Your water. Your environment. Your voice.

A publication of the Stony Brook-Millstone Watershed Association, central New Jersey's first environmental group.

# WELLSPRING

2008 ANNUAL REPORT INSIDE!

# Shad in our 'Shed?

Imagine that you are a fish migrating upstream to spawn. But you keep bumping into a wall and can't get to your preferred destination.

This has been the fate of American shad and other migratory fish in the Millstone River since the early 18th century when dams were constructed on the river to power mills.

Now, with a recent grant from American Rivers and the National Oceanic and Atmospheric Administration



Science Director Peggy Savage at the Weston Causeway Dam, one of two dams the Watershed Association is studying to see if their removal can help migratory fish like the American shad.

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(NOAA) Restoration Center, the Watershed Association is launching a study to determine whether it's possible to restore migratory fish to our namesake river.

Our study will look into whether it's feasible to remove two dams from the river, thereby opening up 14 river miles to migrating fish and recreational users between Lake Carnegie and Manville, near the confluence of the Millstone and Raritan Rivers.

Through this incredibly exciting project we aim to restore the ecological integrity of the Millstone River, re-establishing the equilibrium between river flow and sediment flow while allowing the river to meander and naturally create habitat for fish and other aquatic species. In addition, recreational users like kayakers and canoers would enjoy improved safety with the elimination of the two dams, which today pose severe impediments for river travelers.

As recently as 2005, research shows that American shad, river herring, American eel, and other migratory species made their way close to, if not into, the Millstone River.

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#### FROM THE EXECUTIVE DIRECTOR

# **Inspiring Stewardship**

For 60 years, the Watershed Association has been committed to protecting and restoring clean water and the environment in central New Jersey through conservation, advocacy, science, and education.

We've been the eyes and

ears and voice of the environment in our region, and over the years we've had more than our share of victories.

Sewage is no longer discharged into the D&R Canal. Major proposed highways through some of our most sensitive habitats were beaten back. Open space is preserved where once thousands of homes were proposed, and we can take credit for the passage of scores of local and state laws to protect water and habitat.

We've restored stream banks, planted hundreds of thousands of trees, and removed tons of garbage from our waterways.

But perhaps the Watershed Association's greatest contribution has been the impact we've had on the tens of thousands of people we've come into contact with over the years. We've inspired generations of residents to love and care for the earth and taught homeowners, businesses, farmers, schools and others ways to reduce their environmental impact.

I regularly hear about people for whom the Watershed Association has made a lasting impact. Often these stories come from parents or friends.

Catherine Preston was our very first Stream-Watch Intern. Last year she completed law school and is now a practicing environmental attorney in Boston. Her commitment to the environment rubbed off on her mother Candace, who now chairs our Board of Trustees.

Andrew Hildick-Smith attended the Watershed Association's summer camp and was a camp counselor for us. Today, he is a senior program manager for the Massachusetts Water Resources Authority.

Amanda and Emily Hardman were StreamWatch volunteers for nearly seven years and both attended summer camp at the Watershed Reserve. Emily is attending University of Plymouth in England and is studying marine biology. In the fall, Amanda will be off to University of Warwick in the United Kingdom to begin her studies in biochemistry.

Just recently, I met Hugh Adams, the director of the Retired and Senior Volunteers Program of Mercer County. Hugh wanted me to know about the impact that the Watershed Association had on his son Bryan, now a teacher of science and math in Alexandria, Virginia.

The true impact of this organization is impossible to measure. So many have been inspired to commit themselves personally and professionally to environmental stewardship.

# Not Just Preaching

Change is on the forefront at the Watershed Association! Each year we spend hundreds of hours teaching, testing and advocating for green technologies, yet our own facilities and infrastructure systems don't always measure up. The Watershed Association is making it a priority to have our campus become a model of sustainable practices. Our latest upgrade? A propane lawn mower. According to the US EPA, lawn care is responsible for 10 percent of particulate matter and other air pollution. Our new lawn mower generates 80 percent less pollution than standard designs.

Conservation Director, Bay Weber, on our new mower



#### **STREAMWATCHING**

# The Prescription for Clean Waterways

Many of us are familiar with common sources of pollution from runoff, including fertilizer, pet waste, and motor oil. However, another common but often overlooked source of water pollution is over the counter and prescription medications.

The proper storage and disposal of medications is important not only for household safety, but also for the health of our waterways.

The New Jersey Department of Environmental Protection (NJDEP) has created the following guidelines to properly dispose of excess medications.

- Keep medicine in its original container. Mark out personal information on prescription bottles.
- Mix liquid medicine with undesirable substances like coffee grinds, cat litter, or dirt. Dilute pills with water, and then add coffee grinds, cat litter, or dirt.
- Place bottles in an opaque container, such as a yogurt container, and secure the lid; or wrap in a dark colored plastic bag.
- Hide the container in the trash. Do not recycle.

When medications are flushed down the sink or toilet, wastewater treatment facilities are unable to remove them from the water supply. As a result, these substances end up in our streams and lakes. There is mounting concern that pharmaceuticals may be causing reproductive problems in many species of fish and wildlife.

For example, the U.S. Geological Survey conducted a study of Ohio streams in 2008. Scientists found a total of 12 antibiotic, 20 pharmaceutical, and 63 organic wastewater compounds at very low concentrations in the water, and eight pharmaceutical and 37 organic wastewater compounds at very low concentrations in streambed sediments. (These substances included chemicals found not only in medicines, but also in diesel fuel,

asphalt and asphalt sealers, explosives, fragrances, tobacco, caffeine, and insect repellants.)

Following the proper disposal procedures (see box) will help keep these products out of our water supply and safeguard children by concealing the medications and making them undesirable to consume.

