



NSRWA
www.nsrwa.org

July 2013

RiverWatch

THE NORTH AND SOUTH RIVERS WATERSHED ASSOCIATION, INC.
Protecting And Restoring The Rivers Since 1970

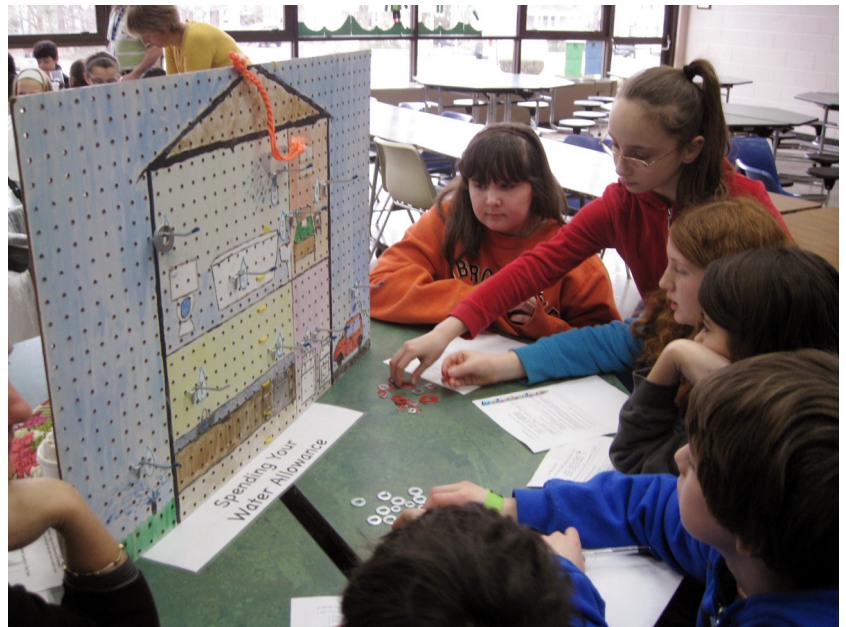
Engaging People with Our Rivers

10,000+ Kids Receive River Education

This year we reached a milestone with 10,000+ young people having gone through our two kidcentric river education programs – the River Adventures Camp, co-sponsored with the SSYMCA and our in-school “Water All Around You program”. Our Strategic Plan calls for increased river education for young people, not only to reach the next generation of river stewards but also their families with our stewardship message. We are well on our way to engaging each child in our watershed at least once in their school career.

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At right: Children learning how to “Spend their Water Allowance” in NSRWA’s Water Education school program.



Families Participate Together and Have Fun!

Drawing families into activities that build a sense of love and stewardship for our rivers is key to our strategy for expanding support for stewardship, and for our Association. The River Clean Up Day, sponsored this year by Covanta Energy and Whole Foods was a great success and is but one of the many events we hold to engage families with us and their rivers.

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At right: NSRWA member Dorie Read and her son Hunter help clean up debris on the South River, NSRWA River Clean Up Day, April 2013.



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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Letter from the President



Protect, Educate, Restore. This has been the mission of the NSRWA since its inception over 40 years ago. To my way of thinking, it is not an accident that puts Education in the center of this equation. Education is the crux of everything we hope to achieve. Ensuring that we reach the maximum number of people and increasing thoughtful but fact based knowledge of our waterways is essential to our cause.

There are many facets to our education and outreach efforts, but one of the most notable is our Water All Around You program. Elementary grade students in the participating communities of Hingham, Hull, Marshfield, Nor-

well, Pembroke, Weymouth, Cohasset, Hanover and Rockland are treated to an immersion into the hydrologic cycle (pun intended!) In a three part program they learn what a watershed is and how it works beginning with a power point presentation customized to their town, designed by our staff ecologist with funding from the Mass Bays program, Dr. Sarah Grady. Next students attend Water Day with six hands on interactive stations followed by an optional bus tour to key water processing operations. Lastly, they critique their home water usage in a step toward conservation and responsible stewardship. At the end they have learned where our water comes from, where it goes, how it becomes polluted, and how it can be conserved. By the end of the current school year we will have provided over 10,000 elementary students with this unique and enviable educational experience.

