



WATERSTRIDER

Clean Annapolis River Project

Toward an ecologically healthy Annapolis River watershed

Environmentally Minded Citizens

Article by Erin McConnell, watershed resident

This June, at the 21st annual general meeting of Clean Annapolis River Project, the first Hawboldt Environmental Science Bursary was presented to Erin McConnell, a resident of Cornwallis and 2011 graduate of Annapolis West Education Centre. Erin plans to study biology at Acadia University in the fall.

The bursary was launched at the retirement party for Stephen Hawboldt, CARP's previous executive director, as a means of commemorating the work he accomplished in the environmental field.

Each applicant is asked to submit an essay, song or video addressing one of the following topics:

1. What is the most significant environmental problem facing Nova Scotia today?
2. What can the average citizen do to be a good steward of the environment?
3. What does a sustainable environment mean to you?
4. Why have you chosen to enter the field of environmental studies?

Erin's essay addresses the second topic: What can the average citizen do to be a good steward of the environment?

The Importance of Environmentally Minded Citizens

In today's world, we place great importance on a clean environment.



Erin McConnell, recipient of the Hawboldt Environmental Science Bursary, reading the essay submission.

There are three key responsibilities of a good steward, all requiring little effort for a large effect. They can be summarized as understanding, taking action and promotion. Through endeavoring to make changes in our daily lives in support of these actions, we can all have a positive impact on our world.

From when we are children, we are educated on the importance of keeping the earth clean and healthy. We are taught how important it is not to be wasteful, or act in a way that is detrimental to the environment. Through understanding why it is necessary to be kind to our earth, it helps us make more environmentally conscious choices.

Being a good steward to the

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Clean Annapolis River Project is a charitable, community-based organization dedicated to restoring and protecting the ecological health of the Annapolis River watershed through science, leadership, and community engagement.

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Change is inevitable, growth is intentional.

-Dr. Robert Anthony

Aquatic Connectivity

Article by Katie Taylor, Ecological Restoration Technician

If you're doing any travelling around the province this summer keep an eye open for researchers along roadsides assessing stream crossings. Eight not-for-profit organizations across Nova Scotia are assessing the aquatic connectivity (the network created by brooks and streams as they flow into one another and eventually reach the ocean) within their watersheds. When a culvert is installed improperly or not maintained it becomes a barrier to fish migration thus disrupting the connectivity of the watercourse it is located on. Fish rely on access to streams to carry out various stages of their life cycle. When fish are unable to migrate upstream or downstream of a barrier culvert, it can put pressure on the population.

This summer CARP hosted aquatic connectivity workshops to train other not-for-profits to perform culvert assessment surveys. The workshops were funded by NSLC Adopt-A-Stream with in-kind contribution of surveying equipment from the University of Dalhousie. On July 13th and 14th



Participants assessing a culvert at the workshop in Truro. Photo taken by NSLC Adopt-A-Stream

workshops were held in Grande Pre and Truro respectively. In attendance were Friends of the Cornwallis River Society, Cornwallis Headwaters Society, Bluenose Coastal Action Foundation, Sackville Rivers Association, Friends of the Pugwash Estuary, Eskasoni Fish and Wildlife Association, and ACAP Cape Breton.

The workshops consisted of a brief presentation followed by a demonstration on how to set-up and use a surveyor's level. Then in was into the field, where the group carried out a culvert assessment survey on a local culvert. Throughout summer CARP staff will spend a day in each watershed, to assist with culvert surveys and answer any questions.

Environmental Home Assessment Program (EHAP)



Good water quality is important to everyone. EHAP is a program that focuses on enabling homeowners to prevent potential contamination of local water supplies through proper maintenance of wells, septic systems and oil tanks.

An EHAP assessor will come to your home for a free and confidential inspection of your well, septic system and oil tank. They will then discuss proper ways you can maintain these systems.

You will be given a water saving kit, which will:

- reduce demand on our water supply
- reduce demand on your septic system
- reduce hot water costs

By participating in this program you are eligible to receive a \$100 rebate towards your next septic system pump-out. You may also be eligible to apply for up to \$3000 in grants to repair a malfunctioning system.

This year there is a limited number of assessments available, so book now!

Contact CARP:

ehap@annapolisriver.ca

A Healthy, Attractive Lawn without Pesticides?

There are ways to maintain your lawn without pesticides!