In addition to disposing of unused medications, there are also programs that will take them for recycling and reuse, in the case of those that are not expired. For example, Earth911 provides information on recycling a number of products, including unwanted or outdated medications. Visit their Website at www.earth911.com to find recycling centers near you. Many pharmacies and local health departments also offer safe disposal programs. Together, we can be part of the solution to keep medications out of the water supply and protect wildlife.

For more information, contact the NJDEP Solid and Hazardous Waste Program at (609) 633-1418 and visit their website at http://www.state.nj.us/dep/dshw/rrtp/disposal.pdf



John Schivell Stream Watcher

How has being a StreamWatcher changed your perspective?

I live in Princeton Township and first served as a BAT (Biological Action Team volunteer) so I only went out a few times a year to Big Bear Brook, scooping the bottom and digging out all the little creatures that live there. Then I became a CAT (Chemical Action Team volunteer) and was at the Millstone River where it goes into Lake Carnegie at the aqueduct.

Being a StreamWatcher made me much more aware of the conditions of our streams and how they relate to the overall environment. The health of our streams matters. I really became more aware of the entire network of streams in the watershed and how what you do in one place relates to conditions elsewhere. We usually look at towns and roads as the network that connects us, but our streams are the real connectors.

#### **CONSERVATION BEGINS AT HOME**

# **Sharing the River-Friendly Experience**

You don't have to live along a river to be a River-Friendly Resident—but whether you're streamside or not, your yard is the first line of defense in protecting environmental and human health. How you take care of your yard affects not only your family and pets, but also the source of your drinking water. Living River-Friendly is one way that each of us can help. When asked about the River-Friendly Program, Ted Chase of Franklin Township said, "the River-Friendly program makes one realize that each of us can do something good for the environment right on our own property. Becoming a River-Friendly Resident spurred me to do more of the actions in my yard and in the community." Check out more from fellow River-Friendly Residents below.

Why did you become a River-Friendly Resident and what did the experience mean to you?

"As a former Board member and a current member of the Advisory Board, I thought it was important to go through the process to see how we could be better

at property management and also to try to set an example for others. It was great to have many of our existing practices confirmed as useful, and it was also important to test all the options to see which were practical for us and which were not. And there were some of both.



We learned the job is never done and even where we think it is, we can do better. We need to continue to share our 'best practices' with others so as to spread the word. Water quality has to be a concern for all of us." *Van Zandt and Myra Williams*, *Princeton Township* 

How did your work as a River-Friendly Resident impact your life?

"Becoming a River-Friendly Resident reinforces the fact that we (us and nature) are dependent upon clean water for our very survival. The program



identified additional ways for me to be even more conscious about conserving water and keeping it clean. It is a responsibility and on-going challenge

that each of us must embrace in our daily lives. I will continue to share what I have learned with my family, friends, and neighbors." *Jim Gambino, Hopewell Township* 

What River-Friendly practice has been the most rewarding?

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"We really enjoy gardening. We use plants that are perennials and have a low water requirement. As much as possible we use soaker hoses to water the

gardens when required. Our gardens range from full sun to sun/part shade to full shade and are frequented by colorful visitors. This year we plan to expand



the gardens in the wooded area of our home with shade & moisture loving plants. Tom is rewarded by the fact he has less grass to mow and Barbara loves the fresh cut flowers." Tom & Barbara McGeachen, East Windsor Township

Become a River-Friendly Resident Today! Contact Amy Weaver at (609) 737-3735 or aweaver@thewatershed.org.

#### ANNUAL MEETING

# Celebrating 60 at the Annual Meeting

Watershed Association trustees, former board members and friends joined the staff to celebrate the Watershed Association's 60th Anniversary in style at our Annual Meeting on Monday, April 27. Attendees recognized the service of dedicated volunteers and community leaders, welcomed back old friends, and enjoyed some 60th birthday cake in the shade on the Watershed Reserve's lawn.

"For six decades, the Watershed Association has worked to protect your water and your environment through conservation, advocacy, science and education," said Executive Director Jim Waltman, as he recognized early Watershed Association leaders, including Malcolm Crooks, executive director from 1955–1963, and Jim Gaffney, executive director from 1980–1985, and touted the organization's successes—both past and present.

"From halting sewage discharge in the D&R Canal and other waterways and stopping major proposed highways through environmentally sensitive areas, to preserving open space and restoring stream banks," he continued. "The Watershed Association continues to inspire generations of residents to love and care for our water and environment."

To check out more photos from the event and speech transcripts visit www.thewatershed.org/news.



New Trustees Scot Pannepacker of Hopewell Borough, Walter Bliss of Princeton Township, Jonathan Erickson of Princeton Township and Marylou Millard Ferrara of Hopewell Township. (Not pictured: Bill Carmean of Yardley, Pa.)



Ron Borsellino, director for the U.S. EPA Division of Environmental Planning & Protection, accepts the Edmund W. Stiles Award for Environmental Stewardship—the Watershed Association's highest honor—from Executive Director Jim Waltman on behalf of award recipient U.S. EPA Administrator Lisa Jackson.



Board Chair Candace Preston and Executive Director Jim Waltman present Montgomery Township environmental science teacher Jamie Witsen with the Richard Rotter Award for Excellence in Environmental Education with Education Director Jeff Hoagland.



Board Chair Candace Preston presents Cranbury resident Anna Drago with our Volunteer Service Award with Executive Director Jim Waltman.

# New Education Interns

Environmental Education Interns Allison Kohler (left), of Wenonah, NJ, and Colleen Riley, of College Station, TX, have joined the Watershed Association team for nine months thanks to the generous support of the J. Seward Johnson Sr. 1963 Charitable Trust.



#### **SPEAKING OF NATURE**

# **Summer Magic**

by Jeff Hoagland

Summer is upon us. I can only sigh with a smile. The naturalist's calendar is marked by so many wonderful moments that define the seasons or mark their transitions. Summer offers a fine assortment of those moments but they seem somehow more luminous. Maybe it is the accumulation of childhood memories, of summers free from school and homework. Those long summer days were invariably filled with outdoor adventure and discovery. Those memories add luster to a season of heat and humidity. Those memories also play an integral role in shaping our Summer Nature and Environmental Day Camp.

