

# Honors Program

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*Senior Internship with River Keepers*

Environmental Studies

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## Introduction

The word "river" can conger up many images of lazy moving streams on a summer day to ragging rapids moving through a canyon. Mention the Red River of the North along the Minnesota and North Dakota border however, and many people would envision communities devastated by overland flooding from the river.

Due to recent devastating floods in the Fargo-Moorhead area, some community leaders as well as residents view the river as a liability to the communities. Fargo community leaders and the Army Corps of Engineers have proposed to divert the Red River around Fargo to protect homes and businesses from flooding. However, the proposed diversion project comes with a heavy price. Farming communities and small towns upstream of Fargo would be underwater indefinitely because their properties would be used as holding areas for flood waters. Furthermore, the estimated cost of diverting the Red River is currently over one billion dollars.

Viewing the Red River as a liability is not new in this community. During the 1980s the river was viewed as polluted, unusable, and dangerous. Residents had lost appreciation for and understanding of the river. Community leaders allowed heavy development along the banks without consideration for river movement or river health.

Then in 1989 a team of architects reviewed and analyzed the resources along the Red River through Fargo-Moorhead. The group, called the Red River Regional/Urban Design Assistance Team (R/UDAT) set out to promote "a new attitude about the River". In order to create a new attitude, an organization would be needed to act as River Keeper. With the cooperation of local government agencies, area residents could be educated about maintaining the health of the river and how to become stewards of the river. The organization could also assist with ideas for recreational uses of the river as well as ways to rediscover the downtown areas. The communities embraced the proposal. In 1990 the non-profit organization called River Keepers was formed.

Over the years Fargo-Moorhead has grown into a metropolitan area. River Keepers has kept pace with the growing cities by becoming an advocate for the sustainable use and development of the Red River through Fargo-Moorhead. From bike trails to the Living Lab, River Keepers has played an important part in helping the communities understand and appreciate their precious natural resource, the Red River.

During the summer it would be my privilege to assist River Keepers with their on-going mission.

Day one of the internship started with the Monday morning meeting and introductions. Bob Backman, Executive Director, and Christine Laney, Project Coordinator, explained River Keepers' mission, history, outreach projects, and upcoming events. If I was interested, I could assist with many of the summer events. We also discussed the main projects and various tasks I would be completing for River Keepers during my internship.

The first task would be folding hundreds of brochures for various River Keepers summer events then distributing the brochures throughout the community. Brochures, when designed and printed in-house, provide an inexpensive method of advertising for a non-profit. Although many of the River

Keepers events are well known throughout the community, the brochures also help attract tourists, especially to the SS Ruby.

The Ruby is a pontoon tour boat operated by River Keepers. The U.S. Coast Guard approved boat offers residents and tourists a new look at the Red River by explaining the geology, wildlife and history of the river. Normal operation of the boat runs from late May until Labor Day, but with the high water, the boat ramp was inaccessible. The launch would be delayed until the river level dropped.

Race the Red, a ten mile competitive canoe and kayak race, was scheduled for June 13. With all the accesses under water, the race had to be postponed until July.

The last event to advertise was the Women's Weekend on the Red. The weekend offers camping and canoeing for novice to experienced women paddlers looking for a relaxing weekend with nature. Once again, due to the river's high water and fast current, the event eventually had to be canceled. Bob and Christine L. felt the strong river current would be too dangerous for inexperienced paddlers.

Throughout the rest of the day I walked and drove around the cities of Fargo and Moorhead distributing the brochures at coffee houses, malls, YMCAs and visitor centers. This was a great way to get acquainted with the region.

After returning from distributing the brochures Bob announced that the Kids Fishing Clinic, scheduled for that evening, had to be postponed because of the high water. With the above average snowfall during the winter and the wet spring, the Red River was likely to stay above the flood stage of eighteen feet for the duration of my time with River Keepers, limiting my outdoor activities with the organization.

### **Project 1: Compose Aquatic Invasive Species Information Planned for Public Distribution**

Assignment Date: June 7, 2011      Completed: June 15, 2011

Early in 2011 River Keepers submitted and received a \$2,050 grant for a public awareness project funded through the Minnesota Department of Natural Resources Invasive Species Program. The scope of the project would increase Aquatic Invasive Species (A.I.S.) awareness of users of the Red River in western Clay County, in which the city of Moorhead is located.

The necessity for a public awareness project in this particular region of Clay County stems from the lack of A.I.S. awareness education information available to those who utilize the Red River. In the Moorhead area, the Red River is the only water source for fishing and recreational activities. The river is also infested with zebra mussels. A lack of A.I.S. campaigns on the Red River means the high probability that users may spread zebra mussels to other Minnesota lakes, or introduce other invasive species into the Red River.

Awareness of aquatic invasive species will be increased through two main projects outlined in the grant proposal. The first is by installing MN DNR A.I.S. signs and brochure holders at two of the popular fishing sites in Moorhead. The second project will be a map designed by River Keepers and a professional mapmaker. One side of the map will show the section of the Red River through the City of Moorhead complete with river miles, public accesses, locations of retrofitted dams, and bike trails. The

other side of the map will contain aquatic invasive species information along with other important guidelines. The maps will be distributed to local marine dealers, sporting good stores, bait dealers, the Moorhead Convention Center and Visitors Bureau. (2011 River Keepers Grant Proposal to MN DNR)

The first major project of my internship would be to compile the Aquatic Invasive Species information to satisfy the grant proposal as well as compile other various recreational and safety information tips desired by River Keepers for the map. During our discussions about the various topics to cover on the map, Bob's overall vision for the River Keepers' map began to take shape. His goals included (1) making the information as easy to read and understand as possible for the general public, (2) combine the Minnesota and North Dakota laws and regulations into as generalized statements as possible, and (3) have MN DNR and North Dakota Game and Fish officials review and approve the information.

Although the Red River is a federal waterway, it is patrolled by North Dakota Game and Fish officers and MN DNR officers from their respective shores to the middle of the river. Since the river is only a few hundred feet wide through Fargo-Moorhead, boaters, anglers, and recreational users could easily cross the middle of the river and unknowingly fail to follow another state's regulations. River Keepers hopes that by utilizing the map's information, users will be more informed about the laws and regulations intended to safeguard them and the river.

Generalizing the laws and regulations for Minnesota and North Dakota regarding aquatic invasive species, as well as fishing and boating, was the most challenging aspect of the project. For instance, Minnesota and North Dakota natural resource departments do not utilize the same language when referring to invasive species. The state of Minnesota uses the word "invasive". North Dakota uses the word "nuisance". The language on the map needed to be strong enough to grab the public's attention, yet sensitive to each state's preference in wording. Therefore Harmful Exotic Aquatic Species became the title I chose that would be the most acceptable to each department.

For the remainder of the document, any laws or regulations that were state specific were noted as such. For example, in Minnesota all watercraft must display an A.I.S. sticker prior to launching. North Dakota does not have this regulation. The A.I.S. sticker is designed to remind Minnesota watercraft users to take the time to prevent the spread of harmful exotic aquatic species. The information presented on the River Keepers map should help reinforce the need for Clay County residents to prevent the spread of harmful exotic aquatic species to and from the Red River.

To verify that all the conditions of the grant were satisfied once the map information had been written, I reviewed the final grant paperwork sent from the MN DNR to River Keepers. Under terms of the grant, the DNR required River Keepers to become a partner with the Stop Aquatic Hitchhikers! Campaign. On June 14 I submitted River Keepers for partnership with the Stop Aquatic Hitchhikers! Campaign sponsored by the U.S. Fish and Wildlife Service and the U.S. Coast Guard. The next day I received email confirmation from Joe Starinchak, Outreach Coordinator with the U.S. Fish and Wildlife Service that River Keepers had become a partner in the campaign. A packet was sent to River Keepers containing the graphics and marketing materials for the campaign. By becoming a partner, River Keepers can utilize these materials for any future projects or programs.

The grant requirements were complete and the following information was sent to MN DNR and North Dakota Game and Fish officials for review.

**This material is for informational purposes only. It is not intended to be an interpretation of Minnesota or North Dakota law, nor indicate how an agency may administer their enforcement policies.**

### **Harmful Exotic Aquatic Species:**

Harmful exotic aquatic species are a growing concern for the Red River because they can cause serious ecological and economic problems. These exotics are also referred to as Aquatic Invasive Species (AIS) or Aquatic Nuisance Species (ANS).

Harmful exotic aquatic species are non-native species that can be plants, animals or even microorganisms. With no natural control in their new environment, harmful aquatic plants can crowd out sunlight and nutrients from native plants, jeopardize animals that are dependent on the native vegetation, and clog machinery. Examples of exotic plant species are Eurasian water milfoil and curly-leaf pondweed.

Once introduced into a body of water, harmful aquatic animals can take over habitat from native species and consume the foods native animals need. Examples of exotic animal species are the zebra mussel and the spiny water flea.

The impact of harmful exotic species not only affects the ecosystem, but can effect recreation and enjoyment of the Red River. Activities such as boating and fishing can be impacted.

You can help protect the Red River from harmful exotic aquatic species and other lakes and rivers you utilize from harmful exotic aquatic species by following the regulations and guidelines. More information can be found at the MN Department of Natural Resources and ND Game and Fish websites.

### **Regulations and Guidelines:**

- MN residents must display the AIS decal issued by the DNR on watercraft prior to launching
- Drain water from boats, live wells, bilges, motors and bait containers before leaving the landing area. Drain the water away from the landing
- Remove all visible aquatic vegetation and zebra mussels from boats, personal watercraft, trailers, fishing poles and associated equipment before leaving the landing area
- Do not dispose of unwanted bait into a body of water, instead dispose of bait into the trash
- MN residents must leave the boat drain plug out while transporting a vessel

### **Common Exotic Species: A closer look**

#### **Purple Loosestrife (*Lythrum salicaria*, *L. virgatum*):**

This non-native noxious plant from Europe and Asia was introduced into the United States in the 1800s and spread to U.S. wetlands and waterways. In this region purple loosestrife was planted in

home gardens and now has spread throughout the Southern Red River basin. The perennial's aggressive growth can overtake native riparian vegetation adjacent to the Red River. The result could mean loss of suitable cover, food and nesting sites for river wildlife.

Homeowners and river enthusiasts can help prevent the spread of purple loosestrife by

- Digging up and destroying purple loosestrife in gardens and on your property
- Placing the plants in trash bags and disposing at the local landfill. Do not compost these plants because the seeds may not be destroyed
- Removing all vegetation from boats and trailers before leaving the river

#### **Zebra Mussels (*Dreissena polymorpha*):**

The exotic zebra mussel was found in the Red River watershed in 2009 and the Red River in 2010. The small yellowish or brownish "D" shaped stripped clam shell can impact river recreation by attaching to boating, swimming and fishing equipment. Zebra mussels damage ecosystems by smothering native mussel populations. Their filtering capabilities can also increase water clarity which may cause more vegetation to unnaturally grow at deeper depths. The increased vegetation leads to denser stands which may impact the food chain.

Their microscopic larvae, called veligers, can be carried in water contained in bait buckets or bilges. Therefore it's important to follow the guidelines for draining water before leaving the river.

