



NSRWA
therivershed.org

July 2009

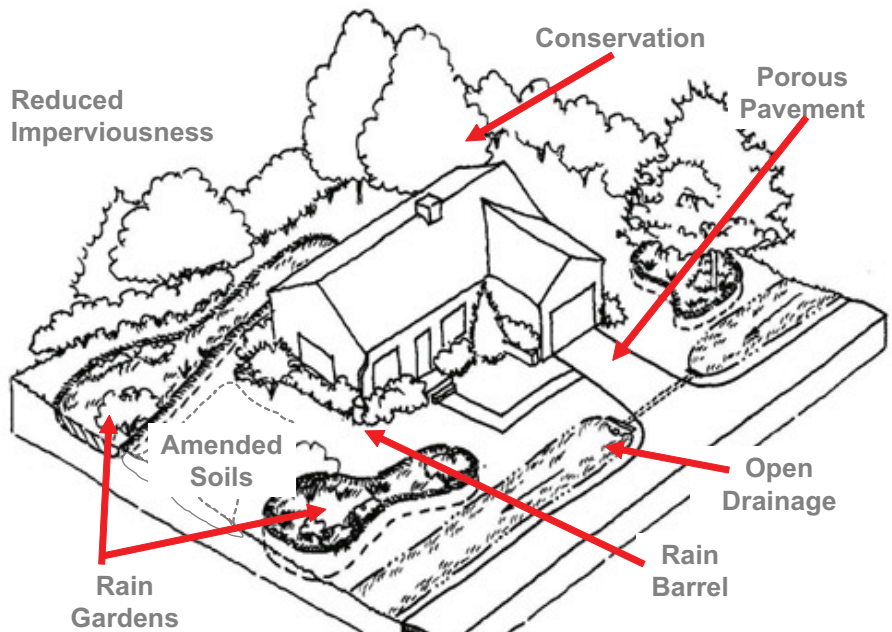
RiverWatch

THE NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION, INC.

Reconnecting the Water (Re)Cycle

Before you sit down to read this article get a glass of water from your tap and take a look at it. Can you guess how old it is? Hard to believe it is as old as the planet - about 4.5 billion years. At one point the water in your glass may have been a cloud, in the oceans, in a glacier, in a river, lake or stream, or stored underground somewhere on the planet. Water in all its various forms is a finite resource, cycled and recycled on earth. What we have today is all we are going to have.

Starting with the introduction of water to our watershed, rain falls onto the ground, your house, your yard, the roads, the parking lots and buildings, and drains into stormdrains that may run into a stream, pond or the ocean or the water runs off to a lower elevation where it might seep into the ground. The water that seeps into the ground gets filtered, slowly removing pollution before it gets to the groundwater table and replenishes that water stored under our feet. The water that is moved quickly over paved or developed surfaces to rivers and streams is



Reconnecting the Water Cycle at Home.

flushed downstream and lost to the watershed often accompanied by sand, oil, heavy metals, fertilizers, pesticides, and trash.

In an undeveloped watershed 50% of the rain is filtered back into the ground, 40% is evapotranspired through vegeta-

tion, and 10% runs off the surface. In a developed watershed 60-90% of the rain becomes stormwater runoff leaving anywhere from 10-30% left to filter back into the groundwater and to be evapotranspired through vegetation. Whenever we pave over our land or even just clear the land we are effectively replumbing the watershed -- instead of replenishing our watersheds' water supplies through infiltration we change rain into runoff.

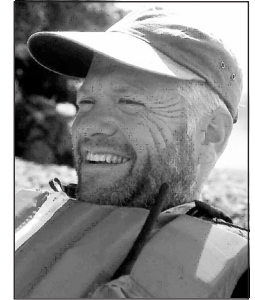
We also change the water cycle and water budget when we move water to our homes to drink it and then flush water to a wastewater treatment plant to be treated and discharged often outside the watershed or further downstream. Depending

Excerpted from a Seneca Greeting

"...We walk about and see the waters. We see many different kinds of water. The waters that flow in small streams and the one in great rivers and the ones in great oceans and we also see that water is very central to our life. About the first thing we do in the morning when we get up is we use water to wash ourselves with, we use it to cook with. We need the water. Within our veins flows that water. We want to extend greetings and thanksgiving to the water and all the water life, so be it our minds."