Exploration was a huge part of my summers growing up. Pushing boundaries. Out on the frontier. Together with my friends we always wondered "What's over there off the trail?" or "Where does *that* stream go?" We launched expeditions, discovering new places and encountering new plants and animals.

Honoring that tradition, our summer camp presents our 860-acre Watershed Reserve as *frontier*, full of possibility and waiting to be explored. Beyond each bend in each trail—*mystery*. Some trails skirt the edge of habitat, offering an expansive view of our grasslands or an overlook of the pond. Other trails course through a variety of mixed hardwood forests or old fields. Just off the trail, in various locations, are invitations to further exploration—a dark, dense cedar forest, a calling bullfrog or a large, looming Hobbit tree. Stepping off the trail, gently, into the habitat, we discover plants and animals we have not yet seen.

Meeting new plants and animals was a huge part of my childhood. I summered extensively with my insect friends. I found them everywhere—not just in the wild habitats surrounding my neighborhood, but in my backyard as well. Since there are more than 200 million insects for each human on this planet, it is quite easy to find them. Look carefully and you will find boxfuls of colors that Crayola has missed. You will find unimaginable lifestyles and incredible adaptations. These wonders are all around us awaiting discovery.

The magic of insects is part of our summer camp. We'll find several species of ladybugs in our meadows, walking



sticks in the brush and water boatmen in the stream. Under logs in the forest we'll find a whole world of insects and their kin, as if placed by Dr. Seuss himself. Campers marvel at the black, yellow and white-banded monarch caterpillars feeding on milkweed in our meadows and butterfly house. The caterpillars incorporate the toxins of the milkweed into their bodies to avoid predation. That is only part of the wonder—these butterflies migrate to Mexico each fall! We are surrounded by the stories of insects in every habitat we visit.

# summer brook perfect skipping stone on the other side

published in The Heron's Nest, V 10:3

Summer time was also full of special places that I would return to over and over. In front of my house was a black cherry that offered its own collection of insects, a cool open shade, and sour fruits. At the end of the road was a large meadow that spilled in most directions into private property. I can still hear the grasses whispering to me. There were my favorite climbing trees, a tall white pine and a sprawling Norway maple. Then there was the forest itself, with its meandering stream and—surprise—a nature center.

I'm proud that the Watershed Association's Summer Nature and Environmental Day Camp is one of the special places of summer. I feel it in my heart and I hear the testimony of so many who come here. Children still love exploring the wild. They love meeting new plants and animals and learning their stories. They love playing together, building shelters in the woods, and creating masterpieces from the berries and greens around them. Most of all they just love being kids, wandering like streams and singing their song. The magic of childhood is the magic of nature.

# **Events Calendar—Summer 2009**

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#### **FEE CODE:**

M= Stony Brook-Millstone Watershed
Association current member

**NM** = Non-member

In honor of our 60th anniversary we have rolled back the prices of a few of our offerings such as our preschool and school-age series.

We believe all of our programs are a tremendous value, offering high quality experiences for all ages. We also believe that these offerings benefit both environmental and personal health. We hope you will celebrate with us.

# Registration is required for all programs, unless stated otherwise.

Space is limited. All programs meet at the Buttinger Nature Center, unless stated otherwise. Please call (609) 737-7592 to register. Payment is accepted by cash, check, VISA, Mastercard or Discover and can be dropped off at the Nature Center or mailed to:

Education Programs, 31 Titus Mill Road,
Pennington, NJ 08534.

### Refund Policy

A full refund will be made if notice of cancellation is received at least 48 hours before a program.

Call (609) 737-7592 to cancel. No refunds or credits will be given after that time.

Watershed Association membership is not refundable.

# Family & Adult Programs

# Watershed Association— Lawrence Hopewell Trail Ribbon Cutting

Saturday, 11 AM, Families and Adults, FREE

Be one of the first to hike or bike on the newest section of the Lawrence Hopewell Trail! Join the Stony BrookMillstone Watershed Association as it opens its section of the Lawrence Hopewell Trail along Wargo Road. The Lawrence Hopewell Trail is a 20-mile network of trails on public and private lands connecting Lawrence and Hopewell townships. Visit www.thewatershed.org or www.lhtrail.org to learn more.

#### **JUNE 20**

## Butterfly House Opening Day/Buttinger Nature Center Open House

Saturday, 10 AM-2 PM; Families and Adults; FREE Welcome the butterflies back to the Kate Gorrie Butterfly House. Naturalists will be on hand all day to lead tours and answer questions about native butterflies, host plants and butterfly lifecycles. Plan to also visit the animals and displays in the Buttinger Nature Center. Event is free but donations for maintenance of the butterfly house are gladly accepted. All Watershed Association members will receive a 20 percent discount on Nature Shop purchases that day. Pre-registration is not required.

#### **JUNE 22**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation

Join one of the staff naturalists for an insider's view of what's happening in the Kate Gorrie Memorial Butterfly House. Learn about host plants for butterfly larvae, mating strategies for different butterflies, caterpillar predators and parasites, native New Jersey butterfly lifecycles and much more. Then, step into our wild meadow with an insect net in hand to meet some of the six-legged residents of our Watershed Reserve. Stay for a glass of cold lemonade with us afterwards.

#### **JUNE 24**

# Exploring the Night—Firefly Watch

Wednesday, 8:30 PM; Families and Adults; Fee per person: \$8 M; \$12 NM

Enjoy 'nature's fireworks' on the Reserve with Education Director Jeff Hoagland. Prepare for an encounter with magic—the annual light show courtesy of several species of fireflies. Learn about the secret lives of the lightning bug, from glowworm to adult, and learn how to identify different species by their flash patterns. Play a firefly game and discover the wonder of the season. Our walk starts at the Buttinger Nature Center and takes us through the meadows to the "hot spots" of lightning bug activity. Don't miss this annual favorite.