#### **Other Harmful Exotic Species include:**

##### **Animals:**

- Silver Carp
- Common Carp
- Round Goby
- White Perch

##### **Plants:**

- Yellow Iris
- Non-native Waterlilies
- Reed Canary Grass

#### **Fishing and Boating Safety Regulations and Guidelines:**

- Ensure watercraft has the proper state license registration
- State law in MN and ND requires any child under 10 to wear a personal floatation device (PFD)/ life jacket on all boats when underway
- State law in MN and ND requires that a PFD must be readily accessible for each person on board a watercraft
- It is strongly recommended that PFDs be worn by all occupants of a boat when underway
- Boats 16 feet or longer also must have one Coast Guard approved throwable device
- Operate at safe speeds while in close proximity to other vessels and during periods of reduced visibility such as dawn/dusk and when in winding channels
- Be aware of pending weather conditions
- In the dark waters of the Red, underwater snags are usually not visible. Swirls or waves on the water surface may indicate snags below. Adjust speed accordingly. Leave motors unlocked.
- Avoid speeds that produce wakes in areas subject to shore erosion
- Do not block landings unless launching or retrieving your boat

### **Fishing Tips:**

- When in a boat give plenty of room to shore anglers
- Cast with the current and avoid the strongest currents to keep your line from rolling
- Keep tension on the line to avoid losing fish
- Practice (CPR) Catch-Photo-Release, especially with large fish. Some anglers report that crimping barbs on circle type hooks has not resulted in lost fish and facilitates CPR
- Avoid snags by not fishing in the boulder rip-rap below the dams
- Use a bobber if fishing in an eddy out of the current
- Use a landing net or gently drag the fish up the river bank
- Use heavy sinkers, such as a one oz for bottom fishing
- Minimize loss of fishing tackle by using a leader of lower strength so it breaks first when pulled. Place sinker on the higher strength main line connected with swivel to leader.

### **Canoeing and Kayaking Safety Guidelines:**

- Always wear a PFD and keep it fastened
- Avoid standing up in a canoe/kayak
- Center and distribute weight evenly
- Stay at least 300 feet away from dams
- Bring an extra paddle
- Keep equipment such as cell phones in watertight bags
- Avoid letting loose ropes dangle in the water. They can become entrapment hazards
- Avoid rushing water or rapids unless experienced and capable
- Stay upstream of and with the watercraft if capsized

### **Dam Safety:**

The three lowhead dams in the Fargo/Moorhead region have been modified with rock to eliminate dangerous undertows below the dams. The resulting rapids also allow fish to pass, especially important during the spawn. Always use portages unless you are experienced and familiar with canoeing or kayaking in rapids. Refer to a map for dam locations, as they are not always marked.

### **Bike and Trail Safety along the Red River:**

- Travel at a safe pace, watching for holes, branches and other objects that may be on the path
- Slow down when visibility is reduced due to bends in the trails or trees
- Yield to pedestrians
- Stay to the right, except to pass
- Pass by signaling, whistling, ringing a bell or using words such as "on your left"
- Pull off to the side of the path when stopping
- Be aware that due to varying water levels, pedestrian bridges may not be accessible

June 2011

Christine Hokkala-Kuhns

River Keepers

The above information was reviewed and found acceptable by the North Dakota Department of Game and Fish. No response had been received from the MN DNR in June; then the state shutdown postponed any possible correspondence during my remaining time with River Keepers.



## **Task: Water Sampling on the Red River**

Date: June 9, 2011

River Keepers has been collecting water samples from the Red River for the past eleven years. The project was initially funded by a grant from the Environmental Protection Agency (EPA). The data collected by River Keepers became very useful to state and local agencies interested in the river's water quality, which is the primary source of drinking water for Fargo and Moorhead. Monitoring continues today through contributions and sponsorships.

In order to monitor the river for changes, four sites were selected for sampling. Locations were selected upstream, in the middle, and downstream of the Fargo-Moorhead community. The sampling sites are numbered on a simple driving direction's map added as an attachment at the end of this document. Site one is located in the heart of downtown Fargo on the 1<sup>st</sup> Avenue bridge to capture the impact of the busy business district on the river. Site two is downstream (north) of the city limits on the Harwood Bridge. The bridge is located on Cass County Highway 22 and Clay County 26. Site three is located upstream (south) on Cass County 16 and Clay County Highway 8. The last site selected for sampling was the Wild Rice River in North Dakota that flows into the Red River south of Fargo. Although the input from the Wild Rice is very small, monitoring the Wild Rice River can give insight into changes occurring in the watershed which could impact the Red River.

Frequency of sampling occurs bi-monthly from ice out to October. Typically volunteers from the community assist Christine L. with collecting samples, but on June 9, I was able to assist.

River Keepers uses an YSI 650 MDS Handheld pH, Conductivity and Dissolved Oxygen Meter owned by the Clay County Soil and Water Conservation District to take readings from the river. Before each use the meter is calibrated for pH and the dissolved oxygen membrane is changed. All the calibration data is recorded in the log book that remains with the meter.

The equipment we gathered for sampling included the meter, tape measure, safety harness and vests, transparency tube, a digital air temperature monitor, and the Van Dorn horizontal water bottle sampler. On our way to the first site we stopped at the Fargo Water Treatment Plant to pick up one liter sterile sample bottles. The City of Fargo began testing the water samples for River Keepers as part of the initial EPA grant. To this day the City of Fargo has continued to support River Keepers efforts by testing the samples for free.

At the first collection site in downtown Fargo, sampling took place on the south-side of the bridge where the water was flowing toward us. First the YSI meter needed to be calibrated for dissolved oxygen, which is done in the field instead of at the office. After calibration we lowered the probe into the river and recorded readings. Data recorded during the sampling included pH, conductivity, dissolved oxygen, and water temperature. A separate monitor was used to measure the air temperature.

Our next task was to take measurements. Christine L. put on the safety harness and secured herself to the bridge. We measured the distance from the bridge deck to the surface of the river then we attempted to measure the depth of the river. The fast current made estimating the bottom of the river very difficult. Earlier that morning before leaving the office, we had checked the river level on The

"Fargo Flood" Homepage. This website run by North Dakota State University shows the current river level each day. The river depth is needed to determine the sampling depth which is approximately fifty percent of the depth of the water column. Our sampling depth for the day would be approximately nine feet.

Christine and I combined the two measurements for a total length. We used the tape measure to measure the distance on the rope indicating how far to lower the sampler over the bridge. Once the sampler was placed into the water, the messenger, a heavy weight, was released triggering the sampler to close.

When the sampler was pulled from the river, some of the water was placed in a labeled one liter sterile bottle for testing. The remaining water was placed in a transparency tube in which water clarity was determined. Two readings were recorded from the tube. The first when the Secchi disk symbol became barely visible after releasing the water through the hose in the bottom of the tube. The second reading was taken when the top of the screw in the Secchi disk was visible. Overall the Red River tends to be more turbid because the river carries a great deal of sediment as it flows northward. The silt and clay sediments give area residents the perception that the river is unhealthy or polluted. However, the Red River is one of the nation's cleanest rivers in terms of pollutants.

At each of the remaining sites we repeated the procedure. At site two, the Harwood Bridge, we collected an additional blank sample. At site four, the Wild Rice River, we took duplicate samples for a total of six samples to be analyzed. The results for each of the six samples we collected have been added as attachments.

#### **Task: Assist in Building Rain Barrels**

Dates: varied

Many afternoons I assisted Bob with the assembly of rain barrels designed by River Keepers and available to the public for purchase. The rain barrels are assembled only when an order is placed, and generally takes only a half hour to complete.

Rain barrels installed in urban settings provide benefits beyond the economic value of a decreased water bill to the average homeowner. Collecting rainwater conserves treated tap water. According to River Keepers, one rain barrel can save over 1,000 gallons of water during peak summer months.

Collected rainwater also reduces the strain on urban storm sewer systems which empty into urban creeks and rivers. Within Fargo-Moorhead city limits all the storm sewers empty into the Red River which means pollutants as well as trash from streets and parking lots could be carried into the river potentially damaging the river's fragile ecosystem.

#### **Task: Prepare Grounds at the Living Lab for the "Living with a River" Bus Tour**

After the 1997 flood, the City of Fargo instituted a voluntary buyout program for selected properties along the Red River. Once purchased, these properties would be removed and the riparian

zone would be restored. By eliminating the amount of emergency measures such as sandbags and levies that would be needed to save homes in these flood prone areas, the city can save costs by better utilizing the resources elsewhere. One of the buyout properties was the Jensen property along University Drive South in Fargo.

The Jensen property was a hobby farm. Many of the trees had been removed along the river to allow sheep to graze. The loss of trees coupled with grazing animals led to instability of the bank causing extensive slumping. The City of Fargo leased the former hobby farm to River Keepers in order to establish a Living Laboratory that would demonstrate various riparian restoration techniques that could be used to educate the public.

As with other River Keepers projects, volunteers play a crucial role in maintaining the Living Lab year round. On June 20, Christine L., Bob and I spent the day pulling weeds, mowing the lawn, and tidying up the grounds for the very first Living with a River Bus Tour taking place on June 21, 2011. The bus tour was a collaborative effort between the Cass County Soil Conservation District (ND), River Keepers, and the Natural Resources Conservation Service. The objective of the bus tour was to improve property owners understanding of river dynamics which impacts the development and landscaping of their properties.

A major issue effecting homeowners along the Red, Sheyenne, and Wild Rice rivers is riverbank slumping. To understand slumping, property owners must first understand that rivers are dynamic. Rivers gradually change shape by eroding, transporting and depositing sediment. Streams will erode the cutbank, or outer bank, and deposit sediment on the opposite bank. (Living with a River Booklet) Therefore, homeowners living on a cutbank will always experience slow erosion of their bank. Slumping can be accelerated, however under certain conditions. As stated previously, one reason for slumping is the removal of native vegetation and trees along the bank. Native vegetation is typically removed on riverfront property to achieve a perfectly groomed lawn up to the stream bank. The turf grass that replaces the native vegetation only has a root system a few inches deep. This cannot stabilize the clay soils which make up the region. Native prairie plants such as Switch Grass can have root systems up to ten feet deep which helps provide stability to the soil and slows erosion. (Living with a River Bus Tour Booklet) Another cause is the location of homes and buildings on the riverfront property. According to Donald Schwert, Professor of Geology at North Dakota State University and guest speaker on the tour, many homes are simply built too close to the river. The proximity of these homes to the river, coupled by the fact that the gutters and septic systems also drain toward the river, causes a great deal of weight to the water-loving clay soil of the area. The land becomes heavy, unstable and eventually slumps into the river. Within the past few years Fargo has changed the new building setback requirement of 100 feet to 450 feet from the river to deal with this issue.

To illustrate the severity of slumping and the various restoration techniques used to combat the problem, three sites were selected as stops during the tour. The first stop was a property along the Sheyenne River. The homeowner lost thirty feet of property from a slump. For the past twenty years the homeowner has been trying several restoration techniques. These techniques include planting

deep rooted vegetation, installing dewatering wells, and initiating conifer revetment. (Living with a River Booklet) The greatest gain has come from planting native vegetation and willow trees.

The second site was a bank stabilization project along the Red River where severe erosion was threatening homes. The homeowners in this neighborhood spent over \$170,000 to cut and slope the bank, move septic systems away from the river, and plant native grasses, shrubs and trees. Although the project has been considered a success, there is one home still experiencing slumping.

It was here at the second site when Donald Schwert and Bob Backman started a lively discussion with tour participants about flooding, zoning laws and development along the river. The discussion may not have been the same if all the participants had been homeowners. Instead, the participants on the afternoon tour were made up of Fargo city council members, Cass County commissioners, Fargo planning and zoning officials, one homeowner and three news media crews. This was quite unexpected by the three organizing sponsors of the tour. The discussion continued to the third stop at the Living Lab.

Due to the pouring rain that day, the participants could not enjoy walking the trails at the Living Lab to view the different successful riparian restoration projects. We all gathered inside the education building to watch a stream flow demonstration given by the Cass County Soil Conservation District.

Regardless of political views, it seemed tour participants, as well as myself, walked away with a renewed understanding and appreciation for the Red River.

