Real People Making Real Differences

Since 2002, the ACA has partnered with L.L. Bean to sponsor the Club Fostered Stewardship (CFS) Program. The CFS Program provides funding and logistical assistance to local paddling clubs and grassroots organizations undertaking stewardship projects on local waterways.

The purpose of the program is to support volunteer stewardship efforts and to encourage local clubs to take an active role in helping protect and improve our nation’s recreational waterways.

From 2002 through 2010, 68 grants totaling nearly $60,000 have been distributed to paddling clubs and conservation organizations to support their volunteer-driven efforts.

These grants were made possible because of the generous support of L.L. Bean and funds have supported cleanups, debris removal, and improvements to water access on waterways across the country.

The following report details projects funded by 2011 CFS grants.

Ramping it up!
Wintergreen Adaptive Sports (VA) leveraged funds to provide recreational opportunities for people with disabilities (page 4)

Restoring the Bartram Canoe Trail
A story of two citizens making a difference on the waters of Jacksonville, Florida (page 2)
Restoring the Bartram Canoe Trail

The Durbin Creek Wilderness Society, Florida

The Bartram Canoe Trail was created on Durbin Creek in Jacksonville, Florida, over 25 years ago. Since then, the water trail has fallen into disrepair due to logjams, fallen trees, and illegally dumped materials. In May of 2011, two local paddlers, Eric Bersinger and Josh Woods, decided to commit their time and energy to restoring the Bartram Canoe Trail and preserving its historical and ecological integrity.

Exemplifying great commitment and enthusiasm, these two paddlers truly demonstrate what it means to make a difference as individuals.

With long-term restoration being the end-goal, Eric and Josh have led several initiatives along Durbin Creek, which have included the removal of invasive species, such as hydrilla; building and installing bird houses, trash receptacles, signage, and mile markers along the canoe trail; creating or restoring ramps and access points for boaters; mapping all the Centennial Cypress Trees in the preserve using GPS; felling strainers or fallen trees; cleanups and more.

The L.L. Bean sponsored Club Fostered Stewardship Grant with the ACA was specifically used to purchase a new Ryobi chainsaw and to construct camping platforms along the trail. These platforms will be open to the public to use within the preserve and help to encourage multi-day trips exploring the Durbin Creek waterways.

Eric says of their experiences, “This is the story of two citizens making a difference. We would like to express our gratitude to the American Canoe Association and L.L. Bean for the Club Fostered Stewardship Grant we received to continue our great work on Durbin Creek in Jacksonville, Florida.”

“We pledged our commitment to become The Waterway Stewards of Durbin Creek on May 22nd, 2011.” – Eric Bersinger

Eric and Josh's progress can be followed at http://www.bartramcanoetrail.blogspot.com/

Protecting the Upper Sugar

Upper Sugar River Watershed Association, Wisconsin

The Upper Sugar River Watershed Association (USRWA) is a grassroots, 501(c)(3) non-profit conservation organization located in Dane County, Wisconsin. They serve as a forum for the preservation and enhancement of the Upper Sugar River Watershed resources through partnerships among diverse community interests. A recipient of this year’s ACA’s Club Fostered Stewardship (CFS) Grants, the USRWA used the funds provided by the ACA and L.L. Bean to conduct a river trail maintenance project this fall. The USRWA was able to partner with Operation Fresh Start, a youth development program that addresses core issues facing low-income communities, to help remove fallen trees, strainers, and debris that obstructed the water trail and posed a threat to local paddlers.

The trail maintenance conducted by the conservation crew is just the beginning of many measures the USRWA is trying to implement to protect the Upper Sugar. USRWA plans to continue working with Operation Fresh Start's conservation crew to help combat invasive species, plant native vegetation, and curb the erosion problems that pollute local waterways. They are also going to work with the Wisconsin Department of Natural Resources to fund aquatic invasive species community education and outreach projects, targeted at local paddlers and anglers.