#### **JUNE 29**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation See June 22 for details.

#### JULY 6

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation See June 22 for details.

#### JULY 8

# Exploring the Night—Bats at Dusk

Wednesday, 8 PM; Families (with children over 5 years old) and Adults; Fee: \$5 M; \$8 NM

Join nocturnal naturalist Jeff Hoagland for an evening investigation of the world of bats. Enjoy the spectacular aerodynamics of bats as they emerge from their colony and feed on a variety of flying insects. We will listen to the bats' ultrasonic communication and feeding calls using our bat detector. Learn the latest about white nose syndrome, which is threatening bats throughout the northeast.

#### JULY 10

# Friday Family Fun Day

Friday, 9:30 AM-3:30 PM; Families (with children 6 years and older); Fee: \$20 per adult/\$15 per child for members; \$25 per adult/\$20 per child for non-members

For less than the cost of visiting the zoo, you can join naturalist and Education Director Jeff Hoagland for a special family-oriented day exploring the wilds of the Watershed Reserve. Jeff will share his passion for little creatures as you search field and forest for insects and their kin. Explore the Stony Brook and meet up close a variety of its denizens from the whirligig beetle and the two-lined salamander to the bluegill sunfish and the green frog. After some playtime and a picnic on the banks of the Brook enjoy some stories about the land under the shade of the Hobbit Tree.

#### JULY 11

### Great Watershed Stream Exploration— Rock Brook

Saturday, 9:30–11 AM; Families and Adults; Fee: \$5 suggested donation

Join us at Bessie Grover Memorial Park in the Sourland Mountains for an exploration of life in and around the water. Expect to meet a variety of creatures including salamanders, frogs and aquatic insects. This hands-on, exploratory adventure is part of a series of programs focusing on the waterways that drain our watershed and join our communities. Wear old sneakers for wading.

Nets are provided. Space is limited and pre-registration is necessary. This program is co-sponsored by the Sourland Planning Council.

#### **JULY 13**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation
See June 22 for details.

#### JULY 18

## Great Watershed Stream Exploration— Cranbury Brook

Saturday, 9:30–11 AM; Families and Adults; Fee: \$5 suggested donation

Join us at Cranbury Preserve in Cranbury for an exploration of life in and around the water. Expect to meet a variety of creatures including salamanders, frogs and aquatic insects. This hands-on, exploratory adventure is part of a series of programs focusing on the waterways that drain our watershed and join our communities. Wear old sneakers for wading. Nets are provided. Space is limited and pre-registration is necessary. This program is co-sponsored by the Washington Crossing Audubon Society.

#### **JULY 18**

## Insect Safari on the Watershed Reserve

Saturday, 9:30–11 AM; Families and Adults; Fee: \$5 M: \$8 NM

Explore the Watershed Reserve, discovering the rich, hidden world of insects. Meet praying mantids and soldier beetles in our fields, rove beetles and wood roaches in our forest, and water boatmen and predaceous diving beetles in the stream. We will finish our hike with a guided exploration of the Kate Gorrie Memorial Butterfly House, a visit with our observation hive in the Buttinger Nature Center, and a refreshing glass of cold lemonade.

#### **JULY 20**

### **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation
See June 22 for details.

#### **JULY 22**

# Butterfly Tea Party

Wednesday, 10:30 AM–12 PM; Families; Fee: \$8 M;\$12 NM You are invited for tea with the butterflies of the Watershed Reserve. Come learn how and why butterflies too are drinking sweet "tea" from flowers. We will begin our tea by learning more about butterflies, and then try to catch them for a close up look at their beautiful, but fragile bodies. Venture into our backyard for iced tea, lemonade and butterfly sugar cookies.

#### **JULY 25**

### Great Watershed Stream Exploration— Lewis and Stony Brooks

Saturday, 9:30–11 AM; Families and Adults; Fee: \$5 suggested donation

Join us at Kunkel Park in Pennington for an exploration of life in and around the water. Expect to meet a variety of creatures including salamanders, frogs and aquatic insects. This hands-on, exploratory adventure is part of a series of programs focusing on the waterways that drain our watershed and join our communities. Wear old sneakers for wading. Nets are provided. Space is limited and pre-registration is necessary.

#### **JULY 27**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation See June 22 for details.

#### **AUGUST 1**

### Great Watershed Stream Exploration— Perrineville Lake Park Exploration

Saturday, 9:30–11:30 AM; Families and Adults; Fee: \$5 suggested donation

Enjoy this exploration of field, forest, lake and stream at the Perrineville Lake Park in Millstone Township. Meet a wide variety of plants and animals on this hike discovering the interrelationships between all. Expect to encounter an assortment of creatures ranging from the secretive springtail to the slow-motion red-bellied turtle. Our search will conclude streamside where we will use nets to discover caddisflies, crayfish and more.

#### **AUGUST 3**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation See June 22 for details.

#### **AUGUST 6**

# Exploring the Night: Full Moon Hike and Great Nocturnal Insect Safari

Thursday, 8:30 PM; Families (with children over 5 years old) and Adults; Fee per person: \$8 M; \$12 NM

Enjoy this excursion into the night by the light of the full moon with Education Director Jeff Hoagland. Sharing his passion and knowledge for insects, Jeff will sugar for moths and introduce the season's singers in the Watershed Reserve's fields and forest. Our encounters may include such characters as underwing moths, caterpillar hunters, cone-headed grasshoppers, katydids and more.