#### **Task: Demonstrate the T-shirt to Tote Project at the Fargo Police Picnic**

Date: June 28

For the past 16 years the Fargo Police Department has invited the residents of Fargo to Island Park for an evening filled with food, entertainment, and the opportunity to interact with police officers and learn about local area agencies. As a representative of River Keepers, I demonstrated to interested passersby the ease of making an old T-shirt into a reusable tote bag by following some simple instructions. During the demonstration I discussed how the t-shirt tote can eliminate the need for disposable plastic bags during store visits which can end up in the Red River when not disposed of properly.

River Keepers accepts donated t-shirts for the t-shirt to tote project. Volunteers cut the pattern in the shirt then sew the bottom of the t-shirt together to make the bag. During the picnic I gave away hundreds of t-shirt totes, and patterns, to people interested in reducing the use of plastic bags. Christine L. commented that this was the most t-shirt totes ever given away at one event.

With the overwhelming positive response from the public, I asked Christine if I could make a flyer using the standard River Keepers format that combined tips for reducing the use of plastics with the pattern for the t-shirt tote, which was supplied by Moorhead Community Education. To help further promote the project, I decided to add the flyer as an attachment to the Adopt-a-Park/Adopt-the-Red Volunteer Packet. The Volunteer Packet will be on Fargo Park District, River Keepers, and Moorhead Parks and Recreation's web-sites.

## **Project 2: Develop an Adopt-a-Park/Adopt-the-Red Manual for the City of Moorhead and The Fargo Park District**

Assignment Date: June 15, 2011      Completed: July 8, 2011

The Adopt-the-Red program was started in 1995 by River Keepers in an effort to clean up the Red River which had become polluted with refuse. Most of the program was modeled after the Adopt-a-River program run by the MN DNR. The program was very successful. Groups, businesses, and organizations adopted reaches of the Red River in much the same way groups Adopt-a-Highway. The successful program was eventually handed over to the Fargo Park District and Moorhead Parks and Recreation which had more resources to operate and maintain the program. After several years the Adopt-the-Red program was overshadowed by the Adopt-the-Park programs offered by the two departments. The adopted reaches of the river were no longer being cleaned.

Christine L. asked me to develop a manual for the Fargo Park District and Moorhead Parks and Recreation on how to administer and promote the Adopt-the-Red program to the public. The how-to guide may spark renewed interest in the program.

Realizing that it may not be practical for a department to administer two separate Adopt programs, I set up a meeting with the administrative assistants from the Fargo Park District and Moorhead Parks and Recreation. Christine L. and I met with Amy Rasmussen and Tara Erken. Their input would provide me with direction on how to combine the two programs as well as ensure support to promote cleaning the reaches of the river.

The overall layout and methods of promoting the program I proposed were very well received. Amy and Tara offered to send me all the information they had on both programs, plus spreadsheets of locations to adopt. The spreadsheets could be reorganized to make tracking adopt participants and locations easier. We also discussed the need for maps of all the river reaches available for adoption. High quality labeled aerial maps made by each parks' department could assist adopt participants in planning and organizing clean-up events. Maps could show locations of parking, refuse pick-up, dam locations, if any, and whether the reaches adjoin private lands.

After difficulty contacting the individuals suggested by Amy and Tara, Christine L. decided the maps could become a winter project when the park departments and River Keepers were in the off season. The goal would be to focus on the manual this summer so that future interns at the park departments as well as with River Keepers could take over and administer the program with little to no training.

Through the entire process of creating this document, it became evident more was needed than just step-by-step instructions. An overall goal for the Adopt-a-Park/Adopt-the-Red program was necessary to unite the three administering partners. The goal would also motivate volunteers to adopt a park or reach of the river. As I stated in the introduction to the manual, protecting the river and surrounding environment means protecting the main source of drinking water for Fargo-Moorhead. By being stewards of the river, program partners and volunteers can achieve this goal.

Promotion would be essential in regaining interest in the Adopt program. River Keepers used public service announcements as a way to reach area residents during the first few years of the Adopt-

the-Red program. By utilizing examples from Christine L., I was able to write sample press releases the partners could use to promote the program. Social media can also be used to promote the program to younger participants. Using technology to reach volunteers sparked another idea. I asked Christine L. if I could create a volunteer information packet that would be placed on the three partner's websites. Anyone browsing Fargo Park District's website for information, for example, would come across the Adopt-A-Park/Adopt-the-Red program. A click would lead them to the volunteer information packet with the how-to guide on becoming involved in the program.

In the volunteer packet I included instructions ranging from how to execute an organized clean-up day to plants to avoid during a clean-up. I found some stinging nettle and poison ivy on my home property so I added photos to the plant's descriptions.

The volunteer packet also contains important on-the-water clean-up information for those participants who adopt reaches of the river. I used an appropriate Stop Aquatic Hitchhikers graphic featuring a canoe in the attachment to get the public thinking about aquatic invasive species also.

The Additional Stewardship Information Attachments may also draw volunteers interested in being more involved with environmental issues to the River Keepers' website. Promoting River Keepers to younger generations is critical to the non-profit's survival in the future. To involve children, the Kid's Corner was inspired by the kids activities found on the MN DNR website. Instead of recreating the activities, I contacted the MN DNR to see if River Keepers could utilize the activities as well. Permission was granted with the stipulation that credit go to the MN DNR.

The completed manuals and attachments were reviewed and approved by Bob and Christine. Christine L. planned to send the documents to the Fargo Park District and Moorhead Parks and Recreation for final review and approval. This was an exciting project to complete knowing that within this year the manuals I created will help promote river clean-ups and guide area residents in the process.

## **Conclusion**

On both sides of the river there are many state and local organizations/agencies devoted to the preservation and sustainable development of the natural resources in and around Fargo-Moorhead. But none are more uniquely devoted to promoting stewardship toward the Red River than River Keepers. Over the past twenty-one years it seems River Keepers has gone beyond the expectations outlined in the R/UDAT. The organization does more than just work "hand-in-hand" with different groups on river projects. The staff of River Keepers has fostered a sense of cooperation over the years with several civic, political and government organizations throughout Fargo and Moorhead. These partnerships have led to sustaining sponsorships which allow River Keepers to continue providing educational programs to the public as well as furthering restoration projects along the Red River. The outreach programs offered has helped River Keepers become a recognized information authority on the Red River through Fargo-Moorhead.

Although the work of River Keepers is valued in the community, the non-profit organization has not been immune to the recent economic recession. Budget constraints have reduced appropriations

and sponsorships needed to cover fixed expenses. Also, the unusually high river level this summer first delayed the launch of the SS Ruby, forcing a decision in August to cancel the tour boat for the season. On average the Ruby generates nearly \$15,000 for the annual budget. This money is used to pay the operating expenses, payroll expenses and insurance on the tour boat the following year. Without this income, money needed to operate the tour boat next year will likely mean cutting other projects.

Funding is the biggest challenge a non-profit organization faces, according to Bob Backman, executive director of River Keepers. Funding not only allows the work to continue, but can also mean having the resources to hire a professional to advocate for an organization. This is a critical position missing at River Keepers, according to Bob. A dedicated position would give River Keepers the ability to take a stronger stand on some state and local policy issues that affect the Red River. Furthermore, the position could delve into issues brought to River Keepers by concerned residents and/or riverfront property owners from both sides of the river; especially concerns dealing with the proposed diversion project. An advocate could give these citizens a voice.

Though funding and weather-related issues have affected some of River Keepers' activities this year, the restoration projects continue. An example is the cavity replacement program. For years wood duck houses were built by various volunteer groups and placed along the river. The record 2009 flood destroyed many of the trees and wood duck houses. After receiving a grant for more materials, Bob and Christine L. raised concerns during our first meeting about finding volunteers to build the houses. I suggested contacting a local Boy Scout troop to see if any Eagle Scouts were interested in the project. By pure coincidence that afternoon two Eagle Scouts contacted River Keepers to see if there were any projects they could complete. The wood duck houses as well as some bat houses would be built and installed this summer.

It is through restoration projects plus various outreach programs that earned River Keepers such a high reputation in the community. Their reputation is also what helped make the Living with a River Tour a success. Although the main focus was to educate homeowners, the hope was to catch the attention of local city officials; and as stated earlier, it sure did. With a bus load of policy makers on board, it gave the organizers an opportunity to shed light on other subjects such as impacts of new housing developments along the river, dike projects around housing developments, and flooding issues. The organizers "stated their case" about poor policy and zoning laws affecting uninformed homeowners who end up spending thousands of dollars to save their properties from slumping into the river. Not to mention are the roads leading into some of these developments. The roads were built too close to the river and the road bed is being washed away. This poses not only a significant safety hazard to the public, but eventually the costs of repair are felt by taxpayers. All of it could have been avoided with better planning, which starts with a basic understanding river behavior.

The information presented, site presentations, and lively discussions on the bus with the participants could by far make this outreach program the most important one River Keepers has done. The reasoning lies in the audience. Youth programs are incredibly important, but they provide knowledge in the hopes that more informed decisions will be made in the future. The payoff is not necessarily immediate. Whereas providing outreach experiences to adults can sometimes have a rapid

payback. The Living with a River Tour gave the mostly non-scientific policy makers a basic understanding of the river so that they can make more informed decisions when dealing with current environmental and development issues along the Red River and its tributaries.

Those decisions, if made "river friendly", can have a huge positive impact on the Red River and the Fargo-Moorhead community. Increasing setback requirements of homes and roads from the river, for instance, spares the natural vegetation along the river bank which keeps the stream bank from eroding. Severe erosion can cause the stream channel to either rise (aggradation), causing flooding, or widen and deepen (incising), which can result in the loss of property and wildlife habitat.

Enforcing setback regulations on farming in the region would allow the floodplain to store floodwaters and effectively dissipate them overtime. This won't prevent overland flooding from occurring in the region, but it could help to reduce the severity of property damage and ultimately reduce overall costs from significant flood events.

Vegetation in the floodplain also filters out non-point source pollution, such as herbicides and fertilizers, which can degrade water quality. Poor water quality not only endangers the aquatic organisms in the river, but threatens the quality of drinking water for Fargo and Moorhead.

Protecting the main source of drinking water for the community alone should convince area leaders that more river friendly policies are needed, but that will remain to be seen. For now success lies in knowing participants gained a greater understanding about the precious natural resource flowing through their community. The real reward for River Keepers will be when long range regional planning focuses on maintaining the health of the Red River by strategically preserving the river environment in developed areas.



## **Attachments**

Adopt-a-Park/Adopt-the-Red Manual

Fargo Park District Parks and Riverfront Spreadsheets

Moorhead Parks and Recreation Parks and Riverfront Spreadsheets

River Keepers River Reaches Spreadsheet

Moorhead Parks and Recreation Adopt Agreement Form

Fargo Park District Adopt Agreement Form

On-the-Water Clean-Up Instructions

River Keepers Waiver and Release of Liability Form

River Keepers Canoe Use Agreement Form

Fargo Parks Riverfront Reaches for Maps Descriptions

Moorhead Parks and Recreation Riverfront Reaches for Maps Descriptions

Adopt-a-Park/Adopt-the-Red Evaluations

Adopt-a-Park/Adopt-the-Red Certificates of Appreciation

Adopt-a-Park/Adopt-the-Red Volunteer Information Packet

Help Keep Plastics Out of Our Environment Sheet

Living Lab Brochure from River Keepers

Map of Water Sampling Sites

Water Testing Results

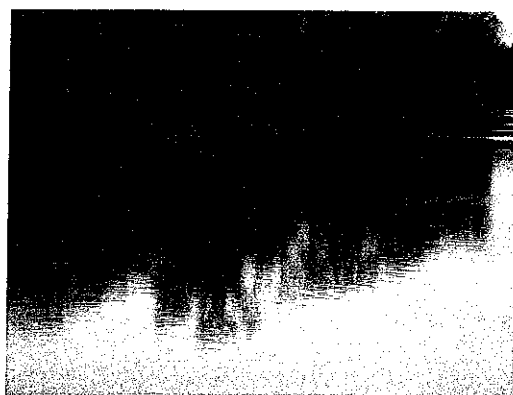
## **Resources**

Cass County Soil Conservation District, River Keepers, and Natural Resources Conservation Service. 2011. *Living with a River*. Prepared for the Living with a River Bus Tour.

