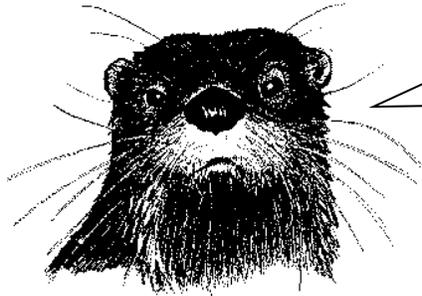




Farmington River News



Look inside for ways to help me and my friends on the river!

Want FRWA's e-news?
Text FRWAENEWS to 22828.

Issues and Activities in the Farmington River Watershed

Hot Summer, Cool Happenings at FRWA

Summer is a busy time for the Farmington River Watershed Association's team of River Steward interns and staff with river monitoring in full swing. And we continue to plan and host exciting events through the summer and fall including our River Cleanup, Aquatic Insect Sampling (RBV), Invasive Plant Removals, Rain Garden installations, and a Film Festival.

FRWA's Executive Director, Eileen Fielding, moved on in January and FRWA is working with TSNE MissionWorks to conduct the ongoing search for a new executive director. In interim, the skilled and cohesive FRWA team is working together to continue our mission and keep our work flowing smoothly.

Read through the pages of this summer edition of the Farmington River News to learn about our work and how you can get involved. Guaranteed, there is something in these pages to interest and delight you!



Above: Tommy Griffith and Glen Phillips-Griggs deploying HOBO temperature sensors in a watershed brook.

50 Years of the Wild & Scenic Rivers Act

The Farmington River Coordinating Committee is holding events in the Upper River Corridor, and FRWA is getting involved by hosting a Wild & Scenic Film Festival in Collinsville on September 22. See page 3 for details!

White Water Triple Crown

After two years of drought and low water, we hosted the Jamie McEwan White Water Triple Crown on July 14 and 15! River running and playing our way down the river is the essence of whitewater paddling.

This year we added an "experimental" event: a 'Free Ride' race that combines running the river, negotiating slalom gates and throwing in freestyle tricks all in one. It was a great way to bring together paddlers and all who love the river. See photos on our Facebook page.



Above: FRWA Board Member Andy Kuhlberg (second from left), holding a meeting before the start of the Triple Crown race.

The river is moving. / The blackbird must be flying.

- Wallace Stevens



Volunteers Needed! September 29, 10 AM-2 PM Farmington River Cleanup

Want to spend a morning outside, on the banks of a beautiful river or stream, helping to make it look even better? Every year FRWA hosts a River Cleanup along the banks of the Farmington River from Winsted to Windsor. It's a great opportunity to do something wonderful for your river.

We will provide all the supplies for the big day (gloves and bags), as well as snacks including sandwiches from Antonio's and pizza from Little City Pizza. We are on the lookout for pick-up trucks or other large vehicles that can help us get trash to the dumpsters donated by Waste Material Trucking Company of Unionville.

So where will you be? We do need lots of volunteers! If you are part of another group that might be interested, please let us know. Join us to meet your watershed neighbors and help us keep your neighborhood clean; it's a great opportunity to make new friends. Please call FRWA at 860-658-4442 or email apetras@frwa.org to register.

Cleanup starting locations

Avon: The Lions Club of Avon coordinates this location at Fisher Meadows.

Bloomfield: Coordinated by Wintonbury Land Trust.

Barkhamsted: TBD. Please call to register for this site.

Collinsville: Meet at Collinsville Canoe & Kayak. Our most popular site! Snacks provided.

Simsbury: Meet on the front lawn of FRWA headquarters. This is our main spot and also the place to grab a sandwich, pizza slice and other lunch items after you are done.

Windsor: Meet at Windsor Town Hall (please register for specifics) to clean popular Windsor locations such as The Boat Launch at the reservoir and Pleasant Street Park.