#### **AUGUST 8**

# Shady Sourland Mountain Hike

Saturday, 9:30 AM-12:00 PM; Families (children over 6 years) and Adults; Fee: \$5 suggested donation

Enjoy the huge boulders and cool shade of the Sourland Mountain Preserve of Somerset County. On this guided walk participants will meet some of the resident plants and animals, ranging from the statuesque tulip trees to the miniscule springtails. We will also explore the fascinating geologic processes that formed the mountains, along with their impressive boulders and small caves. Don't miss this intimate look at the birthplace of so many of our streams. This program is co-sponsored by the Sourland Planning Council.

#### **AUGUST 10**

# **Butterfly House Tour**

Monday, 10–11 AM; Families and Adults; Fee: \$5 suggested donation See June 22 for details.

#### **AUGUST 13**

# Bees to Butterflies: Native Pollinators of NJ

Thursday, 7 PM; Fee: \$5 suggested donation, Watershed Reserve, 31 Titus Mill Road, Pennington NJ
New for 2009! Love coming to the Stony Brook-Millstone Watershed Association's Annual Butterfly Festival, but want to learn more about the butterflies and other native pollinators that call New Jersey home? Come hear from an expert panel of science and conservation leaders as they explore who our native pollinators are and what issues they face for survival in New Jersey. Panelists include nationally recognized bee researcher Dr. Rachael Winfree from Rutgers University, and Tim Dunne of the U.S. Department of Agriculture Natural Resource Conservation Service, among others. Registration required. Call (609) 737-3735 for more information.

#### **AUGUST 15**

# **Butterfly Festival**

Saturday, 10 AM-4 PM, Fee: \$5 per person, \$15 per carload This community festival offers fun for the entire family! Enjoy naturalist-guided tours of the Kate Gorrie Memorial Butterfly House, nature hikes, live entertainment, local food, children's activities, and an array of demonstrations and exhibits about the environment and conservation. New for 2009—Fill out your "Butterfly Festival Passport" by visiting the Watershed Association's Conservation, Advocacy, Science and Education Zones to learn about how you can protect clean water and the environment, and receive a special prize! Stay tuned to www.thewatershed.org for more information.

#### AUGUST 17

# Butterfly House Tour—Last tour of the season

Monday, 10-11 AM; Families and Adults; Fee: \$5 suggested donation

See June 22 for details.

#### SEPTEMBER 12

### 7th Annual Mercer County Master Gardeners Insect Festival

Saturday, 1–4 PM; Families; Mercer Education Gardens Insect safari, story-telling, costume parade, beneficial insect lab, hay rides and more. Look for our Watershed Association booth at the festival. For more information about the Mercer County Master Gardeners' event visit http://www.mgofmc.org.

#### **SEPTEMBER 18**

# Exploring the Night: Creepy Spider Hunt

Friday, 7:30 PM; Families and Adults; Fee per person: \$8 M; \$12 NM

Discover a menagerie of spiders, hungry and hunting for the summer insect bounty on the Watershed Reserve trails at night. Join Education Director Jeff Hoagland on this walk exploring the secret lives of spiders. We hope to meet orb web weavers, wolf spiders, jumping spiders, sheet web weavers and more.

# Children's Programs

#### **JUNE 27**

## Boy Scouts of America—'Insect Study' Merit Badge Workshop

Saturday, 9:30 AM-12:30 PM; Boy Scouts 11 years and older; Fee: \$15 per scout

Join Education Director/Merit Badge Counselor Jeff Hoagland for this half-day workshop, designed to help Boy Scouts earn the Insect Study merit badge. Out on the trails in field, forest, and streamside scouts will learn to observe and identify a wide variety of insects, discovering the secret lives of our smallest neighbors.

#### **JUNE 30-JULY 2**

# Kindercamp—A Mini-Camp for Kindergarteners

Tuesday through Thursday, 9:30 AM-12 PM; children finished with Kindergarten and entering grade 1 in September; Fee: \$75 plus current Watershed Association family membership required

This special 3-day summer mini-camp is designed for the young child to transition into our summer camp experience. Conducted by both our Teacher-Naturalists and Summer Camp Staff, your young camper will experience all of the usual natural fun the Watershed Reserve offers every summer—including a pond exploration and insect safari. Space is limited—registration is required.

#### JULY 20, 27, AUGUST 3,10

# Movin' Naturally—Yoga for Preschoolers

Children 3–5 years old; parent must stay with child under 4 years old

Mondays, 11:15 AM-12 PM

Fee per session: \$7 M/\$10 NM or Fee per series: \$23 M/\$40 NM Experience nature by becoming part of it. In this yoga inspired series taught by naturalist/yoga instructor Allison Jackson, children will explore nature through creative movement, activities and games. Wear comfortable clothing for moving outdoors. Please bring a yoga mat and water bottle.

#### **AUGUST 19-21**

# Magic and Mapmaking Mini-Camp

Wednesday through Friday, 9 AM-4 PM; children entering grades 2-5; Fee: \$150 plus current Watershed Association family membership

Enjoy some map fun searching forest and field for natural treasures here on the Watershed Reserve. We will explore different ways to create maps, learn how to use a compass and set off on a modern day treasure hunt using GPS technology. Space is limited—registration is required.



# Tiny Tot Walks

(Ages 18-36 months, child must be walking and accompanied by adult)

10–11 AM: Fee per child: \$7 M; \$10 NM Join Pam Newitt on an outdoor adventure with your budding naturalist as she leads toddlers on explorations of the natural world.

JULY 13
AUGUST 7
SEPTEMBER 16
OCTOBER 23

# Summer Preschool Series

Children 3–5 years old; parent must stay with child younger than 4

Tuesdays, 10:30AM-12PM; Fee per session: \$10 M/\$15 NM or Fee per series: \$55 M/\$90 NM

#### JULY 7

## Storytime Forest

Have you ever wanted to listen to a story under a cool canopy of leaves? Walk with us to a special place in the woods. We will spread a blanket on the ground and hear two new stories in the shade.