River Keepers Grant Proposal to the Minnesota Department of Natural Resources Invasive Species Program, 2011.

# Adopt-a-Park/Adopt-the-Red

## Manual



June 2011



## **Adopt-a-Park/Adopt-the-Red Program**

### **Program Contents**

- Introduction 3
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  - Quotes and Statistics to Utilize for Letters and Emails 5
  - Sample Press Releases 6
- Attachments
  - Parks and River Reaches to Adopt
    - Fargo Parks Department: spreadsheet of parks and river reaches
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    - Maps
      - Fargo Riverfront map information
      - Moorhead Riverfront map information
  - Canoe Waiver Forms
  - Waiver and Release of Liability – River Keepers
    - For on-the-water clean up only
  - Thank you/ Appreciation Certificates
  - Evaluation Form

### **Volunteer Stewardship Information Packet**

- Introduction to the Adopt programs
  - Beginning the Adopting process
    - Organizing and Promoting Clean-Up Efforts
  - Group Responsibilities
    - Prior to the Clean-Up
    - During the Clean-Up
    - After the Clean-Up
  - Safety Information for an Enjoyable Clean-Up
    - Plants to Avoid
  - Sample Media Advisory Release for a Clean-Up Day
- On-the-Water Clean-Up Attachment
  - Safety
  - Help Stop Aquatic Hitchhikers information
- Additional Stewardship Information Attachments
  - Make your own T-shirt Tote
    - Learn ways to reduce the use of plastics and keep them out of the environment
  - Living Lab Brochure
  - Kids Corner (courtesy of MN Department of Natural Resources)
    - Trash Life Span Chart
    - Adopt-a-River Fun Book
- Attachments to Complete
  - Adopt-a-Park/ Adopt-the-Red Agreement Forms
    - Fargo Park District
    - Moorhead Parks and Recreation
  - Evaluation Forms
    - Fargo Park District
    - Moorhead Parks and Recreation
  - Waiver and Release of Liability – River Keepers
    - For On-the-Water clean-up only



## **Adopt-a-Park/Adopt-the-Red Program**

### **Introduction**

A community's natural resources are precious. These natural resources can provide food, drinking water, as well as recreation opportunities. Because humans have the greatest impact on the environment, it is our responsibility to be stewards of the resources in our communities.

A precious natural resource located between Fargo and Moorhead is the Red River. The Red River is the community's primary source of drinking water. The city of Fargo treats about 11 million gallons of water a day and Moorhead treats about 5 million gallons of water per day. All of that water is pumped into homes, hospitals, nursing homes and businesses. Protecting the quality of the water starts not only with the river itself, but also with the environment surrounding the river.

The Adopt-a-Park/ Adopt-the-Red program can help significantly reduce the amount of trash and debris in and around the river. The trash has the potential to degrade the quality of the water. National studies indicate nearly 90% of the items collected during a river clean up are non-biodegradable.

Volunteer groups, organizations, and businesses that participate in this program will expand their concept of stewardship for the Red River, gain the opportunity to protect this natural resource and help build a sense of community pride.

By partnering to administer the Adopt-a-Park/Adopt-the-Red program, The Fargo Park District, Moorhead Parks and Recreation and River Keepers, show a strong commitment to promoting stewardship that will benefit both of the communities that share the Red River's banks.

### **Administration**

#### **Promotion:**

Informing the public about the program will be provided in several ways:

**Public Service Announcements:** Used to recruit new volunteers and thank the volunteers who participate.

**Websites:** Incorporate the Adopt programs into partner websites. Links could include volunteer information forms and the Volunteer Information Packet.

**Facebook:** Utilize Facebook to promote the program post pictures, remind volunteers of clean up seasons, and thank volunteers.

**Signage:** Signage with names could be placed at the adopted areas when feasible.

**Certificates of Appreciation:** Each volunteer group will receive a certificate of appreciation for the stewardship given to the adopted site.

**Brochure:** Create a brochure for distribution at community events and partner offices.



## **Adopt-a-Park/Adopt-the-Red Program**

### **Length of Adoption:**

The ideal commitment of adopting a park or reach of the river is 5 years. This length of time allows volunteers to see a change in the adopted areas as a result of their efforts.

### **Best Times for Clean Up:**

Instruct groups that the best times to clean the adopted park or river reach is:

- In the spring after flooding but before growth of vegetation which hides the trash
- In the fall after the first frost which kills some of the vegetation, but before the first snow

### **Materials Provided to Volunteer Groups:**

Partners may provide materials and equipment to the volunteer groups for clean up efforts. The items provided may change at any time at the discretion of the individual partners.

Fargo Parks District: trash bags

Moorhead Parks and Recreation: trash bags, rubber gloves, and rakes

River Keepers: canoes, paddles, life jackets, trash bags and garbage grab sticks for on-the-river clean up

### **Evaluation Form and Collection:**

The Clean up Evaluation Form can be found as an attachment in the Adopt-a-Park/Adopt-the-Red Manual.

Advise group coordinators to fill out the provided evaluation form and return it within a week of completing a clean up. The information documented on the evaluation form can provide a tally of trash and debris removed from each of the adopted areas.

It is recommended that The Fargo Park District and Moorhead Parks and Recreation compile the information from the evaluation forms at the end of each year. The information can be sent to River Keepers who will write a press release highlighting the programs' accomplishments.

### **On-the-Water Clean-Up via Canoe:**

Volunteer groups interested in cleaning a reach of the river should be directed to contact River Keepers. Phone: 701-235-2895, [christine@riverkeepers.org](mailto:christine@riverkeepers.org).

Volunteers must be comfortable in a canoe and not mind getting dirty.

**Waiver and Release of Liability:** Canoes are available for groups to use for a river clean up. The group coordinator must read and sign the Waiver and Release of Liability form and return it to River Keepers before the clean up. It is highly recommended that the group coordinator review the Waiver and Release of Liability form with participants prior to the clean up.



### **Adopt-a-Park/Adopt-the-Red Program**

The Waiver form can be found as an attachment in this manual and the Volunteer Packet.

**Use of Equipment:** Groups should contact River Keepers two weeks prior to the clean up to reserve the canoes, paddles, PFDs and garbage grab sticks. River Keepers will fill out the Use Agreement form with the participating groups. There is no cost to the groups to use the equipment for a clean up. All equipment must be returned to River Keepers following the clean up.

The Use Agreement form can be found as an attachment in this manual.

**Safety Information:** Safety information can be found as an attachment in the Volunteer Manual.

### **Sample Quotes and Statistics to Utilize for Letters and Emails to Volunteer Groups**

“Before computers, telephone lines and television connect us, we all share the same air, the same oceans, the same mountains, and rivers. We are all equally responsible for protecting them” – Julia Louis-Dreyfus

From the Environmental Protection Agency:

In 2009 the EPA reported that Americans produced about 4.3 pounds of waste per person per day

In 2009 recycling and composting prevented 82 million tons of material from being disposed of, up from 15 million tons in 1980.

From American Rivers.org:

2011 is the 20<sup>th</sup> Anniversary of National River Clean Up.

Since 1991 more than 168,000 miles of waterways have been cleaned. This has removed more than 10 million pounds of litter and debris from America's rivers and streams.

In 2010 2 million pounds of trash were removed from America's waterways

From Minnesota Department of Natural Resources:

“Between 1989 and 2007 over 2,500 cleanups were completed by over 73,000 volunteers in 64 Minnesota counties. They removed nearly 5 million pounds of rubbish from 8,500 miles of Minnesota's public waters, utilizing 250,000 hours of effort. “



## **Adopt-a-Park/Adopt-the-Red Program**

### **Sample Press Releases**

#### **Public Service Announcement: Be a Steward of Your Community's Resources**

For Immediate Release: insert date here

For More Information: insert name and phone number here

Help protect the natural resources of Fargo-Moorhead by participating in the Adopt-a-Park/Adopt-the-Red program. Adopting a park, stretch of riverfront, or a section of the Red River is much like Adopt-a-Highway. Groups, organizations and businesses clean up man-made garbage each spring and fall. Enjoy the outdoors by walking the adopted stretch, or hop in a canoe and do an on-the-water clean-up. Don't let trash degrade the quality of your favorite park or the quality of your drinking water that comes from the Red River. Sign up today by calling \_\_\_\_\_. This program is coordinated in partnership with River Keepers, the Fargo Park District and Moorhead Parks and Recreation.

#### **Public Service Announcement: Volunteers Keep our Cities Clean**

For Immediate Release: insert date here

For More Information: insert here

This year \_\_\_\_\_ volunteers spent \_\_\_\_\_ hours cleaning the parks, riverfronts, and reaches of the river in the insert your city here area. Insert organization name here would like to thank list all groups who participated in the 2011 Adopt-a-Park/Adopt-the-Red program. The Adopt-a-Park/ Adopt-the-Red program is coordinated in partnership with River Keepers, the Fargo Park District and Moorhead Parks and Recreation. Thank you!

Park Name	Park Address	Adopt Group	Contact	Address/phone/ email	Spring Date	# Vol	# Hours	Fall Date	# Hrs	# Vol	Agreement Start Date	Agree. Ends
Horizon Shores	3701 Ridgewood Blvd											
MB Johnson	3601 11th St N											
Southside Regional	2000 40th Ave S											
Davy-Memorial	210 8th St N	Jessie Wattenhofer										
RiverFront	210 8th St N											
Gooseberry	100 22nd Ave S	Soroptimists of Moorhead										
Viking Ship	202 1st Ave n	Connections of Moorhead	Rhonda Wilson	<a href="mailto:twilson@connectionsofmoorhead.org">twilson@connectionsofmoorhead.org</a>								
Woodlawn	400 Woodlawn Dr											
Log Cabin	210 8th St N	Edie Krizberger	218-233-4891									
Allyson	4320 3rd St S											
Aim	1300 Elm St S	Moorhead Midday-Central Lions										
Angelas	4121 2nd St S											
Arbor	530 30th St N											
Arrowhead	2600 6th Ave N											
Belsly	3500 12th St S	CCRI										
Bennett	302 17th St S	Bennett Park Block Club	Joe Bennett									
Bridgeview	1002 7th St N											
Buland	1801 13th Ave N											
Evergreen Meadows	3801 41st Ave S											
Fine Nine	412 9th St N											
Hampton	499 Hampton Dr W											
Hansman	1320 12th Ave N											
Johnson Farms	1599 Johnson Dr S											
Knapp	525 6th St S	Corey Rowden (access)										
Lamb	1325 14th Ave S	Vikingland Kiwanis										