Call FRWA to sign up yourself, your family, or your group for the Cleanup at (860) 658-4442 or email your registration with a preferred meet up location to apetras@frwa.org. See you there!

Help us identify high quality waters:

-Become part of FRWA's Citizen Science Monitoring Team

-Join us to sample streams for aquatic insects as water quality indicators

RBV (Rapid Biomonitoring for Volunteer) workshops train volunteers to sample water quality by learning how to net and identify the aquatic macro-invertebrates (insects) that live in our streams. The types, number and diversity of these aquatic macro-invertebrates are indicators of water quality. Results help FRWA and the CT Department of Energy and Environmental Protection identify high quality streams and monitor water quality changes in the Watershed. Data is published in an online annual report by the CT DEEP. FRWA will hold a two-part training and sampling workshop:

Part 1, Indoor: Thursday, September 27, from 7-9 PM at FRWA, 749 Hopmeadow Street, Simsbury. Overview presentation of the CT DEEP's RBV program; we will provide materials, demonstrate techniques and explain the use of aquatic organisms in water quality monitoring.

Part 2, Outdoor: Saturday, September 29, from 9 AM - noon, (location TBD) Following the indoor training, participants will be able to participate in stream sampling. Experienced team leaders will be on hand to guide you through the process. No experience necessary and older children are welcome with an accompanying adult. Sampling will be held rain or shine; dress weather-appropriately and bring footwear for wading in water.

Advance registration required, email river@frwa or call 860-658-4442 to register. Let us know if you have a good, accessible riffle on a clean, rocky, babbling brook flowing through your property that you would allow us to access to sample.



Wild & Scenic Rivers 50th Anniversary Farmington River Celebration Events



2018 marks the 50th anniversary of the Wild & Scenic Rivers Act. Fourteen miles of the West Branch Farmington River received this designation in 1994 as a result of a great effort by citizens and FRWA to protect the river from a proposed diversion and other major water resource projects. Our river provides clean water, wildlife habitat, and recreation. It is critical that we work together to protect and preserve this natural beauty.

Film Festival—September 22, 6:30-9 PM



FRWA is curating a collection of pertinent short documentaries, including **River Connections**, a film about Partnership Wild & Scenic Rivers, which showcases our very own Farmington River. It will be a fun and illuminating evening with guest speakers, light refreshments and a raffle on Saturday, September 22, 6:30 to 9 PM at the Canton Town Hall Auditorium in the center of historic Collinsville.

Visit www.frwa.org to get your **tickets!** All proceeds go to FRWA to continue our efforts preserving, protecting, and restoring the Farmington River.

Award-Winning Author, Tim Palmer presents— September 30, 2:30-4 PM

Tim (at right) will show his photographs and share stories about the Wild & Scenic Rivers Act, a vital public initiative. Please join us in celebrating this path-breaking approach to conservation at 2:30 PM on Sunday, September 30 at Canton Community Center, sponsored by Farmington River Coordinating Committee.

Tim Palmer is the author and photographer of 25 books about rivers, the environment, and adventure travel. As a writer, citizen conservationist, and environmental planner he has been involved in the Wild & Scenic Rivers system almost since its founding. See his work at www.timpalmer.org.



Farmington River Quilt Tour

The Farmington River Quilt portrays 25 locations on the Wild & Scenic section from Goodwin Dam in Colebrook, to the Rainbow City Pool in Canton. It is a fine work of art extolling the remarkable values of the Farmington River. The quilt has been travelling! It was last at the Barney Library Hoppin Gallery in July and will be in more locations throughout the year.