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Letter From The President



When we are thirsty we need only to go to the kitchen faucet for a glass of tap water or to the refrigerator for a bottle of “spring” water. Often our connection to water ends at the tap, whether we are showering, running the dishwasher or watering the lawn. Collectively as Americans, we go to that tap to the point where individually we use 100 to 176 gallons of water each day just in our homes. The tap gives the illusion of infinite supply. Although our consumption of that supply is astronomical, we spend virtually no time having to retrieve, collect or transport this basic human need. In contrast, an African family on average, will use about 5 gallons of water each day. For them, collecting and transporting water is a daily, time consuming task. One could argue that this disparity over the usage and distribution of water is the least recognized social challenge the world faces today. One billion people lack access to a safe supply of drinking water. Quantity isn’t the only issue, the quality of water is just as important, at any given time, one half of the worlds hospital beds are occupied by patients suffering from a water-related disease. Does this mean that every time we refill our ice cube trays we need to be conscious of water as a key component in social justice and how the inequitable access to this universal basic need has divided us across geo-political lines? I suppose we could and we might use a lot less ice but, we can appreciate the benefits of water conservation in our daily lives. Understanding the late Jacque Cousteau’s premise that “the water we have is the water we have” can remind us that there is a finite supply of water and that how we choose to use it has a direct impact on both our neighbors, and the amazing cycles that drive the Earth’s engines both globally and locally.

Rabindranath Tagore speaks of being connected to water in this way: “The same stream of life that runs through the world runs through my veins night and day. It is the same life that emerges in joy through the dust of the earth into numberless waves of flowers.” Tagore’s words are true in the literal sense as well. The stream of life does run through our veins. On average sixty-five percent of our bodies by weight is water. Water runs through our bodies in surprising quantities, nearly forty liters flow in our cells as intracellular fluid, blood plasma, cerebral spinal fluid and so on. Our respiratory and circulatory systems are constantly regulating how, where and for what reasons that water is being used. As you read this newsletter, you are sharing that water with your neighbors sitting right next to you. Ambient humidity and air temperature trigger the movement of water through your skin and lungs to the surrounding air. Yes, there is a finite amount of water, that since the beginning of time has been recycled through water vapor, sea water, trapped ice, precipitation and your sweat. Which makes it possible for one of the water molecules flowing through your body to be the very same molecule that flowed through a migrating gray whale thousands of years ago. Water is a shared resource, a commodity, a necessity, a binding, bonding, borrowed connection to each other and the Earth.

It is amazing to me that while standing on the banks of the North or South River, watching the river flow by, there is a direct connection to every corner of this Earth in the water that runs through our backyards. A little bit of Africa, a little bit of migrating whales, a little bit of famous marine biologists and a whole lot of opportunities to make choices that will preserve our resource.

*Doug Lowry
President*

NSRWA's 22nd Annual River Clean Up Day

River Clean Up day was a great success with over 60 volunteers pitching in and helping to rid our rivers of trash. While every year we think we see less trash at the usual spots (or at least it is smaller) we still seem to identify new sites along the rivers and tributaries to tackle. This year we hauled a hefty amount of trash from the old railroad bed walk out to the Herring River in Scituate.

Thank you to Whole Foods Market for their generous support of this event-they donated all the delicious quality hot dogs, hamburgers, baked beans, chips and all the fixings. Clean Up Chairman and long time NSRWA board member, Mark Norton, did his usual great grilling.

Penney Gustafson of Marshfield was the winner of the Heritage kayak and paddle generously donated by Doug Gray, owner of Billington Sea Kayak in Plymouth. Other paddling gear prizes were donated by MTI Adventurewear - thank you MTI.

Thank you all who help us keep our watershed a beautiful place to live.



The 7th Annual Kayak Expo

The NSRWA's March Kayak Expo has become an annual harbinger of spring. This year's Expo at the Norwell Middle School was bursting with over 15,000 square feet of displays. Including kayak and row boats from classics to high tech, every kind of related gear, tour companies, paddling clubs, as well as surfing and paddle board equipment were new this year and four standing room only slide presentations on related topics. The popularity of kayaking has exploded over the years and more recently the growing popularity of kayak fishing. Expo

attendees were not disappointed with the best selection ever of kayaks outfitted for fishing, fishing accessories and lectures on the subject. In spite of the economy, vendor sales were up this year, as they offered extraordinary deals and discounts on kayaks and accessories.