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## Parks and RiverFronts

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Park Name	Park Address	Adopt Group	Contact	Address/phone/ email	Spring Date	# Vol	# Hours	Fall Date	# Hrs	# Vol	Agreement Start Date	Agree. Ends
Airport Park	Hector International Airport											
Anderson Softball Complex	2400 45th St. SW											
Boler Park	35th St & 15th Ave S											
Brunsdale Park	27th Ave. & Pacific Dr. S	Joyce Dahlberg	same	1613 30th Ave. S 701-239-4348							9/7/2009	9/7/2014
Burdick Park	11th Ave. S & The River	Adopted										
Centennial Park	40th Ave & 25th S											
Dike East	1 S. 2nd St	Adopted										
Dike West	310 4th St. S	Venture Chiropractic	Dr. Melanie Clark and Dr. Chris Dockter	1132 28th Ave S. Ste 102, Moorhead MN 56560 phone: 701-730-3867 email: dmelanie@hotmail.com							4/6/2010	4/6/2015
Dill Hill	7th St & 5th Ave. S											
Discovery Park	40th Ave & 19th St S.											
Ed Clapp Park	2801 32nd Ave.											
Elephant Park	19th Ave & 3rd St. N	Phi Eta Sigma										
Fox Run	32nd St & 42nd Ave SW	Zanta Club of F/M	Lynn Johnson	PO Box 9133, Fargo ND 58106 phone: 701-451-3428 or 701-298-1508							6/26/2009	6/26/2014
Friendship Park	2nd St. & 26th Ave N	Roger Gould and Max Olson										
Greenfield's Park	52nd Ave & University Dr. S											
Hampton Park	32nd Ave & 23rd St. S											
Holm Park	Woodcrest Dr. & Park Ln.											
Island Park	2nd Ave & 7th St S											

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Roosevelt Park	10th St & 17th Ave N	Roosevelt Neighborhood Assoc.	Amy Rand	1122 7th St N PO Box 5314 Fargo phone: 298-8089 email: rooseveltnhbor@cableone.net							11/10/2009	11/10/2014
Roosewood park	40th Ave S											
South Pointe	2nd 35th Ave & 20th St S											
Southwest Softball Complex	17th Ave & 20th St S	Four Leaf Clovers 4-H Club	Dana Johnson	1807 23rd St S Fargo ND 58103 phone: 701-298-6312 email:							4/12/2010	4/12/2015
Southwest youth Ice Arena	4404 23rd Ave SW											
Splash Park at Madison Pool	10th Ave and 29th St N											
Stonebridge #1 park	28th St & 37th ave SW	The Cassola Family	Steve	517 18th Ave E West Fargo ND 58078 phone: 234-6390 email: steve.cassola@gmail.com								
Stonebridge #2 park	32nd St & 35th Ave SW	Ryan Meyer, Cliff Christianson, Paul Odland	Ryan Meyer	3532 32nd St SW Fargo ND 58104 phone: 507-401-0005 email: ryan_meyer@apple.com							7/9/2009	7/9/2011
Teamsters Park	1st Ave & 18th St S											
Tharaldson Baseball Park	2401 42nd St SW											
Timberline Park	Timberline Dr SW											
Trefoil Park	Elm St & 14th Ave N	Horace Mann Neigh Assoc										
Trollwood park	37th Ave N & Broadway	NDSU Nat Resource Mgt Club										
Unicom Park	16th St & 4th Ave N											
VA Hospital park	Elm St & 19th Ave N											



[illegible]



Reach Area	Length	Adopt Group	Contact	Address/phone/ email	Spring Date	# Vol	# Hours	Fall Date	# Hrs	# Vol	Agreement Start Date	Agree. Ends
Conservancy Park/Rose Creek	1.5 miles											
Lions Conserv. Park/Rose Creek to South Dam	2.5 miles											
South Dam to Lindenwood Pedestrian Bridge	4 miles											
Lindenwood Pedestrian Bridge to Midtown Dam	2 miles											
Midtown Dam to Toll Bridge	3 miles											
North Dam to MB Johnson Park	2.5 miles											
MB Johnson Park to North Broadway bridge	5.5 miles											

## Fargo Parks River Front Reaches Volunteer Information

### Map Key Definitions:

- Drop Off Point (A)** - the area where participants will leave vehicles and proceed to the Start Point
- Start Point (@)** - the place along the river bank where participants will begin the clean-up
- Mid Point Drop Off (B)** - an area located along the clean-up route where filled *trash* bags can be left. All recyclable should be brought to the end of the clean up and placed in totes.
- Pick Up Point (C)** - the area where participants should leave vehicles so they can get back to the drop off vehicles.
- Dumpsters (D)** - the location where participants should leave filled trash bags and recycling bags at the end of the clean up.

Reach	Miles	Information
Lindenwood: 1-94 - bike bridge	1.25	<p><u>Map Key</u></p> <p><b>Drop off point (A)</b> - 17th Ave.S. (Lindenwood Drive) and 5th St. S. Drive. On Roger Maris Drive Drop off participants at restroom area. Walk south to the <b>Start Point (@)</b> at 1-94 Bridge.</p> <p><b>Mid point drop off (B)</b>- At various points along the recreational path there are trash containers, put full trash bags in or near these containers.</p> <p><b>End Point (#)</b> - South side of the bike/pedestrian bridge. Follow the bike trail from the end point to the <b>Pick Up Point (C)</b> at the entrance of the park, there is a parking lot.</p> <p><b>Dumpsters (D)</b> will be encountered as you proceed to the pick up point.</p>
Fargo Water Plant - Lindenwood bridge	1.25	<p><u>Map Key</u></p> <p><b>Drop off point (A)</b> - 13th Ave S. and 4th St. S. Go through the gate by the water treatment plant, proceed down the hill to the <b>Start Point (*)</b>. Work south to the bike/pedestrian bridge in Lindenwood Park.</p> <p><b>Mid Point Drop Off (B)</b> - Along this bend in the river, there is a small park area, leave full trash bags in or near one of the trash containers located in this park.</p> <p><b>Pick up point (C)</b> - 17th Ave.S. and 5th St. S. is the parking lot at the entrance of the park. From the <b>End Point (#)</b> at the Ped./Bike Bridge, participants need simply to walk up the hill.</p> <p><b>Dumpsters (D)</b> - The dumpsters and recycling bins should be in the general area shown on the map, put all items in their proper place.</p>

Water Plant – Mid-town dam @ dam east	1.0	<p><u>Map Key</u>  <b>Drop Off Point (A)</b> - 13th Ave S. and 4th St. S. Go through the gate by the water treatment plant, proceed down the hill to the <b>Start Point (*)</b>. Work north to the Midtown Dam.  <b>Mid Point Drop off (B)</b> - As the participants work north from the water treatment plant the fence for the water plant will end. The recreational trail, and the service road that comes out of this fenced in area will run parallel for awhile then begin to y, look up to the top of the hill for a white house. There will be a dumpster near the city road by this white house.  <b>Pick Up Point (C)</b> - 2nd Ave.S. and 2nd St. S. The <b>End Point (#)</b> is the south side of the Dam.  <b>Dumpsters (D)</b> - dumpsters should be in the general area shown on the map, put all items in their proper place.</p> <p><u>Special Safety Note:</u> Be careful and alert while near the dam.</p>
Mid-town dam – NP Ave (Case Plaza)	0.75	<p><u>Map Key</u>  <b>Drop off point (A)</b> - 2nd Ave.S. and 2nd St. S (Dike East). From the drop off point proceed to the south side of the Dam (*) work north to Case Plaza.  <b>Pick up point (B)</b> - NP Ave. and 2nd St. (Case Plaza Parking Lot.) The Group will have pass under the Main Ave Bridge, the NP Railroad Bridge, and the NP/Center Ave Bridge. The <b>End Point (#)</b> is the north side of the NP/Center Ave Bridge. Climb up the hill to the Case Plaza Parking Lot.  <b>Dumpsters (C)</b> - Located in the Case Plaza Parking Lot.</p> <p><u>Special Safety Note:</u> Be careful and alert while near the Midtown dam. At the end of the clean up the Group will need to climb a steep bank.  <u>Special Note:</u> Because of the presence of the bridges there is a possibility of homeless residencies. If you can clean up around the area please do so, but please leave the residencies intact.</p>
RR Bridge – NP Ave (Case Plaza)	0.5	<p><u>Map Key</u>  <b>Drop off point (A)</b> - 5th Ave. N. and Oak St. From here participants should walk on the bike trail down to the <b>Start Point (@)</b> at RR bridge. Work south along the river.  <b>Pick up point (C)</b> - 2nd St. and NP Ave. (Case Plaza Parking Lot.) The Group will pass under the 1st Ave Bridge to the <b>End Point (#)</b> at the north side of the NP/Ave Bridge. Climb up the hill to Case Plaza Parking Lot.  <b>Dumpsters (D)</b> - Located in the Case Plaza Parking Lot.</p> <p><u>Special Safety Note:</u> At the end of the clean up participants will need to climb a steep bank.  <u>Special Note:</u> There is a possibility of homeless residencies. If you can clean up around the area, please do so, but please leave these residencies intact.</p>

Oak Grove Park	1.0	<p><i>Drop Off Point (A)</i> is the Oak Grove Park parking lot. The <i>Start Point (@)</i> is the north end of the parking lot. Participants should work from there in a clockwise circle cleaning the park and the river banks.</p> <p><i>Mid Point Drop Off (B)</i> leave any full trash bags in or next to park trash containers, but use the dumpster if possible.</p> <p><i>Pick Up Point (C)</i> is the same as the Drop Off Point.</p> <p><i>End Point (#)</i> is the south end of the parking lot.</p> <p><i>Dumpsters/ (D)</i> The dumpster is located near the parking lot.</p>
N. Broadway Bridge – Wallstreet Bridge	1.0	<p><u>Map Key</u></p> <p><i>Drop Off Point (A)</i> - Just south of the North Broadway Bridge there is approach where there is enough room to park 2 cars. Walk north to the River to the <i>Start Point (@)</i>. Follow the River and the recreation path.</p> <p><i>Mid Point Drop Off (B)</i> - Once the River bends north again, garbage may be dropped off at the east end of the cul-de-sacs. This must be coordinated with the City of Fargo Solid Waste Department.</p> <p><i>Pick Up Point (C)</i> - In the first cul-de-sac south of County Road 20 on 10th Street North. The <i>End Point (#)</i> is the north side of the Wallstreet Bridge. When the group has reached the end point, they should walk back under the bridge and walk west up the hill to the pick up point.</p> <p><i>Dumpsters (D)</i> - will be located at the pick up point.</p>
N. Broadway Bridge – Trollwood's West Parking Lot	1.0	<p><u>Map Key:</u></p> <p><i>Drop Off Point (A)</i> - Just south of the North Broadway Bridge there is an approach where there is enough room to park 2 cars. Walk east across North Broadway and the north to the River to the <i>Start Point (@)</i>. Follow the River and the recreation path.</p> <p><i>Mid Point Drop Off (B)</i> - Filled garbage bags and large objects may be dropped off along the bike path.</p> <p><i>Pick Up Point (C)</i> - Trollwood Park's west big parking lot.</p> <p><i>End Point (#)</i> is to the north of the parking lot.</p> <p><i>Dumpsters (D)</i> - will be located on the south end of Trollwood's west parking lot.</p> <p><u>Special Safety Note:</u> Look for traffic when crossing North Broadway.</p>
9 <sup>th</sup> Ave N – 15 <sup>th</sup> Ave N	1.0	<p><u>Map Key</u></p> <p><i>Drop Off Point (A)</i> - 9th Avenue North extends east into Holm Field. Drive into Holm Field and park there. Walk east to River to the <i>Start Point (@)</i>. Follow the River and the recreation path north.</p> <p><i>Mid Point Drop Off (B)</i> - There will be a dumpster in the parking lot of Jack Williams Stadium. The parking lot is just South of the toll bridge. There are garbage containers in Trefoil Park where filled trash bags may also be placed.</p> <p><i>Pick Up Point (C)</i> - Cars can be parked on 15th Avenue North near Elm Street.</p> <p><i>Dumpsters (D)</i> - The dumpster will be located at the end point (#) by the pumping station.</p> <p><u>Special Safety Note:</u> Be extra careful and alert when near the 15th Ave./12th Ave N Dam and also when crossing Elm Street.</p>

## Moorhead River Front Reaches Volunteer Information

### Map Key Definitions:

***Drop Off Point (A)*** - the area where participants will leave vehicles and proceed to the Start Point  
***Start Point (@)*** - the place along the river bank where participants will begin the clean-up  
***Mid Point Drop Off (B)*** - an area located along the clean-up route where filled *trash* bags can be left. All recyclable should be brought to the end of the clean up and placed in totes.  
***Pick Up Point (C)*** - the area where participants should leave vehicles so they can get back to the drop off vehicles.  
***Dumpsters (D)*** - the location where participants should leave filled trash bags and recycling bags at the end of the clean up.