#### **JULY 14**

## Wonderful Woodpeckers

How does a woodpecker sound? Where does a woodpecker live? We'll answer these questions and more as we explore the Watershed Reserve trails to learn all about woodpeckers. We'll search for where they live, what they eat and learn how they find food.

#### **JULY 21**

#### **Beautiful Butterflies**

Butterflies are one of the most beautiful parts of summer. In this program we'll tour the butterfly house and learn all about the life cycles of these unique insects. Afterwards we'll try our hand at catching wild butterflies.

#### **JULY 28**

# Once Upon a Time...

Ever dream of becoming a prince or a princess? Climbing up a beanstalk? Or even encountering (gasp) one of the three bears? In this program we will read, explore, and play journeying into the worlds of some of the greatest tales ever told.

#### **AUGUST 4**

#### Nature's Palette

Our world is full of color. Come out and discover the myriad of colors that paint the Watershed Reserve each summer. We'll take a hike to look for Mother Nature's favorite colors, and make a craft to take home.

#### **AUGUST 11**

# Come Fly with Me!

What makes a bird fly so high in the sky? A bee buzz in your ear? Can squirrels and fish really fly? In this program, we will learn about the animals that get the chance to leave the ground and take flight and what they use to get up there.

Fall Preschool series begins September 8.

# Summer School-age Series

Children 6–9 years old; child should bring a snack and water bottle

Tuesdays, 9:30 AM-12 PM; Fee per session: \$15 M/\$20 NM or Fee per series: \$85 M/\$120 NM

#### JULY 7

#### **Animal Communication**

Sounds, displays, colors and scents are a few ways that animals communicate. We'll experience these methods through games and exploration to gain a better understanding of how they are successful.

#### **JULY 14**

#### What's in the Soil

What makes up the soil? Who lives there? How much soil is on the planet Earth? Search the Watershed Reserve trails for soil and the organisms that live in it. We'll even collect soil and plant a seed to take home.

#### JULY 21

### Fairy Houses and Gnome Homes

Join us for one program that is sure to inspire your imagination, creativity, and sense of wonder. We will spend the time creating our own fanciful village in the forest. We'll also take a hike around the Village's forest and build "fairy houses" for nature's more magical residents.

#### **JULY 28**

# Life in the Stony Brook

We'll take a hike to the Stony Brook to observe life in the stream. Using nets and seines we'll catch fish and other critters to learn what makes our stream so special. You'll need old sneakers for wading and dry shoes to change into.

#### **AUGUST 4**

#### Nature's Art Studio

This program is designed to inspire budding artists and crafters. We will search the Watershed Reserve trails for a variety of natural items for decorating homemade paper. Not only will we use natural objects for creating works of art, we will also make nature-inspired paintings as well.

#### **AUGUST 11**

#### **Perfect Pollinators**

Help Wanted: Insects for making the next generation of seeds. Must like flowers; pollen and nectar-loving is a plus. Do you fit the bill? Come learn about New Jersey's perfect pollinators.

Fall School-age series begins September 10.

#### **RUN OF THE RIVER**

# Get Outside!

In each of our communities within the watershed, there are numerous wild places that offer a special invitation to engage with nature or simply enjoy the outdoors. Many of these are formal parks, with trails or open space for play, but others are simply undeveloped areas, located between neighborhoods, or at the edge of town.

One cannot overstate the importance of these wild places. Here we are reminded that we share the planet with others. These places provide homes and habitat for wild plants and animals. Wild places offer us solace in a complicated world, a place to recharge or let go. They also offer our children a place to develop as they play and explore, stretching their imagination. Along waterways, wild places help maintain the quality of water that we all need to survive.

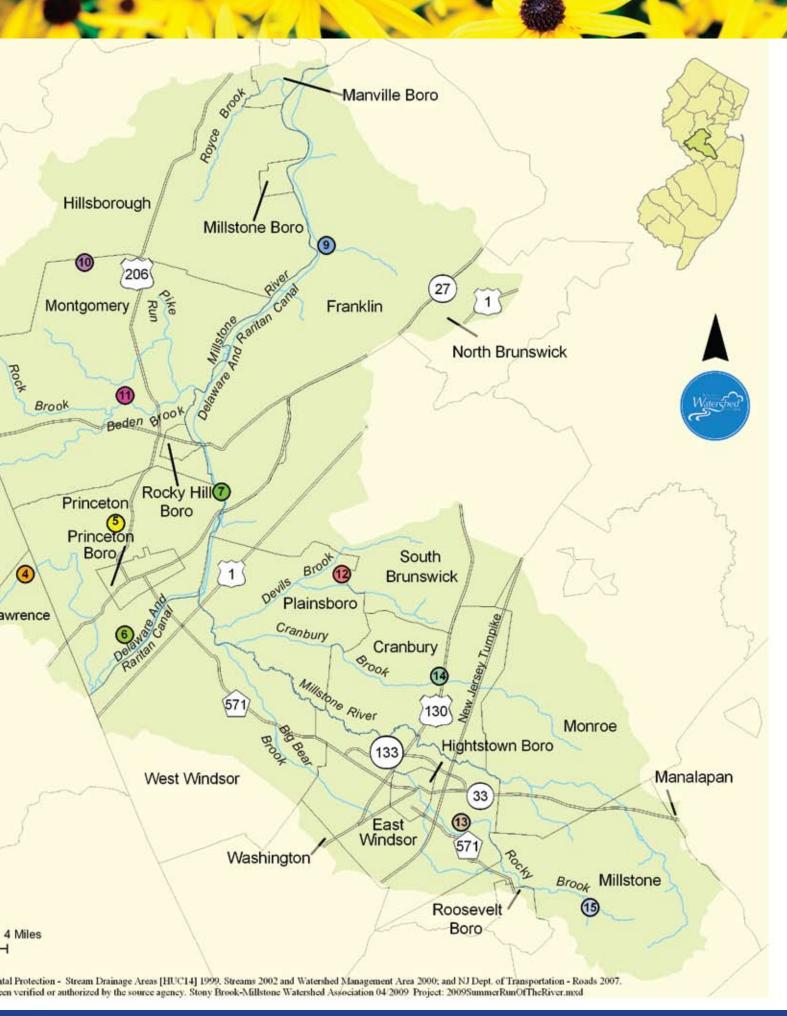
There is a wide range of habitats found in the wild spaces around us. Some reserves, such as the *Northern Stony Brook Preserve* and the *Sourland Mountain Preserve* are forested landscapes that encompass the headwaters of some of our watershed streams. Here streams are born amidst the rocks and moss, protecting the water from human encroachment.

