservative Congressman Emmer was rejected for Speaker of the US House because he voted to certify our duly elected President and had voted for marriage equality. She thinks it unfair to put the blame on her side of the aisle for lack of bipartisanship.

In 2023, the voters again granted a governing “trifecta” to the DFL Party so bipartisanship was not absolutely required to pass environmental policy. Despite the unprecedented amount of consequential legislation passed in the first session of the biennium, many Izaak Walton League members were disappointed by the limited progress made in their particular areas of interest.

The Speaker reminded the audience at the beginning of her talk of some of the wins made possible by what some in the younger generation refer to as the “LFG” (formerly considered vulgar but now a more publicly acceptable term) approach. Bills which had been bottled up for a decade or more by divided government were suddenly able to pass. Melissa said that as Speaker, she was not going to repeat the mistake made the last time the DFL was granted control of the governorship and both legislative branches. Back then, the leaders had advised a go-slow approach so as not to rock the boat too much, avoiding any political risk. Of course that did not work and the opposition took control in the next election.

Instead, this session, she made clear her big agenda approach and appointed committee leaders whose judgement she trusted to shepherd the process. She emphasized she does not like leaders making decisions in back rooms and also does not believe in micro-managing. She said she doesn’t read every bill but she does track the process, making sure all the stake-holders are brought into the discussion.

Agreeing that our planet is “on fire”, she said we can take some comfort in knowing that “we are the leading state in the country on climate action”. She listed some big climate wins in the 2023 session; 1) 100% clean energy by 2040, 2) set aside \$500 million to leverage federal dollars, 3) changing the laws on solar gardens to make them more accessible to lower income folks, 4) solar panel installation on schools roofs, not only to generate electricity, but to

teach students its value, 5) new EV \$2500 rebates, used EV \$600 rebate, and \$1,500 rebate for eBikes.

She went on to list progress on some of the other environmental issues of particular interest to the Ikes including protection of our water from agricultural drainage. The bill that passed directed the statewide Drainage Work Group and BWSR to address the secrecy that has long kept drainage projects out of the public eye, with a report due in Feb of next year. She mentioned the successful “rough fish” bill Breckenridge Ikes had a hand in writing and which was sponsored by Rep. Sydney Jordan and our own Sen. Hoffman. On lead, she was proud to mention that \$1 million was secured for lead tackle outreach, reduction and exchange. Also, she mentioned some first steps at DNR with rules which require non-toxic ammo in SNAs and special State Park deer hunts. She said further restrictions on lead passed the House but the Senate wouldn’t agree, so we’ll have to try again next session. The Senate also blocked a bill to require Environmental Assessment Worksheets on expanded OHV trails, more work for next session. Melissa said she was not aware of the scuttled (by the DNR) bill to expedite the construction of an Asian carp barrier at Lock & Dam 5 on the Mississippi River but would look into right away.

Advising us on how we can best support our bill sponsors next session, Melissa emphasized writing to legislators. Repeated contacts matter. Make sure constituents show their home or work address, whichever makes sure the letters get past the constituent screening and get read. She was doubtful that bills to phase out sale of internal combustion small engines (“the public is not there yet”) or more restrictions on Concentrated Animal Feeding Operations (Ag industry is a very powerful lobby) could happen soon and would require years of public education and coalition building.

As for the future, in solid waste reduction, she favors policy that could improve results by moving away from the Single Stream model. She’s in favor of container deposit legislation but acknowledged that resistance is strong from bottling companies. “They tell consumers the drinks will cost more and workers will lose jobs” even if it’s not the case. In states where deposits are collected, recycling on containers is more than double ours. We need to

have a coalition of environmentalists and labor and an electorate that understands that they can get the deposit back and that unredeemed deposits could be used for environmental causes like cleaning our water. In future climate legislation, Melissa thinks we might focus more on combined energy and heat technology where natural gas energy plants find uses for their waste product (heat). In response to a question on Minnesota’s old growth forests, she called herself a “tree junky” of sorts and said she would favor offsets of natural gas & electricity use with tree planting. To get all this done, she said, we need to think about changing our constitution to allow for a full-time legislature to address the many issues facing our 5.5 million citizens and the \$52 billion dollar budget of government.



At the end of the Q&A, we thanked our Representative for her hard work on the environment and she stayed to talk further with those lingering to enjoy a big cake (decorated with a river) provided by the Sannes family. We all wish our Speaker of the House another successful session in 2024 passing laws to conserve our natural environment.

*Reported by Tim Johnson  
Conservation Issues Chair*

**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](mailto:johns860@mac.com).

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Brooklyn Park MN 55444



If you would like to submit an article for the Timberlines, please send it to  
**Barbara Franklin at: [bbfrankli@gmail.com](mailto: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.

## From Larry Kennebeck's Gallery

“More Prairie Blazing Star. I stood in a small area for over half an hour at a patch watching and photographing all the 50, or so different pollinators that the plant attracted.”