Back by popular demand was the Kid's Corner featuring "Stormy" the 15 foot inflatable duck and fun but environmental educational activities for the many children who attended.

Special thanks to the NSRWA Expo Chairman, Roger Crawford, for organizing

this event for the seventh straight year and our board members, volunteers and the vendor's who made this a fun and colorful event worth attending every year.



2009 Kayak Expo Vendors

- Bending Branches
- Billington Sea Kayak
- Cal Tek
- Charles River Canoe & Kayak
- Crawford Boatbuilding
- Crosby New England Kayak Tours/
Malone Auto Racks
- Duxbury Bay Rowing - Little River
Marine
- East Wind Rowing
- EMS
- Levitare Surf and Skate
- Marshfield High School
Boatbuilders
- MTI Adventure Wear
- Nantasket Kayaks
- Nor' Easter Surf Shop
- Osprey Sea Kayak Adventures
- Paddler's Shop at Rivendell Marine
REI
- Scituate Harbor Master
- Ski Market
- U.S. Coast Guard Auxillary Flotilla
12-8
- Wampanoag Paddlers
- West Bridgewater Berwick, Inc.
- Wild Turkey Paddlers

The High Cost of Lawn Watering

In summer, water usage in most towns almost doubles primarily due to lawn watering. Towns work feverishly, bringing water to stringent drinking water standards to meet the summer demand.

“I wonder if people ever really stop to think that they are putting drinking-quality water on their lawns,” said David Tower, business manager for Weymouth’s Water and Sewer Department.

Not only are people putting drinking water on their lawns, the cost of producing and delivering drinking quality water comes at a quickly escalating cost. For example, one chemical that Norwell and many other towns use to adjust pH levels is potash. According to Jack McInnis, Norwell Water Superintendent, the price of potash is growing astronomically. “Potash is a limited raw material and world-wide demand is growing exponentially, pushing the cost up.” Norwell normally uses approximately 40,000 gallons of potash per year, which

in 2007, cost \$1.75 per gallon, and today, just two years later, costs \$5.25 per gallon. “You can do the math,” he said.

Towns have to add many other chemicals to bring water to drinkable standards, such as chlorine for disinfection, aluminum sulfate for removing color, potassium permanganate for oxidizing manganese and iron, and fluoride to prevent tooth decay.



Ken Morse, water quality technician for Aquarion Water Company that serves Hingham, Hull and parts of Cohasset, notes, “Many chemicals that we use are petroleum based so when the price of oil

goes up, so does the chemical’s cost. Added to that is the increasing cost of diesel fuel to transport the chemicals to our plant in big 18 wheelers.”

To deliver drinkable quality water to each household is an incredibly energy intensive process. In most towns, the water department is the largest energy user. Jack McInnis described what he has to do to bring Norwell’s water from

underground wells to people’s homes. “We first pump the water from our groundwater wells, then drive it through the water treatment plant with high pressure pumps, and then pump it up almost 200 feet into water storage tanks, so we can distribute it through the water mains. This process takes significant amounts of energy.”

Kingston is one of a very few fortunate towns, because little has to be done to

make their water drinkable. Matt Darsch, Kingston Water Superintendent, said that Kingston’s water is naturally pure because it is filtered groundwater pumped from wells. However, like Norwell and the other towns, Kingston has to pay a huge electrical bill to pump the water from the wells, and distribute it through the system to each household.

Cohasset, on the other hand, has to spend tremendous amounts of money trying to deal with the organic material that so often comes with a surface water system. Lily Pond, the town’s reservoir,

“I wonder if people ever really stop to think that they are putting drinking-quality water on their lawns.”

David Tower, business manager,
Weymouth Water and Sewer Department.

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LIKE A FISH OUT OF WATER

Balancing Streamflow with Human Needs

The primary goal of a restoration project is to restore habitat in some way, typically by improving water quality or habitat availability. In a river or stream, the water quality and habitat availability is very dependent on water quantity. The water in streams comes from groundwater and precipitation. A natural stream system has seasonal fluctuations in water quantity. These fluctuations are distorted when the stream is impounded, the groundwater is withdrawn for human use, and the watershed of the stream is converted to impervious surfaces that increase runoff.