Further downstream, wild spaces provide opportunities to further explore our waterways. Our home, the *Watershed Reserve*, as well as the *Laurie Chauncey Trail* and the *Institute Woods* all offer an interface with the Stony Brook on its journey seaward.

Smaller streams are a central feature in many other watershed parks such as *Opossum Road Woods* and *Cranbury Brook Preserve*. Others like *Kunkel, Hopewell*, and *Etra Lake Parks*, with streams, combine the wild with the tame, offering playgrounds, ball fields and /or picnicking opportunities. If you like fishing, you can try *Perrineville Lake Park* or the *D* & *R Canal State Park*.

Most of the wild spaces around us have been preserved to protect the wild and limit development. Several feature a diversity of aquatic and terrestrial habitats, such as *Mountain Lakes* and *John Witherspoon Woods, Six Mile Run State Park, Plainsboro Preserve*, and our own *Watershed Reserve*. Regardless of their content or their origin, these wild places are for all of us, reminding us of the importance of habitat and clean water, reminding us where we all came from. Go outside and enjoy!





# Cleaning up!

Our 3rd Annual Watershed-wide Stream Clean-up took place in 11 towns this spring with 244 volunteers removing 6,792 pounds of trash and debris from area waterways. A significant achievement yes, but a long way from the ideal—where volunteers attend clean-ups in all 26 watershed municipalities only to find no trash to pick up!

Each year thousands of pounds of trash, including such toxic debris as old motor oil containers, bleach bottles, and auto parts are found in our streams and rivers, leaking contaminants into what are sources of drinking water for tens of thousands of people.

In addition, according to a Litter Survey by the NJ Clean Communities Council, more than 21 percent of all litter is related to food. Our volunteers noted a disturbing number of recyclable containers, largely soda bottles and beverage cans. This may correspond to declining residential recycling rates that peaked at 56 percent in the late 1990s. By 2004 just 34 percent of households recycled. Today, the average NJ resident generates 5.4 pounds of trash per day—that's 1 pound more than the national average.

What we do on land has a direct impact on our water. Removing trash that ends up in our streams helps us get closer to that ideal Clean-up—but there is a lot to do to prevent litter from happening in the first place.

Nymex Charitable Foundation, American Rivers, Aztec Graphics, Saul Ewing LLP, and Whole Foods sponsored the 2009 Watershed-wide Stream Clean-ups.



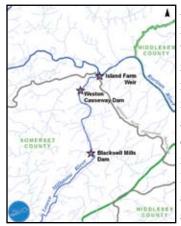
With more "Stream Heroes" like Meaghan Shannon, 7, who exclaimed at the Plainsboro clean-up: "I always want to pick up trash. I love animals, too" we'll be able to spend more time appreciating local wildlife and less time cleaning up after ourselves.

# **Calling all Artists!**

Upcoming competition to design the logo for next year's
4th Annual Watershed-wide Stream Clean-up!
Look for details in the Fall Wellspring.

# Shad in our 'Shed?

continued from page 1



American shad are "anadromous," which means that they are born in freshwater, migrate to the oceans to live for a period of time, then migrate back up their natal streams to spawn. Historically there were massive shad migrations up the Delaware River, but these fish also swam up the Raritan River and into the Millstone.

To get there, the fish must first pass through a relatively narrow "notch" in the Calco Dam on the Raritan River at Bound Brook and then must navigate the Island Farm Weir, a dam-like structure located 160 feet downstream from the confluence of the Millstone and Raritan Rivers. The weir is equipped with a "fish ladder"—a structure that facilitates fish passage around the dam.

One and a half miles upstream from the fish ladder however is the Weston Causeway Dam (also known as the Weston Mills Dam), the first complete barrier to fish attempting to migrate up the Millstone. The dam is thought to have been built around 1700 and is what is known as a run-of-the-river dam—meaning that water constantly flows over it. It was originally built to service a mill that no longer exists and spans the river between Franklin Township and Manville Borough.

The Blackwells Mills Dam, located 4.7 miles upstream from the Weston Causeway Dam is another run-of-the-river dam originally built in the 18th century to service a mill that no longer exists. That dam spans the river between Franklin and Hillsborough Townships.

Our feasibility study will determine the safety of removing or breaching the dams by investigating the sediments upstream of the dams and looking for potential contamination that might need to be addressed. We will also be studying the likely effects of removing the dams on water levels in the river. Future storm water levels will be predicted to determine if flooding would be more or less likely after dam removal. We will hold public meetings to discuss potential scenarios for fish passage at the dams and to listen and respond to local concerns about each scenario.



Your water. Your environment. Your voice.

# Clean water: It's more important than ever

Since 1949, the Stony Brook-Millstone Watershed Association has been making the "CASE" for clean water and a healthy environment in central New Jersey. By combining Conservation, Advocacy, Science and Education we have made significant strides to improve water quality and preserve sensitive habitats in our region. In 2008, we completed a new Master Plan for our campus, won major state-level protection for the Stony Brook, detected a harmful threat to one of our drinking water sources, and expanded the depth and breadth of our education and outreach efforts. (Read more in pages that follow.)

