

Lake Superior & St Louis River: Water Issues, Concerns and Progress

Nancy Schuldt, Water Projects Coordinator Fond du Lac Band of Lake Superior Chippewa

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Water Quality Standards --Clean Water Act §303(c)

- RBC adopted in 1998; EPA approved in 2001; latest updates approved in 2020
- Tribal-specific designated uses, including cultural and aesthetic
- Protect ecosystems, human health in the context of a subsistence lifestyle (criteria numeric and narrative)
- "Outstanding Reservation Resource Waters", "Exceptional Resource Waters" (antidegradation)
- Exercise sovereignty (jurisdiction over all waters of the Reservation)











THE VALUE OF NATURE'S BENEFITS IN THE ST. LOUIS RIVER WATERSHED

- Earth Economics 2015

- Goods: Wild rice, fish, traditional plants, outdoor recreational opportunities
- Services: Flood risk reduction, carbon sequestration, water purification

The goal of this report is to provide economic values for the ecosystem functions that exist within the natural landscape of the St. Louis River.





Multiple Stressors on Manoomin



Hydrology Competing Vegetation Monitoring and Assessment Research Regulatory protection

Keep our numeric sulfate standard!

Support basic research: Wild rice ecology, Sulfate toxicity

Add narrative criteria: "to protect the habitat and hydrology necessary to sustain healthy manoomin in reservation waters"

Food Security/Food Sovereignty





Economic Analysis

Contracted with Earth Economics:

- Provide more detailed analysis of manoomin's contribution to the Minnesota and tribal economies
- Data on tribal, state rice harvesters, processors; annual harvest data
- Developed IMPLAN model
- Evaluated scenario with reduced manoomin; economic impacts to tribes and the state, including increased health care costs, food replacement costs



http://www.eartheconomics.org/all-publications/manoomin

FISH ADVISORY FISH IN THIS SECTION OF THE ST. LOUIS RIVER ARE CONTAMINATED. MN. DEPT. OF HEALTH **RECOMMENDS LIMITING** MEALS OF THESE FISH. CALL MN. DEPT. OF HEALTH FOR MORE INFO. 612-627-5047

Mercury Concerns

- Boreal forest/wetland ecoregion is especially sensitive to mercury deposition and methylation.
- Some tribal members consume fish at a greater rate than the general population.
- Existing industrial sources in our watershed can also enhance mercury methylation rates; warming climate can accelerate further
- The statewide TMDL for mercury does not include the St. Louis River.





Q. Which waters in Fond du Lac have been tested?

N 1
Black crappie
Walleye
Black crappie
Northern pike
Northern pike
Bluegill
Walleye
Northern pike
Channel catfish
Northern pike
Smallmouth bass
Walleye

Notes:

- The guidelines in this brochure are based on mercury and PCB levels measured in fish from waters throughout Minnesota, including the reservation lakes listed at left and the St. Louis River along the reservation border.
- To obtain specific advice for Minnesota waters that have been tested by the state, please visit the Minnesota Department of Health or Department of Natural Resources (DNR) Web sites listed on the back of this brochure. You may also call the Minnesota DNR and ask to be mailed a DNR Lake Survey Report.

Mercury in fish collected and analyzed in 2001, 2008, 2015; Repeat in 2022

Work with MN Dept. of Health to determine safe consumption and offer guidance...but this is not a solution

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outside: panel a

outside: panel 3

Bought or Caught

Now much mercury is in fish depends on the

- Species. Some fish have more mercury than others because of what they ext and how long they live.
- Size, Smaller fish generally have less mercury than larger, older fish of the same species. Unlike people, fish do not get rid of mercury.
- Source, Fish from lakes in northeastern Misnesota generally have more mercury than in southern and central Minnesota. How clean a lake looks is not a size of here safe the fish are to eat.

Fish bought at a store or restaurant also contain mercury. Fam-resided flah, such as salamon, are low in mercury but can contain other contaminants that may be found in fish field. The amount of contaminants is small enough that fam-raised salamon are still good to eat 2 times a week.

Choosing sustainably sourced fish is a personal choice. Sustainably sourced fish are either caught or farmed without harming other types of fish or the environment.

LIGHT OR WHITE GANNED TUNAP

Choose canned light tana more often than canned white tana. Canned light tana hes 3 times tess mercury than canned white (atlacore) tans and is less aspensive.

Cooking, cleaning and contaminants

- You cannot remove mercury through cleaning, trimming fat or cooking. Mercury gets into the flesh of fish.
- You can reduce some other contaminants by trimming skin and fat when you clean and cook fish.



Fish to Avoid

Mercury levels are low high Do not eat the following fish if you are pregnant or may become pregnant, or are under 15 years old:

King mackerel

Muskellunge (muskle)
 Shark

• Swordfish

Tilefish

Raw fish may cause illness. If you are or might be pregnant, eat only cooled fish. Parasitas and bacteria in uncooled fish, such as such, on cause itness.

FOR MORE INFORMATION

Check out the resources below to learn more about contaminants in fish and to find recommendations to specific Minnesota lakes and rivers.

- Minnesota Department of Health health, state, mr. us, fish Boo-557-3008
- Misnesota Department of Natural Resources LakeFinder drg status me.ou/lakeFind/index.html

outside back cover (MDH version) Parmesan Salmon

Try this easy, tasty recipe for serving up a good source of energa-3s. Salmon has a rich, buttery taste and tender, large flakes. Serve with brown rice and a mixed green salad for up to 4 people.

What you need 1 pound salmon Rillet (not steak) 2 tablespoon Borgented Parmesan cheese 1 tablespoon horgeradish, drained 1/3 cup plain sonfat yogut 1 tablespoon julion mustand 1 tablespoon julica

How to prepare s. Arrange the fillet, skin side down, on foll-covered broller pan.

 Combine remaining ingredients and spread over filet.
 Bake at ago?f or bool on high for so to 15 minutes, until you can easily flake the fillet with a fork. Do not overcock fish.

- Other options • Grill on foil sprayed with cooking oil for so to
- s5 minutes.
 You can use tilapia, which has a mild, sweet taste and tender, large flakes. Tilapia has fewer calories and fat,



FOR MORE RECIPES Visit Choose YourFish.org to learn how to select and cook fish.

Developed by HealthPartners Institute in partnership with the Minnesota Department of Health, 2015.



St. Louis River Mercury TMDL

- MN, WI, EPA Region 5, FDL commenced in 2010
- States' focus on AOC multiple impairments, legacy contamination;
- Tribal focus on fish consumption advisories for mercury upstream loadings, watershed factors
- Mercury is the ubiquitous contaminant
- Off the rails in 2013, but...
- Renewed initiative in 2021, including funding from legislature: technical advisory group convened, agencies discussing roles and outcomes

St. Louis River/Interlake Duluth Tar



Natural Resources Damage Assessment and Restoration...final settlement!





US Steel Superfund site Great Lakes Legacy Act remedy: key to BUI/AOC delisting Also active NRDA action underway



Spirit Island: The sixth stopping place (Ojibwe migration story); now owned by the Band

SPIRIT LAKE BACK BAY concept design st louis river pokeaama bay st loais river



Oversight/Inspection of Enbridge pipelines during construction: Environmental compliance and cultural surveys Comprehensive surface and groundwater monitoring plan





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nancyschuldt@fdlrez.com 218-878-7110