<b>Gooseberry Park</b>	1.25	<p><b>Map Key</b>  <b><i>Drop Off Point (A)</i></b> - 24th Ave. S. and 4th St. S. At the entrance of the park walk south to the <b><i>Start Point (@)</i></b>. Work around the park in a clockwise direction cleaning as much of the park as possible.  <b><i>Mid Point Drop Off (B)</i></b> - Leave any full trash bags in or next to the park trash containers, but use the dumpster if possible.  <b><i>Pick Up Point (C)</i></b> - Gooseberry Park parking lot.  <b><i>End Point (#)</i></b> - is the north side of the park's entrance.  <b><i>Dumpsters (D)</i></b> - From the end point the dumpsters and bins are located about 100 yards into the park on the north side of the park road.</p>
<b>Memorial Park</b> <b>Am. Crystal Sugar - RR Bridge@</b> <b>Memorial Park</b>	0.75 0.75	<p><b>Map Key</b>  <b><i>Drop Off Point (A)</i></b> - The small parking lot on 3rd Street between the American Crystal Sugar Offices and the Center Mall. walk across 3rd Street to the <b><i>Start Point (@)</i></b>. Work north along the river.  <b><i>Mid Point Drop Off (B)</i></b> Dumpster located on the west side of the Hjerkomst Center right next to the building.  <b><i>Pick up Point (C)</i></b> - Memorial Park Parking Lot. 7th Street comes to an end at 1st Ave N, but marks the entrance to the park, drive down to the parking lot.  <b><i>End Point (#)</i></b> - The north side of the Railroad bridge. After the group has gone under the RR Bridge, climb up the hill, you will see the tennis courts. Walk around the tennis courts, past the restrooms to the pick up point.  <b><i>Dumpsters (D)</i></b> - Will be located in one of the two areas shown on the map.</p>

<p><b>Power Plant – Am. Crystal Sugar</b></p>	<p>1.0</p>	<p><b><u>Special Safety Note:</u></b> Stay clear of the Railroad tracks.</p> <p><b><u>Special Note:</u></b> There is a possibility of homeless residencies. If you can clean up around the area, please do so, but please leave the residencies intact.</p> <p><b><u>Map Key</u></b></p> <p><b><u>Drop Off Point (A)</u></b> - The small parking lot on 3rd Street between the American Crystal Sugar Offices and the Center Mall. walk across 3rd Street to the <b><u>Start Point (@)</u></b>. Work south along the river.</p> <p><b><u>Mid Point Drop Off (B)</u></b> is located on the northern corner of Woodlawn Park near the city road right after you come up from under the bridges.</p> <p><b><u>Pick up Point (C)</u></b> 6th Ave and Elm Street dead ends just south of the power plant.</p> <p><b><u>End Point (#)</u></b> - Walk up along the recreation path to the dead end. The participants will have passed under the Main Ave Bridge, the NP Railroad Bridge, and the Center Ave Bridge..</p> <p><b><u>Dumpsters (D)</u></b> - Will be located at the 6th Ave and Elm Street dead end.</p> <p><b><u>Special Safety Note:</u></b> Be careful and alert while near the Midtown Dam.</p> <p><b><u>Special Note:</u></b> There is a possibility of homeless residencies. If you can clean up around the area, please do so, but please leave the residencies intact.</p>
<p><b>MB Johnson Park</b></p>	<p>1.0</p>	<p><b><u>Map Key</u></b></p> <p><b><u>Drop Off Point (A)</u></b> - When entering M.B. Johnson Park, there will be little parking lots to the south. Park cars here.</p> <p><b><u>Starting Point (@)</u></b> - From the Drop off Point, walk north-west to the River. Follow the River north-east.</p> <p><b><u>Mid Point Drop Off (B)</u></b> - There will be a dumpster located at the stadium which is located near the center of the park. There is also a garbage canister located near the boat/canoe access.</p> <p><b><u>Pick Up Point (C)</u></b> - Cars can remain at the starting point for the entire clean up.</p> <p><b><u>End Point (#)</u></b> - The end point is at the north-east of the park at the bend of the river that is very close to 11th Street North.</p> <p><b><u>Dumpsters (D)</u></b> - The dumpster and a recycling tote will be located at the stadium.</p> <p><b><u>Special Safety Note:</u></b> Be extra careful and alert when near the Dam.</p>

**River Keepers**  
**Fargo, ND**

**Canoe**  
**Use Agreement**  
**for Adopt-the-Red**

DATE

Name: \_\_\_\_\_  
Telephone #: \_\_\_\_\_  
Driver's License #: \_\_\_\_\_

#	Water Craft	Length	Type	Hours Rented	Hourly Rate	Amount
	Aluminum Canoe #1	17'				
	Aluminum Canoe #2	17'				
	Aluminum Canoe #3	17'				
	Aluminum Canoe #4	17'				
	Aluminum Canoe #5	17'				
	Voyager Canoe #	7 Passenger				
	Canoe Paddles				Included	
					Included	
	Helmet				Included	
	Personal Floatation Device (Adult)				Included	
	Personal Floatation Device (Youth)				Included	
Total:						

**LEGAL WARNING: CANOEING AND KAYAKING ARE ASSUMED RISK SPORTS**  
**WHICH MAY RESULT IN SERIOUS INJURY OR DEATH.**

RENTER ASSUMES ALL RESPONSIBILITY FOR DAMAGES AND AGREES TO PAY FULL RETAIL PRICE FOR EQUIPMENT THAT IS LOST OR STOLEN. USE OF THE EQUIPMENT IS AT RENTER'S OWN RISK AND RESPONSIBILITY, ABSOLUTELY AND WITHOUT RECOURSE, AND AGREES NOT TO HOLD RIVER KEEPERS LIABLE FOR ANY INJURIES INCURRED OR INFLICTED. \_\_\_\_\_ Initials

I hereby accept the terms and conditions stated above and acknowledged delivery to me of the listed equipment in good condition.

Return: \_\_\_\_\_



### Waiver and Release of Liability

In consideration of using the River Keepers canoes for the Adopt-the-Red clean up, the undersigned:

1. Agree that prior to participating, they each will inspect the equipment to be used, and if they believe anything is unsafe, they will immediately advise River Keepers of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue River Keepers, it's respective officers, administrators, directors, agents, coaches and other employees of the organization from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by negligence or otherwise.

THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Printed name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_



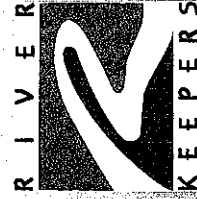


## Adopt-a-Park / Adopt-the-Red

Certificate of Appreciation  
insert name of group here

Thank you for  
the stewardship and dedication in adopting  
insert name of park or river reach here

From 2011 to 2016





Adopt-A-Park / Adopt-A-Tree-Red

Certificate of Appreciation

insert name of group here

Thank you for

the stewardship and dedication in adopting

insert name of park or river reach here

From 2011 to 2016



## ADOPT-A-PARK/ADOPT-THE-RED EVALUATION

Please answer the following questions and return within one week of the completion of your clean up to Fargo Park District, 701 Main Ave., Fargo ND 58103 or

Fax #701-499-6099 Attn: Amy

Date of clean up: \_\_\_\_\_ Name of Group: \_\_\_\_\_

How many people did you have in your group? \_\_\_\_\_ Total Hours: \_\_\_\_\_

How much time did it take to clean your area? \_\_\_\_\_ (# of volunteers x # of hours worked)

Where did you find the most garbage? \_\_\_\_\_

How many bags of trash did you pick up? \_\_\_\_\_

What types of debris did you recover? ☐ rubber ☐ glass ☐ aluminum ☐ plastic  
☐ metal ☐ cigarette filters ☐ paper ☐ other \_\_\_\_\_

Location of hazardous materials: \_\_\_\_\_

Describe the hazardous material: \_\_\_\_\_

Location and description of large objects: \_\_\_\_\_

Location of graffiti or vandalism: \_\_\_\_\_

Describe graffiti or vandalism: \_\_\_\_\_

What interesting things did your group find? \_\_\_\_\_

Was the drop off points at good locations? YES or NO (circle one)

If NO why not? \_\_\_\_\_

What did you enjoy about the clean-up? \_\_\_\_\_

Suggestions/comments: \_\_\_\_\_



## ADOPT-A-PARK/ADOPT-THE-RED EVALUATION

Please answer the following questions and return within one week of the completion of your clean up Moorhead Parks and Recreation address: 324 South 24<sup>th</sup> St., Moorhead MN 56560 or Fax # 218-299-5212 Attn: Tara

Date of clean up: \_\_\_\_\_ Name of Group: \_\_\_\_\_

How many people did you have in your group? \_\_\_\_\_ Total Hours: \_\_\_\_\_

How much time did it take to clean your area? \_\_\_\_\_ (# of volunteers x # of hours worked)

Where did you find the most garbage? \_\_\_\_\_

How many bags of trash did you pick up? \_\_\_\_\_

What types of debris did you recover? ☐ rubber ☐ glass ☐ aluminum ☐ plastic  
☐ metal ☐ cigarette filters ☐ paper ☐ other \_\_\_\_\_

Location of hazardous materials: \_\_\_\_\_

Describe the hazardous material: \_\_\_\_\_

Location and description of large objects: \_\_\_\_\_

Location of graffiti or vandalism: \_\_\_\_\_

Describe graffiti or vandalism: \_\_\_\_\_

What interesting things did your group find? \_\_\_\_\_

Was the drop off points at good locations? YES or NO (circle one)

If NO why not? \_\_\_\_\_

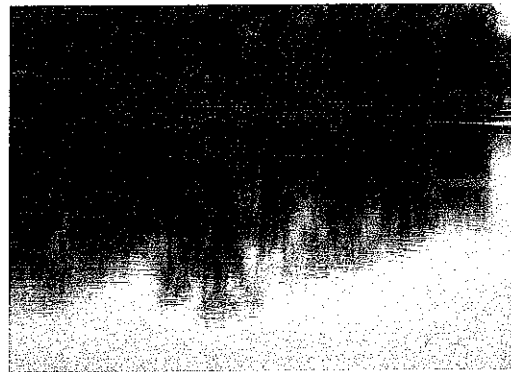
What did you enjoy about the clean-up? \_\_\_\_\_

Suggestions/comments: \_\_\_\_\_



# Adopt-a-Park/Adopt-the-Red

## Volunteer Information





## **This Volunteer Stewardship Packet Includes:**

- Introduction to the Adopt programs
  - Beginning the Adopting process
    - Organizing and Promoting Clean-Up Efforts
  - Group Responsibilities
    - Prior to the Clean-Up
    - During the Clean-Up
    - After the Clean-Up
  - Safety Information for an Enjoyable Clean-Up
    - Plants to Avoid
  - Sample Media Advisory Release for a Clean-Up Day
- On-the-Water Clean-Up Attachment
  - Safety
  - Help Stop Aquatic Hitchhikers information
- Additional Stewardship Information Attachments
  - Make your own T-shirt Tote
    - Learn ways to reduce the use of plastics and keep them out of the environment
  - Living Lab Brochure
  - Kids Corner (courtesy of MN Department of Natural Resources)
    - Trash Life Span Chart
    - Adopt-a-River Fun Book
- Attachments to Complete
  - Adopt-a-Park/ Adopt-the-Red Agreement Forms
    - Fargo Park District
    - Moorhead Parks and Recreation
  - Evaluation Forms
    - Fargo Park District
    - Moorhead Parks and Recreation
  - Waiver and Release of Liability – River Keepers
    - For On-the-Water clean-up only



## **Introduction to Adopt-a-Park/ Adopt-the-Red Program**

A community's natural resources are precious. These natural resources can provide food, drinking water, as well as recreation opportunities. Because humans have the greatest impact on the environment, it is our responsibility to be stewards of the resources in our communities.