In Scituate, the First Herring Brook has been subjected to impounding, groundwater withdrawals, and the impacts of an increasingly developed watershed. Over the past few years, the NSRWA and the Massachusetts Bays Program have been working with the town and a large group of partners to evaluate the feasibility of restoring diadromous (fish that travel to and from the ocean for part of their life cycle) fish passage and healthy instream habitat in First Herring Brook. The project began when the First Herring Brook Watershed Initiative (FHBWI) wanted to quantify the flow in the brook and its tributaries. They partnered with the Massachusetts Riverways Program to monitor flow and establish stream gauges as part of the Riverways RIFLS (River Instream Flow Stewards) program.

The project was given additional urgency when the town was looking to increase its water withdrawal permit with MassDEP from 1.73 million gallons/day (mgd) to 1.85 mgd, which provided an opportunity to include streamflow requirements in the permit and make efforts to improve fish passage and habitat in the system. A coalition of local,



Scituate Reservoir (an impoundment of the First Herring Brook) off of Rte 3A During a Drought (2007).

state, and federal partners was gathered to evaluate the current habitat and passage status and determine ways to improve them. One of the crucial parts of this effort was an EPA grant received by the Nature Conservancy and Tufts University to use a water demand modeling tool called WEAP (Water Evaluation and Planning) through the Stockholm Environment Institute. To supplement the water demand modeling, NSRWA and Mass. Bays partnered with Mass. Riverways and Mass. Division of Marine Fisheries to monitor the habitat in both Old Oaken Bucket and the Reservoir to determine whether the water quality was supportive for resident and migratory fish.

The fish ladders in the Old Oaken Bucket system are not properly designed to pass fish, so replacement of the existing fish ladders with new ladders will be essential to restoring this system. The other crucial part of this restoration will be to

ensure that enough water is available for habitat and passage during the most important seasons or “bioperiods” - enough water for upstream migration is typically not a problem, but adequate instream water and wetted habitat during the summer (when water demand and subsequent withdrawal from the system is highest) and enough water during the late summer and early fall for outmigration can be an issue. The modeling effort sought to reconcile these ecological flow demands with the municipal water demands.

The results of the ecological surveys and the modeling have demonstrated that there is definitely restoration potential for the First Herring Brook, especially in typical years (i.e. not “drought” years). One major modeling result was that a new source of water should be considered to reduce pressure on the

continued, next page

town water system enough to allow regular release of water from the Reservoir to maintain flow throughout the drier parts of the year. The next step in the project will be to work with the town to plan the next restoration steps and seek funding to initiate fish ladder improvements.

The NSRWA and Mass. Bays would like to thank all of the project partners for their time and expertise: First Herring Brook Watershed Initiative, MA CZM, MassDEP, MassWildlife, MA DMF, Mass. Riverways Program, The Nature Conservancy, NOAA Restoration, Scituate Water Department, Scituate Water Resources Committee, Stockholm Environment Institute, Tufts University, US FWS.

By Sara Grady, PhD, Watershed Ecologist and Mass Bays South Shore Regional Technical Assistant.



Sampling in Old Oaken Bucket Pond - Part of First Herring Brook and Water Supply for Scituate.

Reconnecting the Water (Re)Cycle, continued from page 1

on where the water is moved to and from and the timing of that movement, the streams that depend on groundwater replenishing them can be left with a deficit.

Much like our own financial lives, watersheds have budgets too and they need to live within them if they are to support all

of the dependents that rely on it. The goal for water use is 65 gallons per person per day. Next time you get a water bill see how you compare!

July's NSRWA newsletter is all about our water cycle, the costs and benefits of dealing with it and how we need to all live within

its budget better if we are going to create sustainable watersheds for our future generations to enjoy.

by Samantha Woods, Executive Director

The High Cost of Lawn Watering, continued from page 4

is chock full of organic material, which interacts with chlorine, leaving unhealthy byproducts. Jared Hill, Cohasset's Water Superintendent, said, "Cohasset has been contemplating the purchase of an innovative new system, called the Miex System, which removes organic material, and consequently reduces the undesirable byproducts. This system can cost around \$5 million, because we have to retrofit our plant." He noted that fewer chemicals would be needed to treat the water with the Miex system, but that the payback would be a long time out.