The ACA is proud to have been able to help support local river groups and fund USRWA’s projects to protect the Upper Sugar!
Building Community on the Rappahannock River
Friends of the Rappahannock, Virginia

On September 10, 2011, Friends of the Rappahannock (FOR) had their first Fall Tidal Rappahannock Clean-up. Approximately 35 volunteers from the area were stationed at four locations along the tidal portion of the Rappahannock River: June Parker Marina and St. Margaret’s School, both in Essex County, the Simonson community in Richmond County, and Christchurch School in Middlesex County. Over the course of a morning, over 700 pounds of trash, including tractor tires, were removed from the river.

Currently, FOR is working to match their CFS grant to buy a canoe trailer and more clean-up supplies, which would greatly enhance their capacity to grow this initiative.

Due to the Rappahannock River’s proximity to the Chesapeake Bay in the tidal region, the waters can be littered with derelict fishing gear, as well as land-based trash. Much of the property in this region is also privately owned, making it especially important to have access and cleanup initiatives on-water.

Lowery Pemberton, AmeriCorps volunteer, said the “L.L. Bean sponsored ACA Club Fostered Stewardship grant will be highly influential in making our Tidal Clean-ups beneficial because access to the water is greatly needed. The boat trailer will be the key to achieving this.”

FOR’s tidal office was very grateful for all of the partnerships that they were able to make to make their first clean-up successful. Not only was ACA a big supporter in this process, but FOR also partnered with Walmart and local businesses to make the cleanup possible.

The June Parker Marina, St. Margaret’s School, and Christchurch School graciously allowed use their grounds and to help generate a lot of volunteers.

After Tropical Storm Lee and Hurricane Irene, the first Tidal Rappahannock Clean-up could not have come at a better time. With averages of 16 inches of rain in 24 hours, trash and debris were everywhere for volunteers to accumulate. Although many people worked throughout the week to clean-up their own yards, individuals still took the time to come and participate in the community effort.

For the tidal region, community is a very important component to success, as much of the waterfront property is privately owned. FOR continues to incorporate more private landowners in their stewardship initiatives to create a healthier, cleaner, and more scenic Rappahannock River.

Friends of the Rappahannock, would like to thank the ACA and L.L. Bean for contributing to this event. The first Fall Tidal Rappahannock Clean-up was a great success thanks to the support of the CFS program and contributed to protecting the Rappahannock River.
Prior to the CFS funded platforms:
Students with disabilities would stage on the bank in preparation for launch.

Now...
Students with mobility challenges can exit the ramp onto stable wooden platforms, large enough to enable instructors and students to stage and launch canoes and kayaks.

**ADAPTIVE PADDLING FAST FACTS:**

20% 
At least one in every five people in the US has a disability, making people with disabilities the largest minority in the country.

8% 
Approximately 8% of those with disabilities use wheelchairs, crutches, or other mobility devices. Most disabilities cannot be seen. Paddling can provide a low-impact form of exercise that emphasizes ability.

**FOR MORE INFORMATION**

For more information about approved adaptive paddling courses, contact the ACA!

**CONTACT US:**  
540.907.4460 or visit www.americancanoe.org

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Wintergreen Adaptive Sports (WAS) is a non-profit organization dedicated to providing recreational opportunities including kayaking and canoeing to people with disabilities. WAS was awarded an ACA CFS Grant in the amount of $3,000 to help construct a boating platform in front of a ramp used by students with wheelchairs, crutches, or canes in order to improve access for those with mobility challenges.

The ramp and platform face Lake Monocan at Wintergreen Resort in Nellysford, VA. Much of WAS’ kayaking and canoeing instruction is done in Lake Monocan.

The planned WAS platforms were originally broken down into three phases. Phase I outlined the construction of a platform at the base of the ramp, leading to the staging area, to allow students to move directly from the ramp to a solid platform. Phase II of construction was to build a platform directly in front of the ramp to provide instructors and students an area to teach, stage, and launch from. This platform was also planned to help protect the shore and bank from erosion. Phase III of the project outlines plans to extend another platform off of the Phase II construction in order to provide more areas for teaching and assistance.