A precious natural resource located between Fargo and Moorhead is the Red River. The Red River is the community's primary source of drinking water. The city of Fargo treats about 11 million gallons of water a day and Moorhead treats about 5 million gallons of water per day. All of that water is pumped into homes, hospitals, nursing homes and businesses. Protecting the quality of the water starts not only with the river itself, but also with the environment surrounding the river.

The Adopt-a-Park/ Adopt-the-Red program is a collaborative effort between River Keepers, The Fargo Park District, and Moorhead Parks and Recreation. The Adopt program can help significantly reduce the amount of trash in and around the river which has the potential to degrade the quality of the water. National studies indicate nearly 90% of the items collected during a river clean up are non-biodegradable.

Volunteer groups, organizations, and businesses that participate in this program will expand their concept of stewardship for the Red River, gain the opportunity to protect this natural resource and help build a sense of community pride.

By joining the Adopt program through a coordinating partner, participating groups show a strong commitment to promoting stewardship that will benefit both of the communities that share the Red River's banks.

## **How to Begin the Adopt-a-Park/Adopt-the-Red Process**

Parks and reaches of the river can be adopted by individuals, families, service groups, businesses or other organizations. Adopting a park or reach of the river shows commitment to helping protect the natural resources in the Fargo-Moorhead community.

Here are the steps to get the process started:

1. Arrange a committee or assign a group coordinator to lead the adopt effort if there is a large group or business.
2. Contact one of the program's partners, **The Fargo Park District** or **Moorhead Parks and Recreation**, or **River Keepers** for a list of parks, reaches of the riverfront, or reaches of the river which are available for adopting.
  - a. The Fargo Park District
    - i. Phone: 701-499-6076
    - ii. Email: [arasmussen@fargoparks.com](mailto:arasmussen@fargoparks.com)



#### Fargo-Moorhead Volunteer Information

- b. Moorhead Parks and Recreation
    - i. Phone: 218-299-5296
    - ii. Email: [tara.erken@ci.moorhead.mn.us](mailto:tara.erken@ci.moorhead.mn.us)
  - c. River Keepers
    - i. Phone: 701-235-2895
    - ii. Email: [christine@riverkeepers.org](mailto:christine@riverkeepers.org)
3. Adopt a site by completing an Agreement Form with the appropriate program partner.
    - a. All forms can be found in the attachment section.

Individuals or groups that wish to broaden their stewardship agenda can:

- Go to the Additional Information Attachments for ideas.
- Contact River Keepers for more ideas or projects or go to [www.riverkeepers.org](http://www.riverkeepers.org)

### Group Responsibilities

#### Prior to the Clean Up:

- Plan the clean-up time, date and backup date at a scheduled meeting.
- Notify the program partner (Fargo Park District, Moorhead Parks and Recreation, or River Keepers) at least 2 weeks prior to the clean-up date so that arrangements can be made for garbage bags and pick up.
- Review the safety information provided on pages 5 through 8 with all group participants.

#### Promoting a Clean-Up Day:

- Email and Facebook are great tools for promoting a clean-up day. Use these tools also to send last minute reminders or changes to participants.
- Make a fun flyer to grab your members' attention.
- For increased participation, promote the clean-up day along with a fun activity like a potluck or picnic.

#### Tips for Organizers or Group Leaders:

1. Be prepared for possible accidents or sudden weather changes.
  - Bring a first aid kit.
  - Inform all participants of the individual carrying the kit.
  - Encourage participants to carry a cell phone.
  - Provide the leader's phone numbers to participants.
  - Have transportation immediately available in case of emergency.
2. Discuss with the program partner on how to handle sharp objects that may be encountered during a clean-up.
3. Plan parking locations if necessary.
  - Plan a car pool to the clean-up site.





## Fargo-Moorhead Volunteer Information

4. Other Things to Bring
  - Gloves
5. Bring a camera to take photos for: a scrapbook, a news release, a company newsletter, a website, or Facebook.

### **What to Wear:**

Participants should always dress for the weather. The recommended items include:

- Closed toed shoes or boots with ankle support
- Long pants
- Sunscreen and/or bug repellent

### **Minimize Your Impact on the Environment:**

- Minimize the impact to the environment during a clean-up by following these simple rules:
- Try not to damage foliage.
- Do not break branches or twigs, bend them lightly or go around them.
- Tread lightly and leave no trace.

## **Safety Information for an Enjoyable Clean-Up**

Safety of the participants is the first priority during a clean-up. Participants should be in good physical condition, including sight and hearing, and have good common sense.

- Participants under the age of 16 must be supervised by adults.
- Knives, machetes, axes, saws, etc. should not be carried by crew members.
- Do not attempt to compact (squeeze) trash sacks to gain room for more trash. Injuries from broken or jagged objects often result from this practice. Fill the sack with what goes in easily and then get another bag.
- Be aware of vehicle and pedestrian traffic on the recreational paths and in the parks and boat traffic on the river.
- Discontinue work in inclement weather, especially in times of reduced visibility, wet/icy roads, electrical storms, and during other than daylight conditions.
- Avoid overexertion. Drink plenty of water, especially on warm, humid days.
- Notice what you are picking up to avoid injuries from sharp objects.
- Do NOT enter the Red River from land to pick up trash.
- Watch your footing when close to the river, on steep or muddy banks, and near the dams.
- Avoid Poison Ivy, Stinging Nettles and Wood Nettles. See Facts on pages 6 through 8. Recognizing these plants and avoiding them can help save hours of discomfort long after a successful and fun clean-up day.

The group may encounter homeless people's camps. If the Group can clean up around these locations, please do so and report their location.



### **During a Clean-Up:**

Document the following on the evaluation form:

- The Group should consider items such as car batteries, partially filled farm or garden chemical containers, or any items the group suspects may be hazardous as a hazardous substance. Please leave these items alone.
- If there is an object too big for the Group to handle, explain the location of the object (use landmarks if possible) so arrangements can be made for its removal.
- Take note of locations of graffiti or vandalism.

### **Stinging Nettle (*Urtica dioica*) Facts:**



Top view

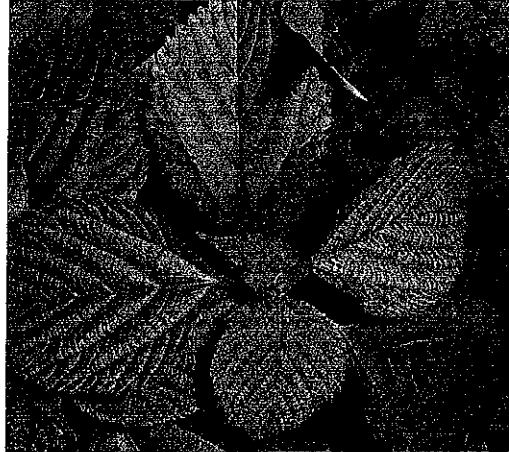
**Where it grows:** Higher ground in full sunlight. It can thrive in barnyards, thickets, and roadsides.

**Plant Height and Identification:** 2-7 feet tall with slender, rigid stems and coarsely toothed leaves

**Effect:** When you come in contact with stinging nettle, the long stinging hairs break off. The sharp points of these fine hairs penetrate the skin, releasing the sap of the plant which inflames the skin. The irritation lasts for only a short time. Over-the-counter anti-itch medications may help ease the irritation.



### **Wood Nettle Facts:**



**Where it grows:** In deeply shaded, moist woodlands or in the shade of overhanging trees along streams or lakes.

**Plant Height and Identification:** 2-7 feet tall

**Effect:** When you come in contact with stinging nettle, the long stinging hairs break off. The sharp points of these fine hairs penetrate the skin, releasing the sap of the plant which inflames the skin. The irritation lasts for only a short time. Over-the-counter anti-itch medications may help ease the irritation.

#### **Folk Remedy:**

Jewelweed can be found in moist woods, usually near poison ivy or nettles. However, this plant does not grow in direct sunlight or dry places. The remedy is to crush the leaves and stems and rub this on the irritated skin.

### **Poison Ivy (Toxicodendron radicans and T. rydbergii) Facts:**





#### Fargo-Moorhead Volunteer Information

**Where it grows:** Flood plains, pastures, fence rows and wooded uplands.

**Plant Height and Identification:** Poison ivy can grow as a low shrub, 1 foot tall, or a vine. The leaves are typically 2 to 4 inches long, are pointed at the tip, and the middle leaf stem is slightly longer than the other two. The leaves change from bright green in the spring and summer to a deep red or reddish yellow in the fall.

**The best known sayings:** "Leaves of three let it be!" and "Hairy vine no friend of mine"

**Effects:** Poison ivy contains urushiol, which is the active ingredient that causes a rash. Urushiol is present in all parts of the plant, but particularly in the sap. Since the sap ducts do not open to the surface of the leaf, the plant has to be broken or crushed before the oil can move to the surface.

Clothes, tools and even pets can come in contact with the oils once the sap moves to the surface of the plant. The oils then transfer to the skin. It can take as little as 10 minutes for the oils to penetrate the skin causing a rash to develop within a few hours.

**Remedies:** If it is feasible, wash the exposed skin immediately with soap and water, which may prevent a rash from developing.

Be sure to shower and wash all clothing after a clean up to prevent exposure.

If a rash does develop, use over-the-counter creams and lotions that will relieve itching and dry the blisters. Home remedies such as wet compresses and soaking in cool water, stirring some salt or baking soda into a bath may relieve some of the symptoms. If the rash fails to respond to over-the-counter medications, or there is reason to suspect smoke from a fire containing poison ivy has been inhaled, seek professional medical attention.

#### **Within One Week After a Clean-up:**

- Return extra supplies to the program partner.
- Return the completed Evaluation Form.



Fargo-Moorhead Volunteer Information

## Sample Media Advisory Release

Use the following sample media advisory release to inform the local media that a clean up day has been scheduled by the group. The media advisory should offer contact information for comments or interviews, date, location, and information about the group participating in the clean up.

Place on Group Letterhead if possible.

**For Immediate Release:** date

### Media Advisory

**For More Information:** place names, titles and phone numbers here

**Catchy Title:** A title that will make the media interested in the clean-up

**Who:** Explain the group and any partners that will be involved in the clean-up.

**What:** Explain what intent of the group will be such as cleaning a park, removing trash along the riverbank or doing an on-the-water clean up. And why it is important.

**When:** State the date and time.

**Where:** Identify the location including park name and address. If it's difficult to find, include directions or landmarks near the park.

**What the Cameras will See:** Explain what volunteers will be doing while the media is present. Offer information about items of interest such as:

- landmarks
- new items (example: new playground equipment donated by name organization or wood duck houses built by \_\_\_\_\_ )
- animals, birds or waterfowl in the area

**History:** write a very short summary about your organization ( example: how many years you have participated in the Adopt program), interesting statistics and whether more information can be found at the group's website.