Many other costs go into creating drinkable quality water. Constant lab tests

and tracking the results require plenty of staff time, as does the daily adjusting of the chemical inputs. Add to that the cost of building and maintaining the water distribution system, and as David Tower of Weymouth concluded, "Hopefully people will begin to realize the tremendous amount of human effort, chemicals and energy required to bring them the water they are putting on their grass."

Debbie Cook, Manager of the Greenscapes program at the North and South Rivers Watershed Association said, "Rather than irrigate our lawns with precious drinking water, there are many, many alternatives that are very simple,

cost-effective and environmentally friendly that can conserve our water." A few ideas include reducing lawn area by replacing it with native plants, using rainbarrels and cisterns to capture free roof runoff water, and altering watering habits. "The best time to water grass is at dawn. Watering in the middle of the day is actually harmful for the grass, and most of the water (our drinking water) evaporates away." For many more water-conserving landscaping ideas, visit www.greenscapes.org.

*by Debbie Cook
Greenscapes Program Manager*

NSRWA Fundraising Events

Kayaking In Downeast Maine

September 12-19 2009

Join us on this one week long, all inclusive sea kayak camping trip among the Isles of Downeast Maine. A typical day could start with crepes with Maine blueberries and fresh brewed coffee or tea delivered to your tent door, followed by a stretch and yoga. We could go for an exploratory paddle among the dozens of isles off the village of Stonington. We will plan to stop for a picnic lunch and a short hike to vantage points, where we can see Acadia and Penobscot Bay. We'll arrive back to camp in time for a glass of wine and a dinner that will include organic vegetables grown just a stone's throw away. We will finish each day with a relaxed evening under the stars. We will pick up camp and move to another island on one of the days to add to the sense of adventure. This fund-raising trip for the NSRWA is designed for folks of all kayaking abilities and recognizes that participants are on vacation. We will emphasize fun as we include activities like natural history, kayaking skills and an outdoor baking class! Your Guides/Hosts will include among others, Carolyn Sones and Doug Lowry, NSRWA Board Members and long time paddlers.

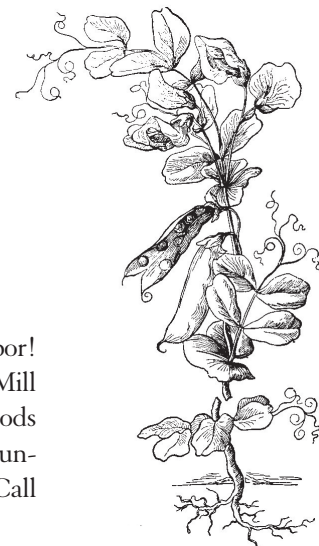
The price is \$1,000 per person, proceeds to benefit the NSRWA. Please join us for this adventure and help the NSRWA accomplish its mission!



Food for Thought

Monday, September 28th 6:30 - 9:30 pm
at the Mill Wharf in Scituate • \$60 per person

Celebrate the harvest while watching stunning views of Scituate Harbor! Join us for an evening of wonderful local food and drink at the Mill Wharf in Scituate. Local restaurants will provide samples of fresh foods with an emphasis on using locally grown ingredients. No one goes away hungry! Island Creek Oysters, grown in Duxbury, will be on hand this year. Call the NSRWA to reserve your spot today!



Watershed Notes

REPRINTING OF THE ANNUAL REPORT: It seems that our last newsletter (April 2009) was mysteriously lost within the bowels of the U.S. Postal Service. Some members received it but many others did not. We have reprinted the Annual Report in its entirety within this newsletter.

THANKS FOR KEEPING COMMUNITY PRESERVATION STRONG, SOUTH SHORE! Many communities were facing proposals at their town meetings to decrease the percent contribution to the Community Preservation Act within their communities. We are thrilled that all of the communities who had this before them decided that Community Preservation is worth it! Thank you to all of our members who voted to keep it strong in Marshfield, Duxbury, Hingham and Norwell.