WAS was able to leverage funds provided by the ACA through grants awarded by the National Water Safety Congress and Disabled Sports/USA.

Construction began on Phase I and II of the platforms in September and was completed on October 10th, 2011. Because of the funding obtained for this platform, the steering committee decided to redesign the Phase I and Phase II ramps into one platform.

Because of WAS’ new boating platform students with disabilities, and particularly those in wheelchairs, can come down the ramp directly onto the platform. The platform provides students and instructors secure and stable footing to launch canoes and kayaks, while also protecting Lake Monocan’s bank and shoreline.

The ACA is proud to have been able to contribute to this project and WAS’ mission.

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**Ramping it up!**

**Increasing Access to People with Disabilities**

Wintergreen Adaptive Sports, Virginia

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**PHASE III CONSTRUCTION**

Due to funding availability, WAS could not complete all three phases of their construction plan. They are actively seeking funds to complete their project and continue to improve access for those with disabilities.

The ACA is committed to helping organization’s that work to share the world of paddlesports with those who have disabilities and strive to make paddling more inclusive and easily accessible to all.
5th Annual Trash Bash
The Sebago Canoe Club, New York

The Sebago Canoe Club held their 5th annual Trash Bash, a shore line cleanup of Paerdegat Basin (Jamaica Bay) in Brooklyn, New York. An organization dedicated to human powered and wind powered boating, part of Sebago's mission is to introduce members of the public, including youth groups, to the world of paddle and sail sports.

Paerdegat Basin is an inlet off of Jamaica Bay in Brooklyn, which includes several marinas along its banks. It is often frequented by area residents who fish along the shore. The basin is also connected to city streets by storm drains, as well as the Combined Sewer Overflow outlet, which can contribute to the refuse that accumulates along the shore. This year, Hurricane Irene and the very high tides that accompanied, added to the flotsam and jetsam.

With over 30 participants, many of whom were not club members, this year was Sebago's largest cleanup. The ACA/LL Bean CFS grant boosted Sebago's effort to include non-club members in the event.

Some of the volunteers, comprised of two Boy Scout troops along with parents and other adult volunteers, went out on the water to access areas of the basin that could not be reached otherwise. This group was covered by our ACA insurance (at no cost to them), and also had use of Sebago's equipment and supplies.

A second group, of mostly adult volunteers (including members and non-members), accessed the basin from the land and focused on a shore area close to where the basin joins the bay.

All volunteers were supplied with rakes, gloves, shovels and bags to gather and remove the debris. A safety boat followed behind to collect the 30 bags of garbage and recyclables, which were returned to the dock for collection.

By engaging members of the public and youth groups in this cleanup effort, they hope to educate the public to the importance of issues related to healthy shores and water. The debris along shorelines comes from many sources, and can be traced back to people who have not been near the water. Trash left on sidewalks and streets becomes shore-line debris after heavy rains wash everything into the sewers, and ultimately out to the water. The scourge of everyday items like plastic bags and bottles can be understood when one adds the numbers and view the accumulated piles of plastic on the shore after the Sebago cleanup (493 plastic bags, 327 plastic beverage bottles and 1014 food wrappers were collected by volunteers). It is their hope, and that of the ACA, that this annual cleanup will not only remove the trash already in the stream of waste, but that it will help to educate volunteers and others about the use and costs of various types of consumer products.

By participating in the program since 2003, this is the 6th CFS grant awarded to the Sebago Canoe Club for their continued on-water stewardship initiatives.