## On-the-Water Clean Up



All reaches of the river can be adopted through River Keepers.

There are six 15-17' aluminum 2-3 person canoes available from River Keepers to use for on-the-water clean-ups.

Groups will need to fill out the Waiver and Release of Liability Form and a Canoe Waiver Form.

### What to Bring:

- Cell phone in a water tight container
- Extra dry clothes
- Drinking water

### What to Wear:

- Be prepared to get wet and muddy. Wear layers which can be added or removed.
- Secure eye/sunglasses with a tight strap.
- Wear closed toed shoes. No flip flops.
- Use waterproof watches or leave them home.
- Wear sunscreen and sun hats on warm days and wool stocking hats on cool days to slow the body's heat loss.
- Never wear anything around your neck on a cord or chain.

### Canoe Safety Guidelines

On-the-water clean-ups are fun and rewarding, but special care and attention is needed to keep participants safe. Review these guidelines with all participants before the clean-up.

### Choosing a Personal Flotation Device (PFD)/ Life Jacket:

- Select the appropriate size.
- Make sure it fits snugly. There should only be room for your fingers to fit between the life jacket and your shoulders.
- Be sure it is always securely fastened.
- Always wear a Personal Flotation Device and keep it fastened.

### Getting into the Watercraft:

Place the boat into the water parallel to the landing/shoreline and hold onto it. Squat down next to the board and shift your weight over the centerline while holding the topsides of the boat. Keep your weight in the center of the boat. If you step off to one side, you might tip. Add stability by placing the paddle perpendicular to the boat and leaning on the blade resting on shore. Tandem paddlers should enter on at a time. Remember to avoid standing up in a canoe.

### During the On-the-Water Clean Up:

- Place the trash collected in the middle of the canoe between the two paddlers.
- Use caution near the bank. The banks can be steep and slippery because of the muddy clay soil in the Red River Valley.
- Keep equipment such as cell phones in watertight bags.
- Avoid letting loose ropes dangle in the water. They can become entrapment hazards.
- Avoid rushing water or rapids unless experienced and capable.

### Dam Safety:

The three lowhead dams in the Fargo/Moorhead region have been modified with rock to eliminate dangerous undertows below the dams. The resulting rapids also allow fish to pass, especially important during the spawn. Always use portages. Refer to a map for dam locations, as they are not always marked and try to stay at least 300 feet away from dams.

### Capsizing:

If you capsize, hold on to your paddle and look for your vessel. Move instantly to the upstream side of the vessel, and grab hold of the craft. Stay behind the vessel so that it doesn't pin you against objects. Also, keep your feet high and away from the river bottom. Once you grab the vessel, turn it up-right. This can be done in the water. Put the paddle inside first and then pull yourself over.

Remember to clean the canoes, paddles and any other equipment thoroughly before leaving the River to prevent the spread of aquatic hitchhikers. Follow instructions below.



# STOP AQUATIC HITCHHIKERS!™

Prevent the transport of nuisance species.  
Clean all recreational equipment.

**When you leave a body of water:**

- Remove any visible mud, plants, fish or animals before transporting equipment.
- Eliminate water from equipment before transporting.
- Clean and dry anything that comes into contact with water (boats, trailers, equipment, clothing, dogs, etc.).
- Never release plants, fish or animals into a body of water unless they came out of that body of water.

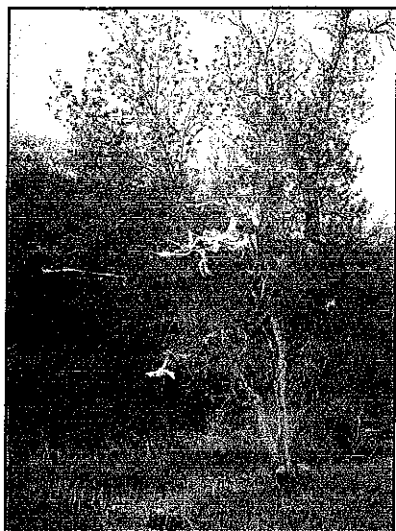


**STOP AQUATIC  
HITCHHIKERS!™**

Prevent the transport of nuisance species.  
Clean all recreational equipment.  
[www.ProtectYourWaters.net](http://www.ProtectYourWaters.net)



# Help Keep Plastics out of Our Environment

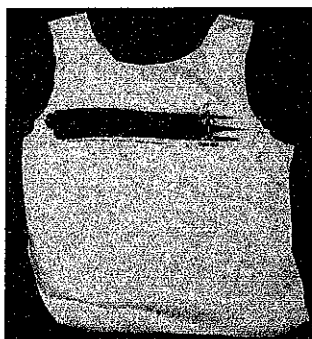


Plastic in trees along the riverfront is a common sight. It is very difficult to clean up.

According to world clean-up statistics, 60% of debris removed from the environment are single-use disposable items. It takes an estimated 4% of the world's oil production to make the feedstocks to produce plastic, and almost the same amount is consumed during the process.

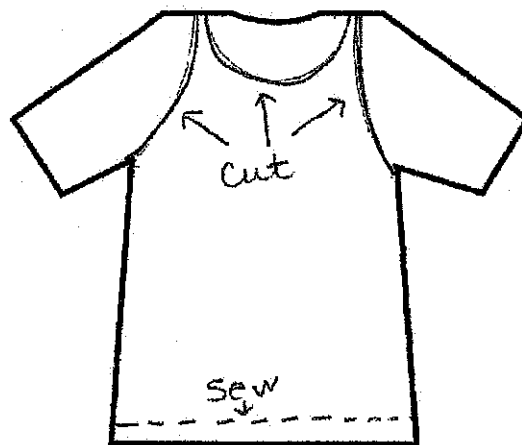
## Simple Ways to Reduce Plastic Use:

- Use canvas, paper or cloth tote bags when shopping. Use the pattern to the right to make your own T-shirt tote.
- Put the totes back in the car after shopping so they are available for the next shopping trip.
- Take a poop scoop when walking the dog instead of bags. Simply scoop and deposit into the trash.
- Reuse plastic bags as many times as possible.
- Buy and use long lasting reusable containers instead of disposable bags.
- Take water from home in a reusable cup or bottle instead of buying disposable bottles of water.
- Recycle plastic bags at recycling bins in grocery and department stores.



## T-shirt to Tote Pattern

1. Cut off sleeves and neckline, try to preserve the graphic on the shirt
2. Turn T-shirt inside out
3. Sew bottom closed (it doesn't even have to be straight!)
4. Turn right side out
5. Use!



Pattern supplied by: Moorhead Community Education

<https://communityed.moorhead.k12.mn.us>

## For more information:

River Keepers  
325 7th Street South, Ste. 201  
Fargo, ND 58103-1846  
(701) 235-2895  
[www.riverkeepers.org](http://www.riverkeepers.org)





### ADOPT-THE-RED/A-PARK AGREEMENT

This agreement is between Moorhead Parks and Recreation, *address*, Moorhead MN and

\_\_\_\_\_, hereinafter called the Group, who address is

\_\_\_\_\_.  
All parties recognize the need and the desirability of litter-free parks and riverfront and enter into this agreement to allow the Group to volunteer its efforts in maintaining litter-free parks and riverfront.

Moorhead Parks and Recreation recognize the Group as the adopting organization for

\_\_\_\_\_.  
By this agreement, the Group acknowledges the hazardous nature of litter clean-up and agrees to the following terms and conditions:

- \* The Group shall notify Moorhead Parks and Recreation (MPR) of the time and date the clean-up will be done.
- \* When participants are 15 years of age or younger, the Group shall furnish adequate supervision by adults.
- \* The adoption period shall be for a minimum of 5 years.
- \* The Group shall obtain trash bags from MPR upon request.
- \* The Group shall place the filled trash bags at designated sites for pick up by MPR
- \* Unused trash bags shall be returned to MPR within one week of the clean up.
- \* The Group shall NOT be included for the following duties:
  - Future park planning
  - Tree trimming, planting and removal
  - Flower planting and bed maintenance
  - Mowing or string trimming
- \* The Group shall be considered an independent contractor and not an employee of Moorhead Parks and Recreation for any purpose, such as worker's compensation, medical insurance, nor any job benefits normally provided to full-time employees.

- \* The Group and each of the participants agrees to release the Moorhead Parks and Recreation from any and all claims of any nature which may result from or arise out of this agreement.

Moorhead Parks and Recreation agrees to:

- \* Erect, as soon as feasible, a permanent sign with the Group's name displayed.
- \* Remove litter and debris collected as soon as possible upon completion of duties.
- \* Provide information pertinent to the Adopt-The-Red/A-Park program and the adopted reach/park.

If in the judgment of the Moorhead Parks and Recreation, it is determined that the Group has failed to perform said duties, Moorhead Parks and Recreation may terminate this agreement upon thirty days written notice to the Group and remove the sign.

Any additional work not outlined in the agreement must be reviewed and approved by the *Director of Parks*.

\_\_\_\_\_  
Tara Erken, Special Event Coordinator  
Moorhead Parks and Recreation

\_\_\_\_\_  
Date

\_\_\_\_\_  
Group's Representative (Print)

\_\_\_\_\_  
Group's Representative (Signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email

\_\_\_\_\_  
Daytime Telephone #

\_\_\_\_\_  
Cell Phone #



### ADOPT-A-PARK/ADOPT-THE-RED AGREEMENT

This agreement is between the Fargo Park District, 701 Main Avenue, Fargo North Dakota and \_\_\_\_\_, hereinafter called

the Group, who address is \_\_\_\_\_.

All parties recognize the need and the desirability of litter-free parks and riverfront and enter into this agreement to allow the Group to volunteer its efforts in maintaining litter-free parks and riverfront.

The Fargo Park District recognize the Group as the adopting organization for \_\_\_\_\_.

By this agreement, the Group acknowledges the hazardous nature of litter clean-up and agrees to the following terms and conditions:

- \* The Group shall notify Fargo Park District of the time and date the clean-up will be done.
- \* When participants are 15 years of age or younger, the Group shall furnish adequate supervision by adults.
- \* The adoption period shall be for a minimum of 5 years. Or alternative period \_\_\_\_\_.
- \* The Group shall obtain trash bags from Fargo Park District upon request.
- \* The Group shall place the filled trash bags at designated sites for pick up by the Fargo Park District.
- \* Unused trash bags shall be returned to Fargo Park District within one week of the clean up.
- \* The Group shall NOT be included for the following duties:
  - Future park planning
  - Tree trimming, planting and removal
  - Flower planting and bed maintenance
  - Mowing or string trimming
- \* The Group shall be considered an independent contractor and not an employee of the Fargo Park District for any purpose, such as worker's compensation, medical insurance, nor any job benefits normally provided to full-time employees.
- \* The Group and each of the participants agrees to release the Fargo Park District from any and all claims of any nature which may result from or arise out of this agreement.

**The Fargo Park District agrees to:**

- \* Erect, as soon as feasible, a permanent sign with the Group's name displayed.
- \* Remove litter and debris collected as soon as possible upon completion of duties.
- \* Provide information pertinent to the Adopt-a-Park/Adopt-the-Red program and the adopted park / reach of river.

If in the judgment of the Fargo Park District, it is determined that the Group has failed to perform said duties, the Fargo Park District may terminate this agreement upon thirty days written notice to the Group and remove the sign.

Any additional work not outlined in the agreement must be reviewed and approved by the Director of Parks.

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Amy Rasmussen, Admin. Assistant  
Fargo Park District Project Coordinator

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Date

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Group's Representative (Print)

---

Group's Representative (Signature)

---

Date

---

Email

---

Daytime Telephone #

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Cell Phone #