NIK'S PADDLE: As we go to print Nik Tyack is just completing his paddle of the Wampanoag Canoe Trail Passage - all 72 miles of it! So far he has raised over \$6,000 for the NSRWA. Thank you so much Nik! We will be telling you more about his trip in our next newsletter.



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Sign Up for Email News on Rivernet

Want to keep more up to date with watershed happenings?
Please sign up for our email news online at www.nsrwa.org!

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NSRWA
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Annual Report

www.nsrwa.org

2008 • THE NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION

Watersheds are Worth the Investment!

The NSRWA would like to thank all of our members, businesses, supporters and partners for their continued support in the face of so much economic uncertainty. We know it is not easy to give when the future seems uncertain, but giving to a nonprofit is still one of the best investments you can make.

We make every dollar donated go a long way in protecting and restoring our watershed. For every \$1 you donated last year, the NSRWA leveraged an additional \$1.75...that's a 175% return on your investment in clean, healthy, sustainable watersheds and rivers!

The struggle to protect and restore our water and rivers is a long and difficult road. The immediate pressures people feel every day are real and often overwhelm us, making it difficult to see the forest through the trees. But real progress has been made and will continue to be made if we are committed to making our rivers and watersheds healthy for our children and grandchildren to cherish and enjoy. We hope we can count on your continued support while we navigate these troubled waters. The watershed and rivers we leave for the next generation will be the measure of our commitment today.

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Memorial Gifts

Many people love the rivers and many have generously given memorial gifts to the NSRWA in the name of a loved one in honor of their lives. We wish to thank each

Endowment Contribution

The newly-created NSRWA Endowment Fund was generously seeded with gifts in memory of Sarah Morse Lamb. Sara Lamb died on June 12, 2008. Mrs. Lamb summered in Humarock and Wills Island on the North River. According to her daughter, the rivers held very special meaning to her for they were the playground of her youth, the place she met her husband, where she made a living (she was the owner of the North River Packet, Inc) and most of all the rivers provided her peace and respite from daily cares. She would have been proud to know of the generosity shown in her name to help sustain the rivers that she loved.

and every one of them for their commitment to the rivers.

In Memory of Ruth Ferrara

Elizabeth Lamphier
 Maggie Walker

In Memory of Jack Hilton

Valmai Hilton

In Memory of Sarah Lamb


Kathleen & David Donahue
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THE NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION

The mission of the North & South Rivers Watershed Association is to preserve, restore, maintain and conserve in their natural state, the waters and related natural resources within the watershed.

Our goals are to:

- *Restore the water quality of the rivers by identifying and correcting adverse impacts;*

- *Encourage stewardship of the watershed through public education, outreach and recreation programs; and*

- *Promote responsible growth by working in partnerships to preserve open space, scenic vistas and sensitive natural resources.*

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 phone: 781-659-8168
 www.nsrwa.org

Treasurer's Report

As with the rest of the nation our organization is feeling the effect of the economic downturn. Our grant income is declining and there is uncertainty as to the amount of future grant income. If we are to continue our mission to protect, educate and restore the watershed, we need the support of our members more than ever.

On a more positive note our endowment fund has finally come to fruition. We funded it with over \$62,000 and the money is now invested in a Vanguard brokerage account. In keeping with the prudent man rule, we are proceeding with the utmost caution. A little over half is invested in a Vanguard US government money market fund and the remainder in an FDIC insured certificate of deposit. Part of the Endowment Fund was funded by the Fairbanks family in memory of Sarah Morse Lamb. Establishing this endowment fund is an important step in the longterm financial health of the NSRWA.

Members who wish to honor a loved one's memory with a contribution to the Endowment Fund are now able to do so. Of course all contributions, for what ever reason, are welcome. The NSRWA also participates in a program for those who wish to contribute an automobile, motorcycle or boat.

Finally, as always, we appreciate the support of all of our members who value the work of our organization.