Marine debris consists of any man-made object that finds its way into our oceans. Current scientific research indicates that marine debris is one of the most serious threats facing our planet’s waters, with the growing abundance of plastics accumulating in oceans being of particular concern. The National Academy of Sciences estimates that 6.14 million tons of debris enters marine environments annually, and more than 80% of that comes from land-based sources that wash into oceans through freshwater streams and rivers.
Standing Up for Minnesota’s Waters

Minnesota Stand Up Paddleboarders Association, Minnesota

In May of 2011, Dave Englund formed Minnesota Stand Up Paddleboarders Association (MN SUPA), a non-profit organization that encourages people to explore Minnesota’s waters on paddleboards, while also being stewards of the waters they recreate on. MN SUPA has worked with several cities, counties, watershed groups and the Minnesota Department of Natural Resources. They rely entirely on volunteers to help with cleanups both on land and on the water. MN SUPA conducted 10 cleanup events between April and November. These events were held all over the state on multiple waterways, ranging from small rivers and lakes to large lakes, like Lake Mille Lacs, and big rivers, like the Mississippi. Typically, each event attracted 10 and 25 volunteers who worked an average of 3 hours removing debris from waterways. MN SUPA and its volunteers removed a total of 1,072 pounds of trash from Minnesota waters, and all debris collected was then sorted and disposed of in the most environmentally conscious way possible.

We were successful in surpassing our goal thanks to the CFS grant we received. The grant allowed us to invest in quality tools and supplies to make the cleanups more productive and safe. We sourced and purchased mesh dive bags that we used for collecting garbage while on SUPs, these were instrumental in allowing a larger quantity of garbage to be removed while allowing the volunteer an easier and safer way of paddling with the collected debris but without the accumulated water that was common when using regular plastic garbage bags. We also purchased hand held grabbers that allowed the volunteers to pick up garbage that was at the shoreline and just under the water. The grant allowed us to advertise our events to more people. This exposure led more agencies both public and private to request our group to do cleanups with them or in conjunction with their events. This grant has also sparked more planning of larger projects such as, a proposed ice cleanup before the lakes thaw in the spring, and working with a local watershed group to create a water trail through a chain of lakes in a nearby city.

I hope that L.L. Bean keeps funding this program, from our experience it is very necessary and appreciated. Thank you, ACA! I look forward to working more with you in the future and having more projects to promote paddling in Minnesota.

-- Dave Englund, President of MN SUPA

Just because the season is winding down, doesn’t mean that MN SUPA or its volunteers will be taking a break. Their future plans include on-ice cleanups of area lakes after ice-fishing season, coordinated with the MN DNR and the Mille Lacs Lake Watershed Group. They are also planning to work with the water trails division of the DNR to evaluate and improve the signage on the state water trails and are in process of working with a local watershed group to create a water trail within a chain of lakes. Once the ice melts, MN SUPA will hit the waters again, partnering with cities and counties to conduct monthly shoreline cleanups.

Established in 1997, America Recycles Day is the only nationally recognized day dedicated to the promotion of recycling in the United States. Celebrated on November 15th, America Recycles Day is one day to educate. One day to motivate. One day to encourage YOU to actively participate in reducing your waste 365 days a year.

This year, the ACA staff took a working lunch to practice what we preach and clean up a local put-in and waterfront park on the Rappahannock River.
15th Annual Source to Sea Cleanup
Connecticut River Watershed Council, Connecticut

Each year, the Connecticut River Watershed Council (CRWC) conducts an annual Source-to-Sea cleanup. The event unites several thousand volunteers across Vermont, New Hampshire, Massachusetts, and Connecticut in one of the largest single-day river cleanups in New England. Over the first 14 years, more than 650 tons of trash has been removed from the Connecticut River Watershed.

Sandwiched between a devastating tropical storm and a rare late-October snowfall, CRWC’s 15th Annual Source to Sea Cleanup succeeded thanks to the dedicated efforts of 1,454 volunteers and 20 corporate sponsors. Sixty-six groups, in four states, conducted 80 separate cleanups in the month of October. The cleanups resulted in collecting more than 51 tons of trash from 60 miles of shoreline and helping communities after being ravaged by Hurricane Irene.