Spring

- **Aerate the lawn** Holes will allow air, water, fertilizer and lime to get to the roots and the soil
- **Add lime** This will reduce the acidity of the soil but is only necessary if your soil is acidic
- **Rake or de-thatch** if you have dead plant matter more than 1 cm (1/2 inch) thick on your grass, it can become a home for insects and prevents water from getting to the grass roots
- **Fertilize** Lightly apply fertilizer in May, July and September or do one generous application in September.
- **Overseed** Add grass seed any time you see bare or thinning spots

Summer

- **Keep your grass long** Your grass should be 6-8 cm long (2 1/2 to 3 in). You should cut no more than 1/3 of the grass height at each mowing
- **Water less often** Only water during dry spells or if your lawn is yellow and crunches when walked upon. Do a deep soak (1 to 1 1/2 hours) in the morning or evening
- **Overseed** Add grass seed any time you see bare or thinning spots

Fall

- **Fertilize** A light application in May, July and September or one generous application in September is all you need.
- **Add lime & compost** October and November are ideal months to do this. Compost is a natural fertilizer and keeps your soil healthy.
- **Overseed** Add grass seed any time you see bare or thinning spots

Nova Scotia Environment Health Promotion & Protection

For more information on the Non-essential Pesticides Control Act and more ways to maintain a healthy, attractive lawn please contact Nova Scotia Environment:

Web: gov.ns.ca/nse/pests/non-essential.pesticides.asp

Email: non-essential-pesticides@gov.ns.ca

Call: 1-855-455-4034

When life hands you willows, plant a nursery!

Article by Nicole Oliver, board member

For many years CARP has used live stakes as a method of restoring riparian zones and protecting water quality and in stream habitat.

In early spring or late fall when the willow is dormant the stakes can be harvested and installed along watercourses. As spring progresses and normal processes begin the willow produces a rooting hormone which allows the stakes to become established in their new location.

The stakes can stabilize eroding slopes, add cover, shade and a food source for riparian and in stream species and habitat.

In past years willows have been harvested from roadsides, private property (with consent of the owner) and public space.

In some instances finding willows of the appropriate diameter, length or alignment has been a challenge and required extensive travel and staff time to meet a project quota.

Rob and Susan Mader, local farmers participated in the Annapolis Watershed Aquatic Habitat Restoration Project in 2008. They had purchased some dyked pastureland adjacent to the Annapolis River and wanted to expand the pasture but fence out livestock access to the river and a small brook running across the property.

Through that partnership the Maders expressed a willingness to

allow CARP to use a portion of land as a nursery.

To have a central location to harvest willows from was a great opportunity for CARP. Staff drafted a 10 year land use agreement stating that the work CARP had done would be maintained.

However, without the funds to create the nursery this plan had never gone past the conceptual stage.

This spring with an abundance of stakes, some young, strong backs and willingness by Tim Hennigar (another local farmer) to plough the land at a rate CARP would afford, the nursery became a reality.

Approximately, 1000 bebb willow



Image 1: The Maders' field after it had been ploughed by Tim Hennigar.

(*Salix bebbiana*), pussy willow (*Salix discolor*), heartleaf willow (*Salix eriocephala*) and red osier dogwood (*Cornus sericea*) stakes were installed at the Mader property.

In about 6 years the willow and dogwood stakes will be large enough to harvest. Thanks to the generosity of the Maders and Tim Hennigar CARP will have an ample supply of stakes to continue restoring and protecting the ecological integrity of the Annapolis River watershed for many years to come.



Image 2



Image 3

Environmentally Minded Citizens

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Being a good steward to the environment does not mean drastic changes. That said, however, little modifications to our everyday routine can yield significant results. Recycling used materials, and turning off water while not in use are both small steps, with good consequences. In many cases, these acts are beneficial to your own well-being, such as choosing to walk instead of taking the car. In many situations, environmentally friendly choices mean more money in your bank account, instead of spending it on your electricity bill.

By doing these things, you influence others to make the same choices. Through encouraging family and friends to reduce, reuse and recycle, or starting a carpool to school or work, we spread a green-minded attitude throughout the community.

To save our world, all of these actions have a positive impact. The acts of accepting our responsibilities to the earth, changing our lifestyle to be more green, and promoting this earth friendly way of life, are things that everyone is capable of. Every minor action contributes to a major effect. Through always keeping these three items in mind, our society can prevent further harm to our earth.

**THIS
FISH**

Thisfish is a program that allows consumers to learn the who, what, why, when, where and how of the seafood on their plate.

