Hello everyone we hope that you are all doing well! The MECA Board has been working hard to plan educational opportunities that we are hopeful to hold later this year. Please stay tuned for important updates as we learn more!

- What’s Brewing | Microplastics: A Brewing Stormwater Issue at the Urban Growler in St. Paul, August 6th, 2020 (Page 3)
- Crow Wing Shoreline & Watershed Practices Tour 2020 in Crow Wing County, tentative date September 9th, 2020 (Page 4)
- Better Buffers | From Dirt to Butterflies at the St Joseph Government Center in St. Joseph, September 10th, 2020 (Page 4)
- Construction Dewatering Workshop at WSB University in Minneapolis, December 8th, 2020 (Page 5)
- 2021 Annual Conference at The Park Event Center in Waite Park, February 3-4, 2021 (Page 6)
MESSAGE FROM MECA BOARD MEMBER REBECCA FORMAN

“I’ll do it!” I responded when asked at the March 4th MECA Board Meeting who would write the next newsletter’s Letter from a Board Member column. It wouldn’t be too hard – I would be able to talk about how the What’s Brewing event went, review the 2021 Conference Planning Meeting that would have occurred, and promote some of the upcoming summer workshops.

Wow. What a difference a few weeks make. On March 27th, Minnesota’s Stay at Home Order went into effect, and life as all of us knew it changed. Suddenly, all of our plans became uncertain.

After rescheduling once, MECA gave up on trying to have an in-person planning event and finally held our 2021 Annual Conference Planning Meeting on May 6th – virtually. The board and meeting attendees came up with many new and innovative ideas for the annual conference that is scheduled for February 2-4 in Waite Park (near St. Cloud). However, we are always looking for speakers and topics, so if you have any ideas, please send them to meca@mnerosion.org.

While we know that it’s impossible at this moment to know how the summer/fall are going to go, we continue to plan events. We hope to offer the following events in a way that is educational, fun, and in accordance with State of Minnesota/CDC COVID-19 safety guidelines. The What’s Brewing event, which will focus on microplastics in our environment, has been rescheduled for August 6th. Better Buffers | From Dirt to Butterflies, a workshop on proper vegetative species selection and maintenance for both stormwater BMPs and pollinators has been scheduled for September 10th. And we’re nailing down details (tentatively scheduled for September 9th) for a shoreline tour in Crow Wing County.

We hope to be able to see you in person in the near future, and until then, please stay safe!

Rebecca Forman | MECA Board Treasurer

STAY CONNECTED WITH MECA!
(320) 685-5444 meca@mnerosion.org www.mnerosion.org
Join **MECA** at Urban Growler for an **inside look** at microplastics and our industry.

Microplastics pollution is a growing issue in Minnesota. Minnesota researchers have found microplastics in beers brewed with water from the Great Lakes. Microplastics have also been found in the metro Mississippi River and the river provides drinking water to 1.2 million Minnesotans.

Plastics are a common material in products we use every day, including our industry (e.g., erosion prevention and sediment control practices, such as silt fence, erosion control blanket, hydraulic mulch, etc.). Join us to understand the linkages to our industry and how we can be part of the solution.

**Speakers:**

**Peter Leete | MnDNR**
Microplastics and the linkages to the erosion control industry; how we can help

**Mary Kosuth, MSPH | University of Minnesota Microplastics Researcher**
Research findings and how microplastics have been found in beer brewed with water from the Great Lakes

Registration includes:
- Informational Session
- Q&A
- Brewery Tour
- Social with Appetizers and a Complimentary Beer!

**Thank you sponsors!**

**Thank you sponsors!**

**Register now!**

This Event Qualifies for ONE Professional Development Hour (PDH)
Shoreline & Watershed Practices Tour 2020

Featuring bio-engineered projects to tackle water-quality issues in urban & rural settings.