The cleanup took on the aspect “neighbor helping neighbor” more so this year than any before. The collective work of so many dedicated volunteers sets a high bar for next year’s cleanup, both in spirit and numbers.

Because many areas incurred huge losses inflicted by Irene, a lot of cleanup sites went far beyond the ubiquitous bottles and cans that, once again, represented the most commonly collected items. Some cleanup initiatives included clearing flood debris and sediment from local businesses, tearing out mud soaked sheetrock from homes, and collecting more than 2,400 pounds of building materials that had washed away.

A “Trash Tally,” produced in the 2011 Cleanup Chronicle, outlines many of the items collected across all cleanups. Items ranged from baby diapers to scrap metal, from electronics to fishing gear, from food containers to mattresses.

Regardless of location, there was plenty to be restored and volunteers were up to the task, unphased by the adverse conditions. Each state produced a staggering number of volunteers with 286 volunteers cleaning 27 sites in Connecticut; 600 volunteers cleaning 22 sites in Massachusetts; 68 volunteers cleaning 8 sites in New Hampshire; and 500 volunteers cleaning 24 sites in Vermont.

Coordinating such a massive stewardship event, many partnerships are made, and volunteers come together from diverse backgrounds to participate in creating cleaner waterways. Volunteers came from scout troops and local businesses, nearby colleges and county conservation districts. Local Trout Unlimited chapters joined forces with Friends groups and various conservation organizations. Eco clubs, homeowners associations, local power companies, trucking organizations, and all cross-sections of community united together to take part in the cleanup and rebuilding process after Irene.

To read the Cleanup Chronicle or more about CRWC’s Source to Sea Cleanup visit: www.ctriver.org
Paddling Towards a More Beautiful America

Kayak Instruction Foundation, Inc., Texas

Established in 2010, Kayak Instruction Foundation, Inc. (KIF) is a 501(c)(3) organization that promotes leadership, sportsmanship, teamwork, character, integrity, and responsibility through kayaking programs. Focused on community development, KIF has worked with Texas Parks and Wildlife, Texas Parks and Recreation, and various scout organizations to provide paddling programs for kids and seniors, as well as adaptive paddling opportunities for those with disabilities.

In fall 2011, KIF partnered with the Keep Rowlett Beautiful, Keep Grapevine Beautiful, both Keep America Beautiful affiliates, to host on-shore and on-water cleanups. The events attracted nearly 300 volunteers who collected bottles, glass, tires, and other debris from Texas waters. This year’s drought has drastically affected Rowlett’s lakes and waters, but allowed for volunteers to pick up exposed trash and debris that would have otherwise remained hidden or out of reach.

The Keep Grapevine Beautiful event was wildly successful as a result of prizes to encourage volunteer incentive. A new Jackson Dayt ripper 10 kayak was donated by Kayak Instruction, Inc. as the featured prize for a volunteer who found the winning ticket hidden among trash collected. Colored beads were also hidden amongst the debris that could be exchanged for a host of other prizes, creating a frenzy that garnered more than 525 volunteer hours and over 6,700 pounds of debris removed from the waterfront.

The equipment purchased with the grant will be used for future stewardship initiatives in the waters of North Texas. KIF would like to thank L.L. Bean and the ACA for the CFS grant that helped to make this initiative possible, as well as their support and promotion of good on-water stewardship.

The L.L. Bean sponsored ACA CFS grant is being leveraged with other funds to purchase 18 ½ ton boulders that will be placed 3-4 feet apart to discourage the entry of off-roading vehicles into this sensitive landscape and improve access for all paddlers.

On-going projects

Improving Access for North Carolina Paddlers

Triad River Runners, Tarheel Paddlers Association, Smith River Valley Canoe Club, and Dan River Basin Association, North Carolina

Triad River Runners, Tarheel Paddlers Association, and the Smith River Valley Canoe Club, three North Carolina paddling organizations, are teaming up with the Dan River Basin to improve access and curb erosions by preventing the unauthorized ATV and 4x4 traffic that frequent the area.

