

TIDINGS

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of the Mississippi Headwaters

WINTER, 2000/2001

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From the Director:

Dear Readers:

After my column on E. Coli, I've decided that I was much too simplistic in my description of the 'bug' to our astute readers. Please read on:

"Hello Jane: After reading your

"From the Director" in the latest issue of Tidings, I thought I should send you this information about E. Coli. It is only the mutant strain E. coli O157:H7 [a bacteria/virus] that is the problem. It is important that people understand that destroying ALL E. Coli would create a serious problem. We should prohibit the conditions where the environment is perfect for O157 to multiply: feedlots and uncomposted sewage used as fertilizer."

"Here we go again — This 'bug' simply refuses to disappear from the news. Every time you turn around anymore, there are warnings about hamburger meat (involving Hudson Foods and E. coli, or non-pasteurized apple juice and E. coli, and now the latest issue in Michigan and Virginia - Alfalfa Sprouts and E. coli)."

"E. coli is the abbreviated name of the bacterium in the Family Enterobacteriaceae named Escherichia (Genus) coli (Species in the Department of Microbiology, University of Illinois at Urbana/Champaign, recently pointed me to information gleaned from G.W. Tannock's book, Normal Microflora, 1995, Chapman & Hall, which reveals that approximately 0.1% of the total

bacteria within an adult's intestines (on a Western diet) are represented by E. coli. Although, in a newborn infant's intestines E. coli, along with lactobacilli and enterococci represent the most abundant bacterial flora."

"Organisms which inhabit (mammalian) the intestinal tract as normal flora are named enteric bacteria. The Family to which E. coli belongs (Enterobacteriaceae, is named what it is because of the Greek word enterikos - which pertains to the intestine. The name Escherichia comes from the name of the person Escherich, who in 1885 first isolated and characterized this bacterium."

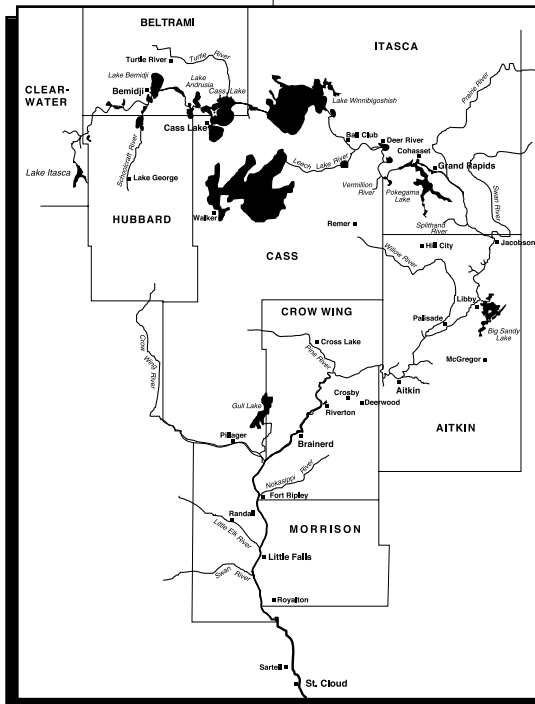
"E.coli bacteria are OK, for the most part. The presence of E. coli and other kinds of bacteria within our intestines is necessary for us to develop and operate properly, and for us to remain healthy. E. coli, along with other species of bacteria, provides us with many necessary vitamins for example: The bacteria make the vitamins, and we gladly absorb them. We pretty much depend upon E. coli in our intestines for our source of Vitamin K and B-complex vitamins."

Now you know "the rest of the story". Great information but I prefer thinking that I get my Vitamin K from lettuce and green tea. Some information is almost

more than I want to know. Thank you for writing!

In Public Service,

**Jane E. Van Hunnik, MS,
MHB Director**



Comprehensive Plan Update to be Delayed

At its meeting January 19, 2001, the Mississippi Headwaters Board (MHB) voted to delay for one year the revision of the Comprehensive Plan. The action was prompted by late submittals of comments and requests concerning planned unit developments, tribal interests, Beltrami County water-oriented accessory structures, and a request for addition of an "Urban Services" river classification with reduced standards. The MHB plans to complete the

Comp Plan revision in time for the 2002 Legislative Session. The goal of this revision was to clarify and refine the directives and guidelines from the 1992 Plan, while not reducing the minimum standards for land use. The MHB Comp Plan has provided special protection of the Headwaters Corridor since its inception in 1981. If you have questions or would like a copy of the Draft Plan, please contact the MHB Office at 218-547-7248.