Richard E. Leach, Treasurer

NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION • 2008 Statement of Financial Position

Total Assets	\$530,955	Major Sources of Funds	
Total Liabilities	\$ 47,265	Government Grants:	\$223,755
Net Assets	\$ 485,912	<i>Environmental Protection Agency</i>	
Total Liabilities and Net Assets	\$530,955	<i>Department of Environmental Protection</i>	
		<i>Department of Conservation and Recreation</i>	
		<i>Massachusetts Bays Program</i>	
		<i>Town of Cohasset</i>	
		<i>Town of Hanover</i>	
		<i>Town of Kingston</i>	
		<i>Town of Marshfield</i>	
		<i>Town of Norwell</i>	
		<i>Town of Pembroke</i>	
		<i>Pine Hills</i>	
		<i>Town of Scituate</i>	
		<i>City of Weymouth</i>	
		Foundations and Trusts:	\$ 28,676
		<i>Sheehan Family Foundation</i>	
		<i>Island Foundation</i>	
		<i>Bilezikian Family Foundation</i>	
		<i>Sylvester Foundation</i>	
		<i>Scituate Rotary Club</i>	
		Individuals & Corporations:	\$146,108

**Not reviewed by Accountant*

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NSRWA's Summer 2009 Events

Get on the Water!

Registration for paddles is required as space is limited. Please visit nsrwa.org or call 781-659-8168. You must provide your own equipment, PFDs and signed waiver forms are mandatory. Suggested donation for all paddles is \$10.



The paddles are Watershed Explorer Club Activities - children under age 17 must be accompanied by an adult.

History and Ecology of the North River - Couch Beach Paddle

Saturday July 11th, 2:30 - 5 pm
Marshfield Conservation Area

Learn about what species live in the river, what a salt wedge is (its not a salad!), and historical points of interest on a guided tour of the North River from the Marshfield Conservation Area up to Couch Beach. We will stop for a snack so bring some water and a bite to eat! Remember the Union Street /Bridge Street bridge is under construction,. Please plan accordingly-access is only from the Union Street side!

Sunset/Moonrise Paddle to the Spit

Wednesday, August 5th
6 - 8pm
Driftway Conservation Area

Back by popular demand our Sunset/Moonrise paddle! Enjoy a leisurely paddle on the Herring River in Scituate with us out to the Spit. While at the Spit our guides will provide some information on the coastal geology of the Spit as well as information on the species that call the Spit home. Moonrise is at 6:47 pm, sunset is at 7:56 pm. We will leave the Spit just before sunset to avoid paddling in the dark.

Wild Rice Paddle

Saturday Sept 19th
2:30 to 5:30 pm
Hanover Canoe Launch

Wild rice (*Zizana aquatica*), also known as Indian Rice is found on the slower flowing portions of the North River and Herring Brook in Pembroke. It is a favorite food for many of the wildfowl that frequent the rivers. Join board member, Andy Hebert, for a couple of relaxing hours as we paddle and float our way down the river collecting wild rice into our kayaks. Methods of collection, drying, removing the hull and ultimately, favorite recipes are our goal. Bring a container to hold the rice you collect.

Yoga at the River's Edge

Saturdays, 8:30-10 am, June 13 - September 19 at various outdoor locations.

This popular program is now in its 13th season! Join certified yoga teachers Kezia Bacon-Bernstein, Marnie Bacon, Claire Manganello, Jerry Mulhall, Mary Norton, Page Railsback, Kate Stone and Mary Whidden for outdoor yoga classes at beautiful locations along the North and South Rivers and their tributaries. Visit www.nsrwa.org for more info, or email hellokezia@verizon.net.

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ADVERTISE WITH US!

Reach over 2600 environmental activists, outdoor enthusiasts, paddlers, rowers and boaters, families, fishermen, and people who love and want to protect our rivers!

Contact: Debbie at 781.659.8168 or debbie@nsrwa.org. Download our informational brochure from www.nsrwa.org



Calling All
Paddlers!

THE GREAT RIVER RACE

Saturday August 22
Norwell Boat Ramp

*PLEASE BE ADVISED THE UNION/BRIDGE
ST BRIDGE IS CLOSED TO CAR TRAFFIC -
CAR ACCESS TO THE RACE IS FROM THE
NORWELL SIDE OF THE RIVER.*

Pre-registration is strongly encouraged. Day of race registration will begin at 11:30 am. Race starts at 1 pm. To find out more information about the race and download the registration form please visit our website at www.nsrwa.org.

To save on paper and postage we will not be mailing a separate notice of this event! Please visit our website or call us at 781-659-8168 if you would like a registration form mailed to you. **THANK YOU!**



RiverWatch

THE NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION, INC.
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