*The Greenwoods by
Karen Eckmeier, section 18*



*Rainbow City Pool by
Roberta Peron, section 25*

Upcoming Wild & Scenic Events

September 7-8: Four Corners Quilt Show at First Congregational Church of Torrington, 835 Riverside Ave, Torrington

September 10-29: Quilt Display at Simsbury Public Library 725 Hopmeadow St, Simsbury

September 22: Film Festival at the Canton Town Hall Auditorium 4 Market St, Collinsville

September 30: Tim Palmer Presentation at Canton Community Center 40 Dyer Ave, Collinsville

October 1-30: Quilt Show, State Legislative Office Building, 300 Capitol Ave #5100, Hartford

Visit www.farmingtonriver.org for more details



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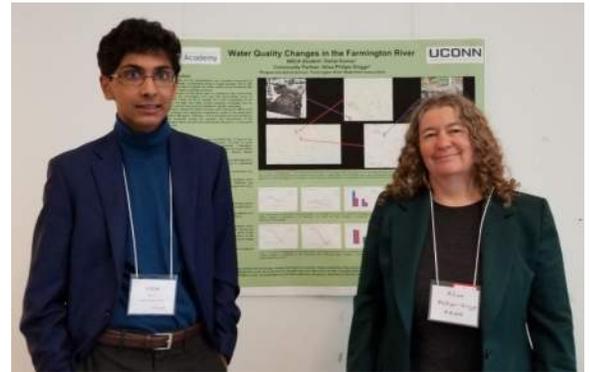
FRWA is a 501(c)(3) non-profit organization dedicated to the preservation and protection of the Farmington River and its Watershed through research, education and advocacy.

Summer River Steward Interns

This summer we welcome back Tommy Griffith, a recent graduate of Colby College and introduce Mohamed Oday, entering his junior year at Bowdoin College. They have been working hard and enhancing their knowledge with stream crossing assessments, water sampling, and lab analysis of water samples for E.coli bacteria. You can see Mohamed in action in the photo at the bottom of this page and Tommy makes an appearance on the cover. It is great having more help in the office as these two take on some of the arduous demands of the summer field season.

Mentoring the Future

FRWA mentored a local high school sophomore interested in pursuing a career in environmental science through the UCONN Conservation Ambassadors Program. CAP students engage in an exciting summer field experience and design an individual community conservation project to provide real solutions for their communities. With guidance from water quality specialist, Alisa Phillips-Griggs, Vishal Kumar conducted a seven month long research project investigating conductivity and the effect of deicing salts on the Farmington River and tributaries. He presented his findings at the Connecticut Conference on Natural Resources at UCONN in March. Vishal also volunteered in the FRWA water quality lab and helped us deploy HOB0 water temperature loggers throughout the watershed.



E. Coli: A Water Quality Heads Up: It's been a sizzling hot summer!

Have you been cooling off in our delightful streams and rivers? We have. We are fortunate to have an abundance of fresh, cool water in our region. One thing to keep in mind however is that storm water can carry pollutants and disease-causing bacteria. We've found some very high levels of E. coli indicator bacteria in waters we've tested after heavy rains this year. Enjoy our waters, but maybe hold off on swimming in muddy, swollen waterways after storms. For our latest E. Coli data, visit our Water Quality Monitoring page at FRWA.org and click on "E.Coli Reports".

FRWA Awarded Grant to Buy HOB0s

FRWA has been awarded a "Swim Splash Smile" grant from the National Park Service Wild & Scenic Rivers program and the National Park Foundation's Love Your Park campaign to purchase more HOB0 water temperature loggers. Our HOB0s record water temperatures hourly throughout the year in multiple locations in the Watershed. We monitor ambient in-stream temperatures to identify and document cold water habitat for anti-degradation and stewardship, and to assess long term trends. Our data is shared with the CT DEEP and uploaded to the regional SHEDS (Spatial-Hydro Ecological Decision System) Stream Temperature Database.



Glen, Vishal and Mohamed setting up to deploy HOB0 water temperature loggers in Center Brook



Stream Bugs & Pond Critters September 23, 10-12 PM

Discover the fascinating underwater life of our watershed with FRWA Water Quality Monitoring as we explore Walton Pond and Poplar Swamp Brook at beautiful Winding Trails in Farmington. Spend the morning pond-side and wading in the brook to observe, identify, and marvel at the life histories and ecology of insects and other creatures that inhabit still and flowing waters. Learn how and why we use aquatic insects in our watershed-wide water quality monitoring.