Sustainable Lakes Project Workbook Available:

The results of the Sustainable Lakes Project, a cooperative effort of CURA (Center for Urban And Regional Affairs) and the Minnesota Lakes Association, are now available in workbook format. The Sustainable Lakes Planning Workbook; A Lake Management Model contains detailed descriptions of the model process for lake management planning, including instructions for conducting a lakeshore property owners survey, sample survey instruments, summaries of

the five pilot lake management plans, appendix on data assessment, a list of resource agencies for lake management, and a series of articles on land use impact on water quality. A spiral-bound printed copy of the workbook can be purchased from the Minnesota Lakes Association for \$25 (including shipping) by calling (218) 825-1909 or 800-515-LAKE. The workbook is also available online (PDF format) at [Http://www.mnlakeassn.org](http://www.mnlakeassn.org).

Oral History Project Update



Carl Fredrickson entered the University of Minnesota in the fall of 1940, and the next spring quarter, "which comes in the summertime", studied forestry at Lake Itasca State Park. The course work consisted of Dendrology [identification of all trees in North America], biology, ornithology, entomology, leaf collections and insect collections. He made the following observations in an Oral History Interview dated July 4, 2000:

"Then one day when Professor Chaney, who was one of the students' favorites, and we were out walking in the forest and studying these things, he suddenly pointed to the sky over

the lake and we saw an osprey that had caught a fish. The [osprey with the] fish was flying along but it was being followed by a bald eagle. The eagle kept coming closer and closer and pretty [soon] the osprey knew he was going to give up the fish and he dropped the fish but the eagle caught it before it hit the water. So Professor Chaney said that, "It's been reported that this happens but you are one of the few people in the world that will ever have witnessed this scenario". So we thought that was pretty exciting!"

"On another occasion when we were on our own, there was one Norway pine that had an eagle's nest in it and they had young in it at this time. Of course, it's at the top of a ninety-foot Norway pine, and so being an experienced environmentalist, we didn't talk about that in those days, but any way I decided I am going to go up and look at those small eagles. So I started to climb up this pole and it was like a telephone pole because there were no branches below, and I got up about forty-five feet and I looked up and one eagle after the other dove down at me. They had their wings folded and they came down right at me very fast and just before they got to me they spread their wings and pulled away but I could feel the wind from their wings. And the size of them was surprising to me. I had never been that close to that size eagle before. So then, I of course, started going down and



University of Minnesota Forestry students at Itasca State Park, 1941. Left: Harvey Metcalf. Top: left to right; Carl Fredrickson, Ed Neff and Harvey Metcalf crossing the Mississippi Headwaters. Right: Ed Shimek collecting insect specimens.



never went any higher."

As of Christmas 2000, the Oral History Project has logged in 50 interviews, and continues to transcribe and correct them. As we enter this third year of the project, we plan to continue collecting interviews with a more specific focus on the Mississippi River. We will also look at possible publications and cataloging the information for research purposes. For more information contact Patty Oliver at 218-963-4595 or the MHB Office at 218-547-7248.

Grasping Our Future

The Minnesota Historical Society is hosting three field workshops for people interested in historical preservation on a county or local level, including historical societies, government offices and libraries. They promise a stimulating round of sessions devoted to preserving for posterity - in print, on film and in our gathering places - the collective memories of the State's people.

Friday, March 30 in Hutchinson

Friday, April 20 in Albert Lea

Friday, May 4 in Duluth

Registration is required. For more information contact the Minnesota Historical Society at 651-297-4416 or david.grabitske@mnhs.org.

River Watch Greetings

Last year warmed us up for the new millennium, now we're ready to step into this new era. This fall has been an exciting time for the River Watch Program. We held two workshops for teachers, we're in the process of welcoming new schools into the program, and we are very busy planning this year's Youth Congress.

In September, we had two guests from Hach Company that spent the day with teachers at the Headwaters Science Center in Bemidji. The teachers brought their Hach spectrophotometers and any other equipment or questions that they had for the representatives. **Scott Brayton** and **Gordon Peterson** demonstrated techniques and answered individual questions.

November 29th we had an informational workshop held at the MPCA building in Brainerd. **Sheila Grove**, **Jeff Hrubes**, and **Doug Sandstrom** were our guests at this workshop. Sheila Grove works with Minnesota Public Health and gave a presentation on nitrate nitrogen in our groundwater. She also demonstrated the application of GIS for visualizing nitrates found in wells throughout Minnesota. Jeff Hrubes works with MPCA and gave a presentation on phosphates and water quality. He also presented the connection between and among the different water bodies, such as groundwater, lakes, and rivers. Doug Sandstrom is a conservation officer who is dedicated to education. His philosophy is that environmental education is an asset to reform and to the prevention of degradation. Doug showed the teachers how they could make any topic such as learning about water quality fun. Doug played the role of Regis, for the game "Who Wants to be a Millionaire?" with the questions pertaining to water quality issues. This workshop was fun for all of us and the three guests were an exceptional team.