In a more adult vein, NSRWA created Greenscapes in 2003. This conservation and protection program concentrates on promoting healthy and sustainable landscaping practices. It has expanded into 40 cities, including the North Shore and western Mass. The focus is on organic and water saving ways to care for our lawn and yard. Go to our website greenscapes.org to learn how to be a Greenscaper!

On a smaller scale, we offer educational opportunities through our recreational events on and around the rivers themselves. How better to connect people to our passion for our rivers than to engage them directly in clamming, kayaking, walks, and historic tours. Still ahead this summer and fall are multiple opportunities to join us in scheduled events. New this summer is "Science in the Shed" held on four Friday's in July and August. All ages are welcome to join our science staff in exploring tidepools, salt marshes and tributaries. This is a great chance to actively engage in gathering the data that underpins the sound science our mission relies on. Additionally, throughout the season there are guided walks offered at a variety of conservation properties in the watershed. We also offer kayak instruction at both the beginner and intermediate level, and several scenic and historic paddles. Finally, we wrap up the season with the 5K Race for the Rivers on October 20th.

So much to learn and so little time! Our summers fly by quickly; the window of opportunity is small. Please join us this season in participating in our great events – I promise you will come away with new knowledge of the water all around you!

I hope to see you on the rivers!

Regards,

Craig Hannafin, President

Progress on Stream Restoration

First Herring Brook Restoration

Old Oaken Bucket Ladder Improvements, Fish Counts, and Getting the Fish to the Reservoir (and Back Out).

Progress continued in restoring more natural flows and herring to the First Herring Brook in Scituate this spring. At the Old Oaken Bucket fish ladder volunteers counted 6 returning herring, the second year in a row fish have returned over the dam. In early June removable notched weirs were placed into the Old Oaken Bucket pond fish ladder. The idea of these boards is to provide more depth, through a narrower outlet, during the fall outmigration period – September 1 – November 1. It is during this time period when flows are lowest and the least amount of water can spill out and allow the juvenile herring to make their return to the ocean. But with summertime water conservation and changes to the fish ladder, we can provide an outlet for the fish and reduce the amount of water we need to release them over the ladder.

The Town of Scituate's Water Department continues to release water from the Reservoir (off Rt 3A) and Old Oaken Bucket Pond to mimic natural streamflows appropriate to each season and to run the fish ladder at Old Oaken Bucket Pond.



First Herring Brook/Oak Oaken Bucket Pond fish ladder with new weirs.



A Stonefly found in 1st Herring Brook, an indicator of good stream health and restoration progress)

Third Herring Brook Restoration

As we go to print the Towns of Norwell and Hanover Conservation Commission have provided permits for removal of the Mill Pond dam owned by the South Shore YMCA. Many of you helped by lending your signature and your voices to the hearings

and supporting the removal of this dam and the restoration of the stream at this location. Thank you! We anticipate that the YMCA will be removing the dam and restoring the stream this fall.

Further downstream on Third Herring Brook removal of the failing dam owned by the Cardinal Cushing Centers was the subject of a public meeting held by the Centers in April. The abutting homeowners who overlook the pond were not generally supportive of the decision, but many in the audience voiced their support for the “greater good” that could be realized by the restoration of this river habitat: This spring our volunteers counted hundreds of returning herring spawning in the stream reach just beneath this dam, all of which could swim up the Brook if it were removed.