We will provide nets, buckets and expertise; you need only bring your curious mind. We meet at Nature's Porch which is Winding Trails' beautiful certified Connecticut grown building. We will go outdoors rain or shine. Please dress for the weather and wear appropriate footwear to wade into shallow water (water shoes, old sneakers, or waders.) This program is open to all ages but children must be accompanied by an adult. *Registration is required by 3 days prior to the event; please register through the Winding Trails website: <http://www.windingtrails.org/register/?id=864>*



Above Right: Simsbury Girl Scouts studying the "Wonders of Water" are wowed by "stream bugs" in Stratton Brook .

Team Building with Invasive Plant Removals

Since 2005, FRWA has been working with botanist Bill Moorhead removing invasive Japanese barberry (*Berberis thunbergii*) in the high floodplain forest of Avon's Fisher Meadows park. FRWA and our partners mapped this unique habitat during our multi-year Biodiversity Project that culminated in 2003.

Every year, we have been heading into the woods with volunteer groups to remove this invasive shrub and other invasive plants such as burning bush and garlic mustard. Over the past 13 years we have improved our skills and techniques removing this dense pricker bush and can now boast of a 20 barberry plants pulled per hour, per person rate! We accomplish this with a new tool we discovered online called the Honeysuckle Popper. Clearing areas of this forest piece by piece is incredibly rewarding and a great team builder. The hours invested have paid off - Bill Moorhead has documented numerous native plants recolonizing the opened forest floor!

Many thanks to Bill for his boundless energy and sound research methodologies that keep us going back, year after year. A special thanks to United Way of Central and Northeastern Connecticut for helping us connect with volunteer groups every year, and a super thank you to all the employees of the various companies and schools who have assisted us in this effort, including The Hartford, Travelers, United Technologies, United Health Group and Avon Old Farms school.



Right: A group of Travelers employees posing in the recently cleared (of invasives) forest.



Is this You? How you Manage Yard Waste May Harm our Water Quality

Grass Clipping Don't Belong In the River

People who choose to live along our beautiful river love our river, they would never consciously do anything to harm the river. But did you know that dumping grass clippings, leaf litter and yard debris into, or along, our waterways can damage water quality? As this organic waste breaks down in the river it adds excess nutrients like nitrogen and phosphorus to the water.



Lawn Care Phosphorus is one of the most troublesome pollutants in storm water runoff. Phosphorus comes from many sources and is the primary cause of water quality problems in our lakes and streams. Everything that is or was living contains phosphorus. It is in leaves, lawn clippings and animal wastes. It is an ingredient in most lawn fertilizers. When leaves, lawn clippings, animal wastes, fertilizers, and soil are picked up by stormwater runoff and are carried directly to our local lakes and streams, they inundate the water with phosphorus. This excess phosphorus causes increased algae growth and leads to unwanted and uncontrolled growth of native and non-native aquatic weeds.

Apart from looking unsightly, excessive algae blooms can block out sunlight and deplete oxygen levels in the water, which can lead to fish kills. Some stretches of our beautiful river are already plagued by early summer growth of the aquatic invasive plant, curly-leaf pondweed, (*Potamogeton crispus*). This unsightly and annoying invasive plant chokes the waterways and snags rower's oars and kayaker's paddles. It slows the water, allows sediment to accumulate and creates more habitat for itself.



Curly-leaf Pondweed image from ct.gov.

Intelligent and kind lawn management can help maintain water quality in our streams and rivers. Check out www.riversmartct.org for more ways you can help protect our beautiful watershed.