When: Wednesday September 9, 2020
Meet at East Brainerd Mall east end of Parking Lot, 403 8th Ave NE, Brainerd, MN
Registration at 8:00 AM, Leave for the Tour at 8:30 AM

Featured Project Sites
✓ Stream and Streambank Restoration
✓ Dam Removal and Replacement
✓ Shoreline Restorations
✓ Shoreline Stabilization
✓ Infiltration Swale
✓ Urban Stormwater Project Retrofit
✓ Stormwater Landscaping

Featured Practices
✓ Toe Wood and Soil Wraps
✓ Rock Arch Riffle Structures
✓ Coir Log Installation
✓ Native Perennials, Shrubs and Trees
✓ Buffers & Rain Gardens
✓ Curb-cut Catchments/Valley Gutters
✓ Vegetated Concrete Mats

Better Buffers From Dirt to Butterflies

This workshop will provide information on:
- Pollinators and Seed Mix Design
- Fascinating Pollinators
- Managing Soil Invertebrates for Healthy Soil
- Field Tour—College of St. Benedicts Campus
- More to Come!
UPCOMING EDUCATIONAL OPPORTUNITIES CONT.

More information and registration COMING SOON for all educational opportunities!
WHERE ARE THEY NOW? CATCHING UP WITH OUR 2015 MECA SCHOLARSHIP RECIPIENT CODY RITT

Cody received his B.S. and M.S. in Civil Engineering from North Dakota State University (NDSU), where his research focused on mitigation of eutrophic surface waters and the consequences of introducing nanomaterials into soil, highlighting the impacts it could have on soil integrity. His intensive involvement in research at NDSU and STEM outreach in the Fargo/Moorhead community inspired him to pursue the National Science Foundation Graduate Research Fellowship, which he received in 2016.

Cody is now entering the fourth year of his PhD at Yale University in the Department of Chemical and Environmental Engineering, where he has earned an M.S. and M.Phil. in Environmental engineering. His research has since shifted to the development of membranes used for desalination. Specifically, he is interested in applying solid-state nanofluidics to study the fundamentals of water and solute transport across nanoporous membranes.

After graduation, Cody hopes his long academic journey will bring him back to Minnesota, where he aspires to be a faculty member at the university to continue his research.

Thank you for catching up with us Cody, and best wishes for your future!

2021 ANNUAL CONFERENCE UPDATES

We have been busy “virtually” planning our 2021 Annual Conference! Conference planning is a lot different for us this year but with the help of a lot of great input from industry experts, we are confident that the 2021 conference will be great!

• The Park Event Center, Waite Park, MN
• Pre-Conference | February 2, 2021
• Conference | February 3-4, 2021
• Stay tuned for more details about the presenter lineup
• Registration opens in September

If you have a topic or are interested in presenting, please contact us!

PLEASE MARK YOUR CALENDAR AND WE HOPE TO SEE YOU THERE!
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SEDIMENT CONTROL | POROUS PAVING
PAVING FABRICS & GRIDS | GEOMEMBRANES/GCL'S
DRAINAGE MANAGEMENT | TECHNICAL SUPPORT

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This issue of the MECA Newsletter EROSION MATTERS will introduce a new column:

**Dear Dwayne.** In this column, Dwayne Stenlund, MSc, CPESC, an Erosion Control Specialist with the Office of Environmental Stewardship at the Minnesota Department of Transportation, will answer readers’ construction-related questions.

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**DEAR DWAYNE:** I really have a problem with silt fence. It is hard, scratchy and gives me leaches during installation in water. Are there any other perimeter control options that would be better for my personal safety and peace of mind?

-Going Crazy

**DEAR GOING CRAZY:** I am sorry to hear about your perimeter control water blights and tribulations. As you are aware that nature does not want to see the disease of sediment discharge, and Dr. MPCA requires redundant perimeter disease prevention, you should familiarize yourself with several perimeter psychology guidance documents:

- [Redundant Perimeter Control](#) by Dwayne Stenlund (DOT 2019) where he suggests the many options for sediment disease prevention, and the draft [Muck Perimeter Berms](#) still in debate with the medical sediment industry for efficacy and compliance.

This will help you know and understand that while silt fence has a place, there are many other more appropriate safety measures that include topsoil and muck berms (done by someone else, fantastic, no?).

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**HAVE A QUESTION FOR DEAR DWAYNE?**

Send it to meca@mnerosion.org
From all of us at the Erosion and Stormwater Management Certification Program

THANK YOU to course participants who signed up for an in-person spring class but were only able to take the course in an online format. We appreciate your patience and flexibility.