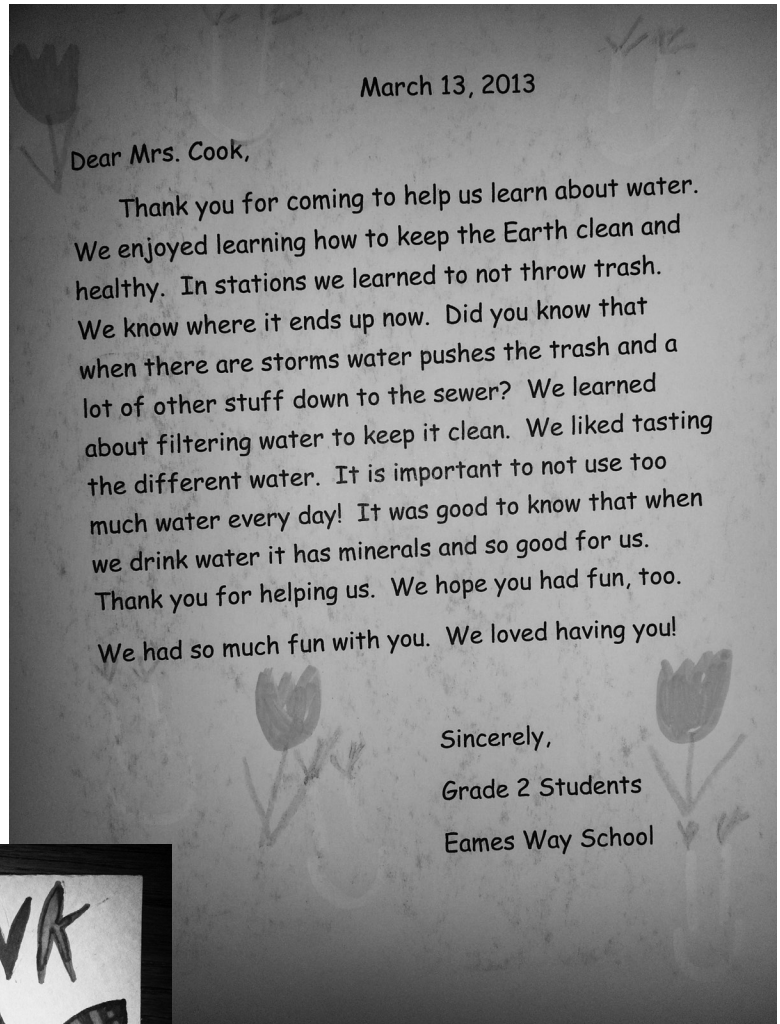


Water All Around You School Program, *continued from page 1*

Since starting the program in 2008 we have provided our Water All Around You program free of charge to the public schools in Scituate, Marshfield, Norwell, Hanover, Pembroke, Hingham, Hull, Weymouth, Cohasset, Rockland and Duxbury. While not every school participates every year that is our ultimate goal. The program is an innovative partnership with each town's Department of Public Works and/or Water Departments (or, in the case of Hingham and Hull, Aquarion Water – a private company). In some years, outside funding has also come from Scituate Rotary Club and Whole Foods.

The public water departments are responsible for maintaining each town's public water supplies and stormwater infrastructure that withdraws or discharges to public waterways. Each has permits with the state and federal government that require water conservation and pollution education in their communities. What better way to reach a community than through their youth, and to partner with our Association? Because of our local knowledge of the watershed we bring what can feel like distant issues – home.

Please enjoy this montage of photos from our school program.



Dear Mrs. Cook,

March 13, 2013

Thank you for coming to help us learn about water. We enjoyed learning how to keep the Earth clean and healthy. In stations we learned to not throw trash. We know where it ends up now. Did you know that when there are storms water pushes the trash and a lot of other stuff down to the sewer? We learned about filtering water to keep it clean. We liked tasting the different water. It is important to not use too much water every day! It was good to know that when we drink water it has minerals and so good for us. Thank you for helping us. We hope you had fun, too. We had so much fun with you. We loved having you!

Sincerely,

Grade 2 Students

Eames Way School



Engaging Adults & Families with our Rivers, *cont. from page 1*

Our full schedule of events and activities continues to expand, with more information on those ahead this year on page 7.

The Great River Race – this year’s is on July 20th – will be our 22nd annual. A wonderful family friendly event, Great River Racers paddle with the incoming tide up the North River for 7.5 miles from the Union/Bridge St bridge in Marshfield /Norwell to the Old Washington Stone bridge in Hanover/Pembroke. Along the way they see the only Scenic Protected River in the state!

Run for the Rivers –Last year we held our first ever Run for the Rivers – South River 5k to highlight the beautiful South River. Please join us again this year on Sunday, October 20th as a runner or a volunteer! The race course takes people from Rexhame Beach parking lot over the dunes (there is a good footpath and you are running over the former mouth of the North and South Rivers prior to 1898!) and into Humarock where the course traverses over two scenic bridges. The river vistas are stunning and ones that many are not familiar with here on the South Shore.