Rain Garden Installations

FRWA is working with the City of Bristol to address polluted stormwater runoff in the Pequabuck River (a tributary of the Farmington). This fall FRWA will be installing rain gardens planted with native plant species at Page Park in Bristol. These installations will reduce stormwater pollution and enhance the natural landscape by providing habitat for birds, bees, and butterflies and will also serve as an educational site. We are thrilled to be continuing with more installations this year thanks to grant funding and support from the City of Bristol.



Want to get involved? Plant your own rain garden using the UCONN rain garden app (found at nemo.uconn.edu) and check out RiverSmartCT.org for more resources. It is great for the watershed, for native plant species, and can help reduce basement flooding.

Contact FRWA if you know of a public location where a rain garden could be installed with FRWA's assistance.



One of several rain gardens at Keney Park Sustainability Project FRWA installed in 2017.



Water as a Public Trust

FRWA, along with many stakeholders, collaborated on the development of Connecticut's first Water Plan based on legislation Simsbury State Representative John Hampton originally introduced in 2014. The Plan recently was signed by Governor Malloy for immediate implementation. "I firmly believe that water is a public trust and should be preserved and protected for generations to come because Connecticut's water is also a finite and invaluable resource." - John Hampton July 26, 2018.

What's Ahead Is Up to Us: FRWA in Your Planned Giving!

As environmentalists we can agree that, especially in this political climate, we need to step up to protect the ecosystems we cherish. We have decided that an excellent place to continue our support is by including the Farmington River Watershed Association in our planned giving. Please join us!

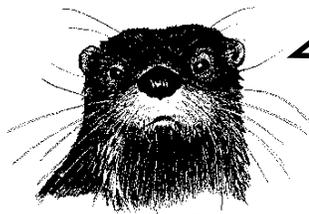
The Farmington River gives us so much - open space, solace, critical wildlife and aquatic habitat, renowned fishing and recreational opportunities and outstanding natural beauty. For over 65 years, the Farmington River Watershed Association has been the river's primary watchdog and advocate. Governmental layers of protection could come and go, therefore support from those of us who live locally is critical.

Planning ahead financially by all of us who are river supporters, will make a huge difference in the future of the river and this organization!

Thank you!
— Sarah and Dan Hincks



Sarah and Dan Hincks enjoying the watershed. Sarah was an FRWA board member from 1996-2012 and board president from 2001-2005.



Planned giving allows you to preserve your income sources and/or investment principle over the course of your lifetime, while allowing you to make significantly larger gifts to FRWA! IRS approved tax strategies can guide giving in variety of ways such as: bequests, retirement plans, life insurance and trusts.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Check one: **I want to donate now:**
 \$40 **\$60** **\$120** **\$150** **\$250** **\$_____ other amount**

____ I have enclosed my check payable to FRWA, or please charge my ____ MasterCard or ____ Visa.

Card #: _____ Expiration Date: _____ Amount \$ _____

Name on Card: _____ Signature _____

Please send to: Farmington River Watershed Association, 749 Hopmeadow Street, Simsbury, CT 06070

Credit card donations may be submitted online at www.frwa.org via our secure online contributions server or phoned in to Aimee Petras at (860) 658-4442 x 201.

FRWA 2018 Autumn Events

September 22: Wild & Scenic Film Festival, Canton Town Hall Auditorium in Collinsville
September 23: Stream Bugs & Pond Critters, Winding Trails, Farmington
September 27: RBV Workshop, Part 1, FRWA headquarters
September 29: RBV Workshop, Part 2, LOCATION TBD
September 29: Farmington River Cleanup
September 30: Tim Palmer Presentation, Canton Community Center
October 1-30: Farmington River Quilt Show at State Legislative Office Building, Hartford
Please visit FRWA.org for the entire list of events and registration requirements.

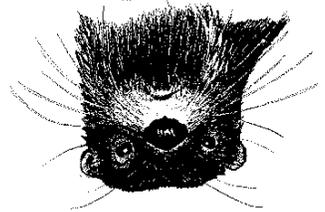
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