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University of Minnesota
Driven to Discover
erosion.umn.edu
During the summer of 2019, the team at Veit completed a dam removal, stream bank protection and stream restoration project in rural Carlton County. The project is located on Carlton County Road 103/Skunk Creek. The site was part of a watershed demonstration project completed in the 1970s that diverted Skunk Creek into a 4-foot concrete culvert and used a large concrete weir structure to handle high flow events. This structure blocked fish passage and caused significant erosion upstream and downstream of the structure. Two sites just upstream of the structure were eroding the toe of County Road 103, causing a public safety hazard during flood events. The project site was challenging due to red clay soils and a confined stream valley, along with the characteristically flashy nature of the Skunk Creek Watershed. Veit organized an experienced team to reshape and stabilize the bank near County Road 103, installing 250 feet of toewood and shaping the floodplain. In addition, Veit removed nearly 5,000 CY of excess clay from the dam site and restored the stream channel and valley where the concrete weir and culvert was placed. The new channel had 17 stream structures to hold the stream grade and provide fish habitat.

Veit went the extra mile to implement the Stormwater Pollution Prevention Plan and ensure the project was a success. They respected the resource and took the responsibility for the resource seriously. They carefully staged the project to minimize the potential for erosion and sediment loss and called off work when the soils were too wet for work to be completed in a suitable manner. This caused delays in the project’s completion but ensured that soil erosion was controlled. Veit was an outstanding project partner, providing excellent communication throughout the 7-week construction and took action when needed. The attention to detail and dedication to the project and resource continues after construction as they continue to do an excellent job of monitoring the site while we wait for permanent vegetation establishment. Shane Bergman was onsite throughout the project construction, and ensured the project ran smoothly. Veit recognized the value and sensitivity of the resource, taking extra care to reduce project impacts. About one month after project completion, a 200-year flood event occurred over the project area. Veit was at the project site hours after the rain had stopped, checking for flood damages. As a testament to their diligence, the restoration handled the flood flows with no washouts or erosion. Their commitment to this restoration will not only improve water quality, but also create and improve habitat for wildlife and improve public safety.

This project IMPROVED SAFETY on a county road, RESTORED CONNECTIVITY to about 7 miles of designated trout stream, RESTORED 1873 linear feet of stream and REDUCED an estimated 226 tons of sediment annually into Skunk Creek, a sediment impaired trout stream.
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SUSTÅNE Naturally...
These two stories are identical with the exception of replacing one word. Regularly utilizing ‘GET’ in place of ‘HAVE’ in our internal and external dialogue is an EASY way to begin the practice of daily gratitude.

**Story One:**
Each morning when the alarm clock sounds, I have to jump out of bed and get ready for work. I have to make my coffee and chase after my children to remind them to get dressed, brush their teeth and comb their hair.

On the way to daycare, I have to listen to the kids sing, chatter and - sometimes even - scream. Then off to work I go – because I have to. I have to earn an income to for my family. I have to work on projects, and I have to do so many things done. Sometimes I have to deal with difficult situations that push me to grow personally and professionally.

When I get home from work, I have to make dinner and then clean up the mess. Then, its bedtime for the kids and I have to read them their favorite story. I have to tuck them in and kiss their sweet faces. Now, it is time for more work! I have to finish some work emails; I have to do laundry and I have to pay some bills so that we can keep a roof over our head and enjoy the comforts of running water and electricity.

Finally, I have to climb in my bed and rest because I have to wake up early tomorrow and do it all over again!

**Story Two:**
Each morning when the alarm clock sounds, I get to jump out of bed and get ready for work. I get to make my coffee and chase after my children to remind them to get dressed, brush their teeth and comb their hair.

On the way to daycare, I get to listen to the kids sing, chatter and - sometimes even - scream. Then off to work I go – because I get to. I get to earn an income to for my family. I get to work on projects, and I get to do so many things done. Sometimes I get to deal with difficult situations that push me to grow personally and professionally.

When I get home from work, I get to make dinner and then clean up the mess. Then, its bedtime for the kids and I get to read them their favorite story. I get to tuck them in and kiss their sweet faces. Now, it is time for more work! I get to finish some work emails; I get to do laundry and I get to pay some bills so that we can keep a roof over our head and enjoy the comforts of running water and electricity.

Finally, I get to climb in my bed and rest because I get to wake up early tomorrow and do it all over again!

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**Notice the difference in the stories by simply replacing ONE word?**

**Why is practicing gratitude in our lives so important?**
Things are changing so quickly - we are all moving so fast - that we sometimes forget to slow down to be grateful for all that we have.

Finding gratitude in our everyday life is such a powerful tool to change our entire perspective on life and now you GET to try it too!

Read more about [7 Scientifically Proven Benefits of Gratitude](#)