We also host multiple paddling events with private outdoor outfitters – beginner and intermediate kayak paddling skills, scenic and historic tours as well as the latest craze Stand Up Paddle boarding.

Yoga at the River’s Edge – run by our own Kezia Bacon and multiple local yoga instructors is every Saturday morning in the summers at different conservation areas along the rivers.

... And More – A new program explores four different natural areas, and through species identification, water quality testing, and just plain mucking about we hope to share with families some of the science of the watershed.

You don’t have to go far this summer to have a vacation – our watershed and rivers offer recreational, spiritual and educational experiences right here at home.

*“I go to nature to be soothed and healed,
and to have my senses put in order.”*

~John Burroughs



Thank you to New or Renewing River Guardian Circle Members

River Guardian Circle members are our most generous, making donations of \$500 or more. Their generosity is the foundation for making the NSRWA a strong and effective voice.

Individuals

Anonymous

Del & Ann Berrada

Bill & Susanne Bottiggi

Brian & Grace Marie

Concannon

Paul Coolidge

Robert & Betsey Detwiler

Mary Eliot

Peter & Roberta Fairbanks

Peter & Pattie Hainer

Peter & Julie Kelly-Detwiler

Richard & Jackie Leach

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Sandra & Peter Moll

Karen & Bert O'Donnell

Marty & Adria Pitkow

John & Laurie Schneider

Peter & Katherine Tedeschi

Kristen Williams

Organizations and Businesses

Bayside Marine Corp.

Horsley Witten Group

Roht Marine/Mary's

Boat Livery

Scituate Federal Savings Bank

June 15 - September 14

Yoga at the River's Edge

Every Saturday morning at different locations along the rivers June 15 – September 14, 8:30 – 10 a.m. For locations visit nsrwa.org or find us on Facebook. \$10 per person for NSRWA members, \$15 non-members. No registration is required.

SAVE THE DATES

Harvest Moon Feast

Monday, September 23 • Mill Wharf Restaurant Scituate • Tickets \$60 per person
Join us for a wonderful evening of celebrating our local harvest by tasting local food, wine and beer from some of the best restaurants and food purveyors on the South Shore. You don't want to miss this event – tickets can be purchased online or by calling the NSRWA office at 781-659-8168. Hope to see you there!

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Second Annual Run for the Rivers: South River 5k

Sunday October 20, 2013 at 9 am • Starts at Rexhame Beach, Marshfield

Get out your running shoes and join us for the **Run for the Rivers – South River 5k!** Enjoy the beauty of the South River and help raise funds for the NSRWA to continue our mission to protect and restore our river resources. This 5k loop will traverse up and down the beautiful South River, going over two bridges and starting and ending at Rexhame Beach. Families and walkers also welcome! Registration will be online – stay tuned to your email.



Bequests from our members and friends help make it possible to continue our efforts to speak out for the North and South Rivers Watershed and fight for the protection of our environment, just as we have done since 1970. Please consider making the NSRWA a beneficiary in your estate planning. The NSRWA has attorney advisors available, free of charge, to discuss with you different ways you can leave a lasting legacy to the organization. Please contact us at 781-659-8168 if you have any questions or would like to be put in touch with a legacy advisor.

2013 Outdoor Fun in the Watershed

WALK SERIES

Exploring New or Improved Conservation Areas in the Watershed

These walks are free for NSRWA members, \$5 for non-members. Pre-registration is required – go to nsrwa.org to sign up.

Exploring Pudding Brook

Sunday, September 29th, 9 am

Pudding Brook in Pembroke is a tributary to the Herring Brook (one of the North River headwaters) and is a "hidden gem" adjacent to Route 53. Our watershed ecologist, Dr. Sara Grady, will lead a tour of this large town-owned parcel and discuss its former status as a cranberry bog, the changes that the property has undergone since the bogs were abandoned, and possible plans for restoration and recreational trails along the brook.

Cuffee Lane Walk Norwell

Sunday October 27th 1 pm

Cuffee Lane is the latest open space acquisition in Norwell and is adjacent to the Black Pond Bog. Come explore it and find out the rich history of a former slave named Cuffee who once owned this 25 acres in Norwell.

Harvesting North River Honey

Sunday, September 8th 12 pm

Come watch our own NSRWA Board member and beekeeper, Deb Lenahan, harvest fall honey along the North River.