Located just off highway 89 and Dodgetown Road, in Stokes County, near Danbury, NC, there is a short ¼ mile trail along the river with access on both ends. Used as a take-out and maintained by the members of the three paddling clubs, this area is a sensitive riparian zone along the Dan River and Snow Creek confluence. Unauthorized off-roading destroys vegetation, changes topography, condenses the natural stratification of sediment, and leads to increased erosion and sedimentation of the waterways.

The Triad River Runners, Smith River Valley Canoe Club, and Dan River Basin Association would like to thank L.L. Bean and the ACA for the support of the ACA CFS grant that helped to make this project possible. As a result of the project, 12 new Jackson Daytrippers will be used for riverfront cleanups.
Revitalizing Factory Grounds to Increase Outdoor Recreation
Monongahela River Trails Conservancy, Ltd., West Virginia

Funds from the ACA Club Fostered Stewardship grant will be used to help match a $30,050 Recreational Trail Grant that was awarded from the Department of Transportation for the development of rail-trail and river access at the former Quality Glass property near Morgantown, WV. The Mon River Trails Conservancy is overseeing the project and providing the 20% local match for a total project cost of $38,000.

The Monongalia County Commission owns a 3.1-acre former glass factory that is currently undergoing a Brownfield Remediation site cleanup, which will involve placing a clay cap over contaminated areas and graveling the planned parking area. The WV Department of Environmental Protection is currently reviewing the site cleanup reports and will prepare the Certificate of Completion allowing the project to move forward towards its recreational access use. The Army Corps of Engineers has provided a permit to develop the non-motorized boat access.

The former Quality Glass site is located at mile 3.8 of the Mon River Rail-Trail, a 48-mile rail-trail network that links a 3 county regions in North Central West Virginia. The rail-trail is for walking, cycling, jogging, and skiing with a smooth, durable surface suitable for wheelchair use and all types of bicycles. Future plans (less than 5 years) include the development of a stretch of the Sheepskin Trail in Pennsylvania, which would connect the Mon River Rail-Trail to Point Marion, Pennsylvania.

The former Quality Glass site is also located on the Monongahela River Mile 93.1 and would serve non-motorized boaters enjoying the 65-mile Upper Mon Water Trail. The Upper Monongahela Water Trail Special Interest Group has published a map from Fairmont, West Virginia to Ten Mile Creek, (near Rice’s Landing) Pennsylvania. It details the public access areas, the river communities, the visitor services and the natural resources of the area. Development of this canoe and kayak access would further provide infrastructure for day trips between Uffington, Morgantown and Star City, WV and Point Marion and Greensboro, Pennsylvania and further enable longer trips on the 65-mile water trail.

The trailhead would serve visitors to Star City and Morgantown and residents living in the northern part of Monongalia County (communities of Van Voorhis and Bakers Ridge). Located on Van Voorhis Road, it is the only rail-trail access north of Star City (a six mile stretch) and serves one of the most rapidly developing areas in the Morgantown / Cheat Lake area.

This project will result in increased parking and access for the rail-trail and water trail at a prime location. It will further promote recreational opportunities of the area including the Mon River / Caperton / Decker Creek Trail System, and non-motorized boat access to the Upper Mon Water Trail, as well as bring new outdoor recreation business opportunities to surrounding communities including Star City and Morgantown, WV and Point Marion, Pennsylvania.

The ACA would like to thank L.L. Bean for their generous support and funding making the CFS program and projects possible!

To learn more about the CFS Program or to apply for a grant, visit our website: www.americancanoe.org

![Former Quality Glass site, Monongalia County, WV. Gravel trails will be developed to connect parking area to the rail-trail and the non-motorized boat access.](image_url)