Fishers using sustainable methods participate in this program by assigning a unique code to each fish. The fisher then uploads that code and information about where, when and how the fish was caught. Transporters, chefs and retailers can add additional information which you can learn all about at:

www.thisfish.org

Clean Annapolis River Project

151 Victoria Street

PO Box 395

Annapolis Royal

Nova Scotia, Canada

B0S 1A0

Tel: (902) 532-7533

Toll free: 1-888-547-4344

Fax: (902) 532-3038

carp@annapolisriver.ca

www.annapolisriver.ca



CARP and Department of Fisheries and Oceans monitor collector plates at the Digby Marina for fouling tunicate species, some of which are invasive to our waters.

100 Mile Diet

Editorial by Susan Jost, board member
sjost@ns.sympatico.ca 902.532.5854

From my living room window, if the volunteer fire department building wasn't there, I could see seven fishing boats moored by the causeway at Annapolis Royal. One of them was running, ready to go when I went by on my walk this morning.

The local grocery stores are not too far from the causeway. I buy from them what I cannot produce in my garden or buy from local fish mongers, vegetable markets and bakeries.

I like to tell the store manager that my family is on the '100-Mile Diet'. I'm constantly searching for goods that are from, in order; local, provincial, Maritime or Canadian. In reverse, I do my best not to buy food that is produced outside of Canada, making an extra effort to avoid foods grown in countries that use methods legislated against in Canada.

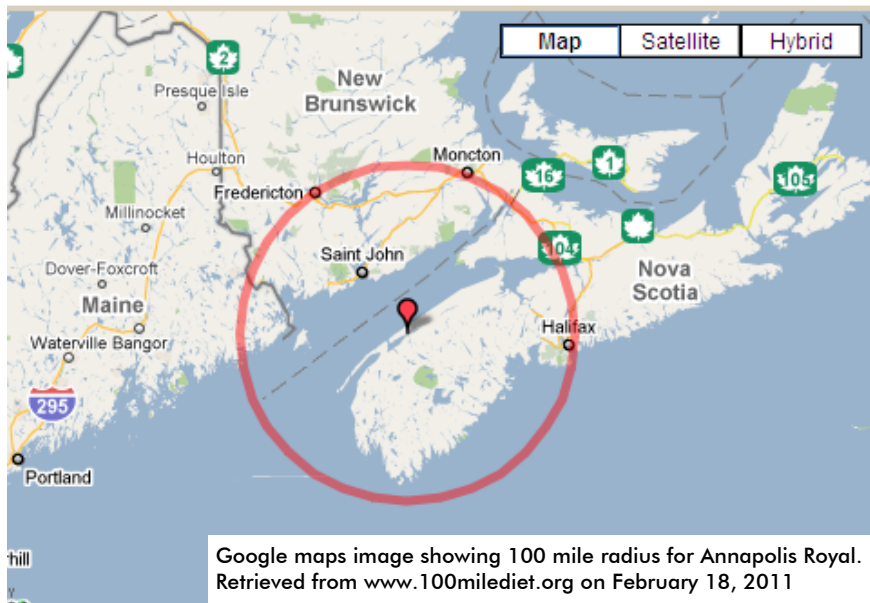
We are great fish lovers in my house. We eat meat as well, just less of it. We buy most of our fish from Keith at the Saturday market, which he picks-up from local wharfs along this shore. We very seldom buy any frozen fish.

A few months ago, while shopping at the grocery store, I spotted a lovely large vacuum-pack of Sole, which I had not seen for a long time. I examined the package. Across the front in about 10 cm. letters it read, 'Maritime' or maybe 'Atlantic' Sole.

So I said to myself, even though it is frozen, it would make a good chowder and it is a good price. So I bought it and took it home. Later with the Sole sitting on the counter in kitchen, my husband comes home and I say, "I have found some nice local but frozen Sole." All the while picturing it being unloaded from the boats at the end of the street. My husband, being the skeptic he is, looked more closely at the package.

The package was two layers of thick plastic heat pressured together leaving a small edge around. He lifts the 3 cm. edge apart and finds 'Product of China' written between the pieces.

I'm shocked. If I had seen where it had come from, I would not have purchased it. I've shared this story with a few others and we think it probably did come from our waters but was packaged in China. To me, that negates the 100-Mile Diet. If the fish has traveled half way around the world and back just to be packaged, that is worse than if it were produced there and just sent one way. I feel I have been fooled by the food marketing industry, the last people who should be fooling us.



Google maps image showing 100 mile radius for Annapolis Royal. Retrieved from www.100milediet.org on February 18, 2011

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Contributions welcome:

PO Box 395
Annapolis Royal, NS
B0S 1A0
carp@annapolisriver.ca

Contribution deadlines:

Spring: 1 March Autumn: September 1
Summer: 1 June Winter: December 1

Membership:

Adult \$7 Student \$5
Family \$10 Other \$25