NEW SUMMER PROGRAM Science Fridays in the Shed – Explore your Rivers!

Join NSRWA's science staff for a morning of local ecological exploration and science. This two hour program is designed to introduce all ages to the different habitats and ecology within our own North and South Rivers Watershed. Participants will be actively engaged in collecting field data using scientific sampling gear to analyze water quality and identify plants and animals unique to these habitats.

Pre-registration is required – sign up on line at nsrwa.org. This program is limited to 10 participants. The cost to participate is \$10 for non-members, \$5 for members per person – kids under 12 are free.

- **Friday, July 12**, 10am–12pm: Tidepooling and Barrier Beach Geology – The Spit, Scituate
- **Friday, July 26**, 10am–12pm: Salt Marsh Ecology Exploration – Corn Hill Lane, Marshfield
- **Friday, August 2**, 10am–12pm: Freshwater Tributaries – Second Herring Brook Norris Reservation
- **Friday, August 23**: 10am–12pm Freshwater Tidal Exploration – Hanover Canoe Launch, Hanover

PADDLING OPPORTUNITIES FOR MEMBERS!

More information and event registration can be found at nsrwa.org. Price includes kayak and equipment. All paddles require membership in the NSRWA. Children 8–14 are welcome when accompanied with an adult. Kayak paddles are in partnership with Coastal Kayak Educators.

KAYAKING ON THE RIVERS

Learn To Kayak (Adults & Children 8+) @ Union St.

Sunday, July 14 – 5:15-7:45pm • Saturday, August 10 – 3:00-5:30

Intro to Kayak is a single day course on the North River emphasizing safety with the goal to provide paddlers with the basic knowledge needed to become a successful paddler. *Cost per paddler: \$50 (includes all kayaking equipment) and \$75 for non-members (includes NSRWA membership)*

Intermediate Skills Session (Adults 18+)

Saturday, July 13 – 2:30-5:30 @ Union St.

Saturday, July 27 – 3:00-6:00 @ Union St.

Learn advanced boat maneuvering, rescues, and build paddling endurance. *Cost per paddler: \$60 (includes all kayaking equipment) and \$85 for non-members (includes NSRWA membership)*

Stand Up Paddle Board Instruction

July 1, July 15, July 29

Join our partners at Luminare for a 1.5 hour group Stand Up Paddle lesson on the South River. Participants meet at 5:45 pm at Luminare for outfitting. *\$35 for members, \$60 for nonmembers (includes membership) all equipment included.*

Scenic Tour (Adults & Children 8+)

Sunday, July 28 – 5:30-7:30 @ Union St.

Our 2-hour Scenic Tour is recommended for kayakers with some experience. *Cost per paddler: \$50 (includes all kayaking equipment) and \$75 for non-members (includes NSRWA membership)*

Historic North River tour

(Adults & Children 8+)

*Sunday, July 21 – 9 am – 1 pm @ Union St.
Saturday, August 24 – 2:00-6:00 @ Union St.*

Enjoy a leisurely 8.5 mile excursion featuring the cultural and natural history of the North River. Learn about the North River's role in the lives of Native Americans, colonial shipbuilders, the industrial revolution, and the modern day era and will examine how its ecology has changed throughout time. *Cost per paddler: \$70 (includes all kayaking equipment) and \$95 for non-members (includes NSRWA membership)*



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Inside This Issue:

- 10,000+ Kids Engaged in River Education
- Progress on Fish Passage Restoration Projects
- Get Outside with us this summer! Outdoor paddles and event listings



Connect with us on Facebook

23rd Annual Great River Race Registration is Open!

Saturday July 20

Race starts at 10:30 am

If you can paddle it you can race it in our Great River Race... this event is fun for the whole family! From novice to racer, this race is for all non-motorized vessels including canoes, kayaks, rowboats and even stand up paddle boards.

Join us for this annual 7-mile paddling event on the North River. Race starts at 10:30 am. Pre-registration is strongly encouraged. Registration forms are available online at nsrwa.org



sponsored by



Photo Credit – Mike Moyer, 2011 Photo Contest Entry

After the race, join us for an awards celebration at McGreal's Tavern in Norwell Center!