

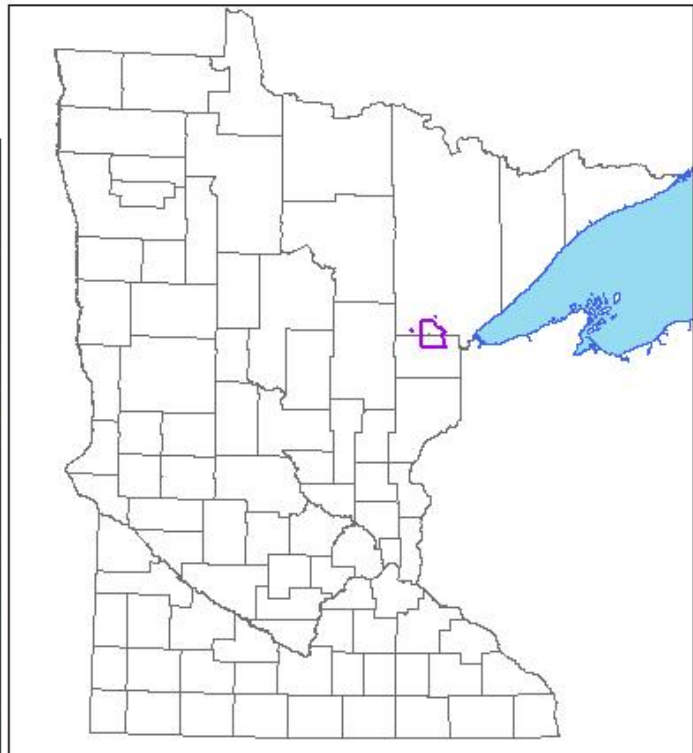
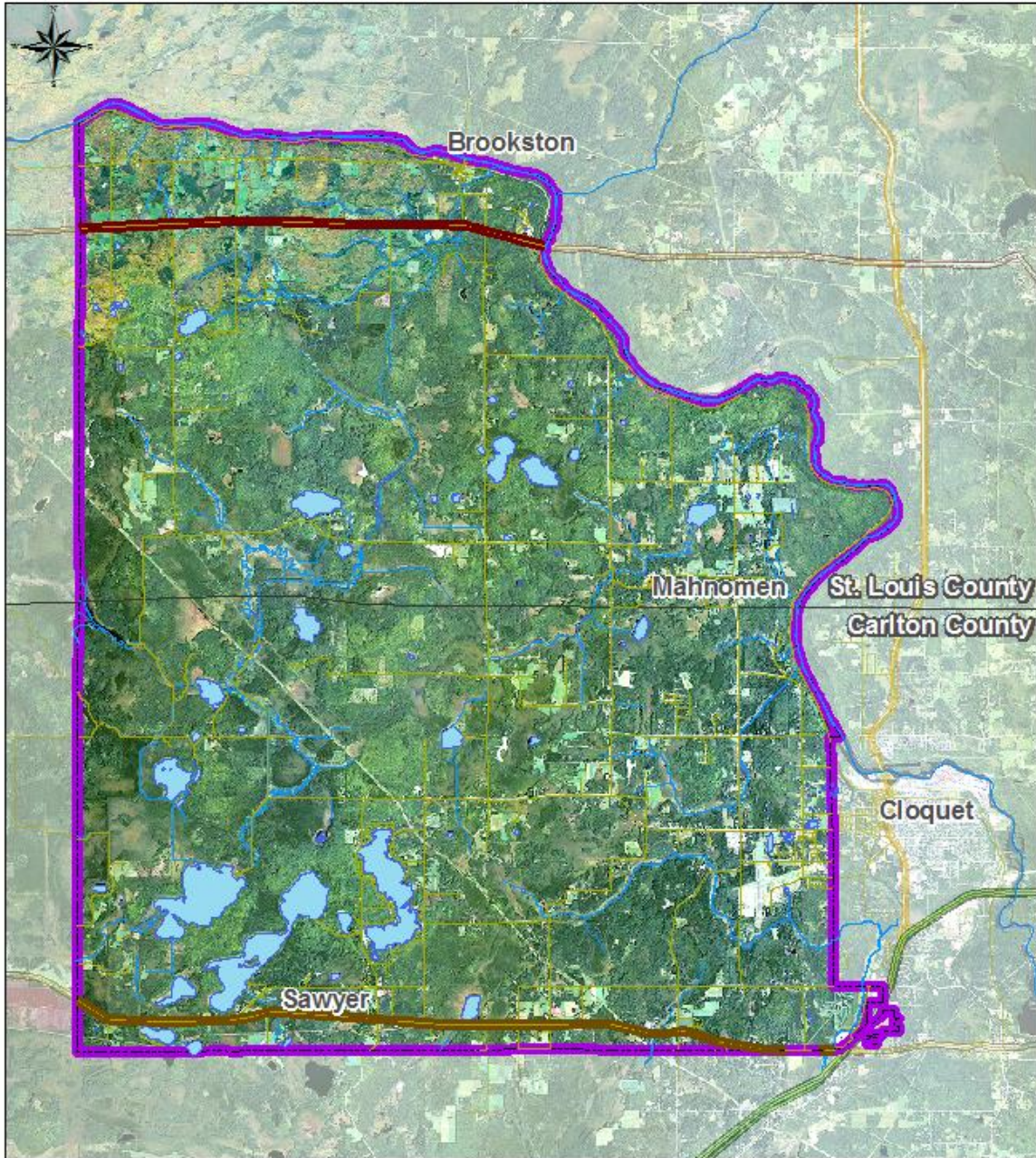
# Treatment as a State for §303(d) Authority