Staples/Motley High School is our latest addition to the RW program. **Kerry Lindgren** is their teacher that's committed to the stewardship and the educational experiences that RW has to offer. He is set up doing the chemical analysis and is very interested in the collection of macroinvertebrates to enhance his program. We are currently working out the details for **Tom Lupella** of Pine River High School. He will be joining us in the spring. Tom is an exceptional person and I'm eager to see what he brings to our organization. Park Rapids High School is the third school that we'd like to see with us this spring. **Mary Anderson** attended the September workshop and is trying to work the program into her schedule. If all goes well, Park Rapids is a great place to have a river monitoring program. I'll meet with her in February on this issue.

I think that I have a wonderful group of volunteers to assist in the planning of the Youth Congress this year. We will have our first meeting on the fourth of this month. The theme of this year's event will be "Where's the Balance?" With the help of the great minds in the advisory committee, we will address some of the different values that make environmental decisions difficult. Some of these values are: scientific, historical, political, economical, cultural, moral, and aesthetic. The goal of the Youth Congress this year is to give students perspectives that pertain to the "real world".

I would like to close with a famous quote from Margaret Mead.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has."

Have a great New Year,
Tamie Fairbanks

Tenth Annual National River Cleanup Week set for May 12-19, 2001

Each year, National River Cleanup Week encourages cleanups of local waterways and promotes the importance of keeping rivers and streams clean. More than 54,000 volunteers took part in the last cleanup, June 3-10, 2000. Civic clubs, businesses, paddle sports enthusiasts, fishing groups, outfitters and conservation groups join together across the country to organize and execute cleanups of their selected streams. This stimulates cleanups of blighted areas and helps communities focus attention on neglected waterways.

America Outdoors, the largest national association of outfitters and guides is the founder and national sponsor of National River Cleanup Week. American Rivers is a supporter of National River Cleanup Week.

Since the beginning of National River Cleanup Week in 1992, 326,735 volunteers have participated in 4,080 cleanups covering 80,458 miles of shoreline and waterways. Many groups report their efforts are paying off with

greater awareness and community support occurring on the local level.

National River Cleanup Week assists local groups with information on how to conduct a successful river cleanup, how to promote their event, and provides safety tips. Groups that register their cleanups may receive free National River Cleanup trash bags for cleanups occurring during the week of May 12-19, 2001. Trash bags are subject to availability. Groups that register also receive a packet of educational materials prior to the cleanup week.

Registration is free and can be submitted online at <http://www.americaoutdoors.org/nrcw/natao10.htm>. A video on "How to Conduct and Organize a River Cleanup," narrated by former CBS News White House correspondent Bob Pierpoint, is available for \$10.95.

For more information please contact the National River Cleanup Week/America Outdoors office, by phone at 865-558-3595, or email at rivercleanup@aol.com.



Upcoming Events: *The MHB will meet the third Friday of every month.*

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| JAN 19: MHB Meeting & New Member Orientation, 9:00 a.m.
Cass County Courthouse, Walker | MAY 18: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| FEB 16: MHB Meeting, 9:00 a.m., Courthouse, Walker
Advisory Committee Meeting, 9:00 a.m.
Joint Meeting and Team Building Session, 1:00 p.m.
Zoning Training session(s) will be scheduled through MCIT | JUNE 15: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| MARCH 16: MHB Meeting, 9:00 a.m., Courthouse, Walker | JULY 20: MHB Meeting, 9:00 a.m., Courthouse, Walker
Tentative Joint Meeting with Advisory Committee |
| APRIL 20: MHB Meeting, 9:00 a.m., Courthouse, Walker | AUG 17: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| | SEPT 21: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| | OCT 19: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| | NOV 16: MHB Meeting, 9:00 a.m., Courthouse, Walker |
| | DEC 21: MHB Meeting, 9:00 a.m., Courthouse, Walker |

ROSSMAN WATER BOOKS ON-LINE

People interested in weather and water levels in the Mississippi Headwaters region now have a new source of information. The new website is open to public use at < www.minn-north.org> .

We would like to hear your comments!

The Mississippi Headwaters Board (MHB) is a joint powers board of Clearwater, Hubbard, Beltrami, Cass, Itasca, Aitkin, Crow Wing and Morrison counties, organized in 1980 to protect and preserve the natural, cultural, historical, scientific and recreational values of the Mississippi's first 400 miles. The Board protects the river by regulating land use on its shorelands; by monitoring water quality and taking actions to protect the health of the river, and by educating the river's users and neighbors on how to balance human uses with the river's ecology.

V. Foster, Chairman, Cass • D. Newland, Vice Chairman, Clearwater • S. Nelson, Secretary-Treasurer, Hubbard • J. E. Van Hunnik, Director
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