Today our waterways face increased pressure from development, population increases, and global warming. Without clean water and healthy environments we all lose out. Thanks to the ongoing support of our members, volunteers and other supporters we continue to be central New Jersey's leading environmental group. For your support and encouragement we are eternally grateful.

#### Our Donors January 2008-December 2008

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\* includes donation of substantial in-kind professional services and equipment

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# Conservation

A Leader and Innovator in Local Conservation



In 2008, more than 200 volunteers collected 5 tons of trash and debris from area waterways.

In 2008 we completed a new Master Plan for the 860-acre Watershed Reserve. The product of intensive planning by our Board of Trustees and staff, working with Farewell Mills and Gatsch Architects, the plan calls on the Watershed Association to transform our Reserve into a physical embodiment of our conservation mission by incorporating a wide array of "green" energy and water technologies that will be a model for municipal, business and community leaders.

Our River-Friendly land stewardship program also achieved a significant milestone. We certified Princeton Junior School in Lawrence as the first River-Friendly School, now the fourth branch of our River-Friendly program, which also includes River-Friendly Business, Golf Course and Resident Certification. And we embarked on an ambitious plan to extend our network of more than 10 miles of trails to connect all the way from Hopewell Borough Park to Kunkel Park in Pennington. We also began work on our segment of the Lawrence Hopewell Trail, a 20-mile network of trails in central NJ, which is set to open in 2009. Plus, our 2nd Annual Watershed-wide Stream Clean-ups removed more than 5 tons of trash from waterways in 11 communities.

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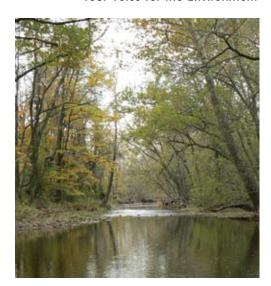
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# Advocacy Your Voice for the Environment

After five years of continued advocacy by the Watershed Association, the Stony Brook now has extra protection from development. In 2008, the NJ Department of Environmental Protection designated a 10-mile stretch of the Stony Brook in Hopewell, Lawrence and Princeton as a "Category One" waterway. This designation prohibits most new development and clearing of native vegetation within 300 feet of the brook and the tributaries that feed it—protecting more than 4,000 acres from development.

At the state level we also secured the adoption of new regulations governing the management of waste water, prohibiting new sewer line extensions into habitat for endangered species. Locally we opposed proposed developments along the Princeton Ridge in Princeton, near the Millstone River in Hillsborough and in a scenic area of Hopewell near the Stony Brook. We also engaged in a planning process for the redevelopment of the Princeton Junction Train Station in West Windsor, making protection for 116 wooded acres along the Millstone River a goal of the plan.



After five years of hard-fought advocacy, we secured special protection for the Stony Brook.

# Science

Monitoring and Protecting Your Water and Environment



Close to 100 Stream Watch volunteers monitor the health and quality of our streams.

Thanks to early detection by the Watershed Association's StreamWatch volunteer water quality monitoring program, we helped stop raw sewage from leaking into Duck Pond Run, a stream in West Windsor that leads directly to the Delaware & Raritan Canal—a drinking water source for thousands.

We improved the methodology and credibility of the data we collect at the 40 water quality monitoring sites in central NJ. In 2008, the NJ DEP approved our Quality Assurance Project Plan for our biological and chemical monitoring programs, meaning that the Bureau of Environmental Analysis and Restoration will use our data as a screening tool in the creation of clean water plans as mandated by the federal Clean Water Act.

The Watershed Association also conducted our first round of tests for E. coli bacteria. We tested Peddie Lake in Hightstown over the summer in preparation for a triathlon and found the lake was in fact safe for swimming at that time. We also initiated an investigation into restoring American shad and other native migratory fish to the Millstone River.

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# Education

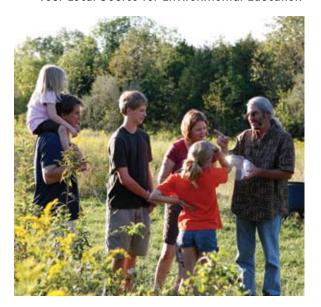
Your Local Source for Environmental Education

In 2008 the Watershed Association greatly expanded our community-based education initiative, which promotes an appreciation for nature at local parks, waterways, schoolyards and corporate campuses.

We launched two new program series: Our Great Watershed Exploration series which takes families and adults on a first-hand tour of local streams, and No Child Left Inside which is geared specifically for parents, offering knowledge and tools for how to reconnect children with the natural world.

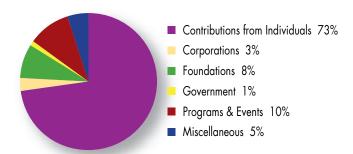
For the second straight year the Watershed Association hosted the entire sixth grade from Hopewell's Timberlane Middle School. Nearly 350 students and teachers took part in an intensive two-weeks of nature education and orientation.

Plus our Nature & Environmental Summer Day Camp grew by more than 40 percent, drawing more than 230 children from across our region to 16 one-week sessions focused on exploration and discovery in nature.

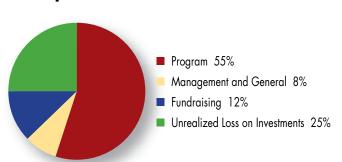


Each year we educate more than 10,000 children, teachers and adults.

### **Total Watershed Association** Income \$3,217,068



### **Total Watershed Association** Expenses \$2,403,800



Financial information presented here is from our 2008 audit which includes gifts to our capital and endowment fund and unrealized losses on investments. In contrast, our internal financial accounting statements include only operating income and expenses, although they do include depreciation of our assets. Under our internal accounting rules, we show an operating deficit of \$30,456 for 2008.

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While we strive to be as accurate as possible we apologize for any errors or omissions and hope you will advise us so we can correct our records.

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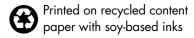
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