National Training Workshop for CWA 303(d) Listing and TMDL Staff 2017

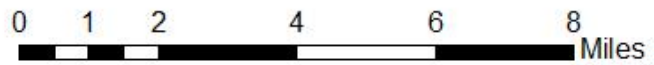
Nancy Schuldt, Fond du Lac Band of Lake Superior Chippewa



# Fond du Lac Reservation Location



- Major\_rivers
- Fond du Lac Boundary
- US Hwy 2
- State Hwy 210
- State Hwy 33
- Interstate 35
- Lakes
- Rivers and Streams



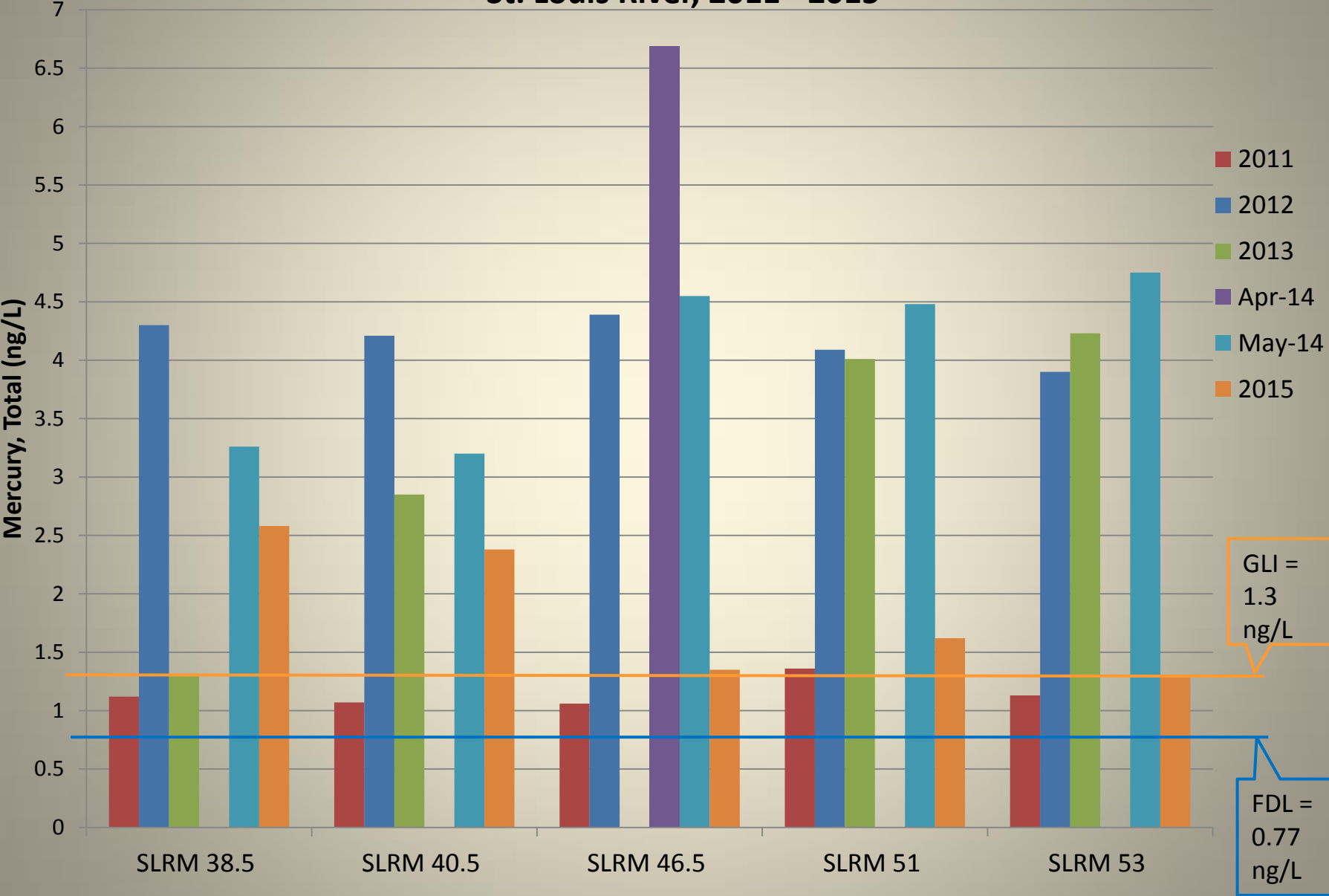




# Background: FDL Inquiry

- Baseline monitoring and assessment: only significant impairment was mercury in fish (also some WQ exceedences)
- Data across multiple media: air deposition, sediments, fish tissue, water column
- Approached Region 5 to discuss a tribal impaired waters program...CWA provides for that, but no guidance: critical gap

# Total Mercury for St. Louis River, 2011 - 2015



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

Lake or River	Species Tested
Joe Martin	Black crappie
Lost	Walleye
Pat Martin	Black crappie
Perch	Northern pike
Simian	Northern pike
Sofie	Bluegill
West Twin	Walleye
St. Louis River	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.

Fish tested in 2001, 2008, 2015; updated consumption guidelines

GLRI Human Biomonitoring Study; those who ate locally caught fish had significantly higher blood mercury levels

outside: panel 1

### Bought or Caught

Think: species, size and source

How much mercury is in fish depends on the:

- **Species.** Some fish have more mercury than others because of what they eat 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 Minnesota generally have more mercury than in southern and central Minnesota. How clean a lake looks is not a sign of how safe the fish are to eat.

Fish bought at a store or restaurant also contain mercury. Farm-raised fish, such as salmon, are low in mercury but can contain other contaminants that may be found in fish feed. The amount of contaminants is small enough that farm-raised salmon 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 CANNED TUNA?

Choose canned light tuna more often than canned white tuna. Canned light tuna has 3 times less mercury than canned white (albacore) tuna and is less expensive.



### 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.



outside: panel 2

### Fish to Avoid

#### Mercury levels are too high

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

- King mackerel
- Muskellunge (muskie)
- Shark
- Swordfish
- Tilefish

#### Raw fish may cause illness

If you are or might be pregnant, eat only cooked fish. Parasites and bacteria in uncooked fish, such as sushi, can cause illness.

### FOR MORE INFORMATION

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

- Minnesota Department of Health  
health.state.mn.us/fish  
800-657-3908
- Minnesota Department of Natural Resources LakeFinder  
dnr.state.mn.us/lakefind/index.html

outside: panel 3

outside: back cover (MDH version)

### Parmesan Salmon

Try this easy, tasty recipe for serving up a good source of omega-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 fillet (not steak)
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon horseradish, drained
- 1/3 cup plain nonfat yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice

#### How to prepare

1. Arrange the fillet, skin side down, on foil-covered broiler pan.
2. Combine remaining ingredients and spread over fillet.
3. Bake at 450°F or broil on high for 10 to 15 minutes, until you can easily flake the fillet with a fork. Do not overcook fish.

#### Other options

- Grill on foil sprayed with cooking oil for 10 to 15 minutes.
- You can use tilapia, which has a mild, sweet taste and tender, large flakes. Tilapia has fewer calories and fat, and also fewer omega-3s.



### FOR MORE RECIPES

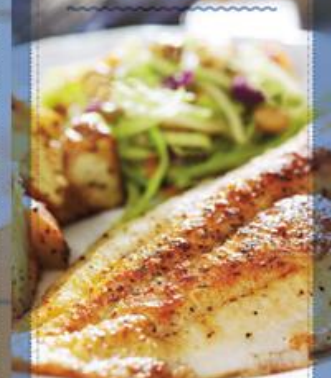
Visit [ChooseYourFish.org](http://ChooseYourFish.org) to learn how to select and cook fish.

Developed by HealthPartners Institute in partnership with the Minnesota Department of Health, 2016.

outside: front cover (MDH version)

DISH UP SOME

# FISH



MDH Minnesota Department of Health



Treaty fishing rights off-reservation;  
Encouraging healthy lifeways on-rez





# Minnesota Statewide Mercury TMDL

- Evaluated state, national, global emissions, sources
- Determined need to reduce statewide air emissions 93% over 1990 baseline
- Developed sector reduction goals, timelines

However, even if TMDL reductions are achieved, hundreds of waterbodies will still be too high for removing consumption advisories (primarily in NE Minnesota)

42

# FISH ADVISORY

FISH IN THIS SECTION  
OF THE ST. LOUIS RIVER  
ARE CONTAMINATED.

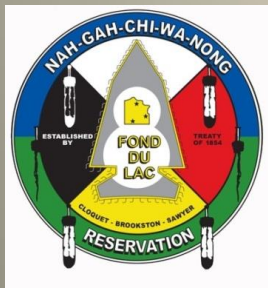
MN. DEPT. OF HEALTH  
RECOMMENDS LIMITING  
MEALS OF THESE FISH.

CALL MN. DEPT. OF  
HEALTH FOR MORE INFO.

612-627-5047

# St. Louis River Cooperative TMDL

EPA Region 5, Fond du Lac Band of  
Lake Superior Chippewa, Minnesota,  
Wisconsin



St. L

MDL



# NTWC Elevates to EPA HQ

- National Tribal Water Council had been engaging with EPA HQ on various approaches for increasing tribal water quality capacity, with/without TAS requirement
- Recommended that EPA develop guidance for tribes who are interested in pursuing impaired water program authority; ability to prioritize and initiate TMDLs
- Relatively quick and uncomplicated rulemaking process!
- Fond du Lac is preparing TAS application; however, do not anticipate crushing demand nationwide. Tribes are all unique, with their own priorities and capacities.

Miigwech!

