



March 2007

THE LICKING LEDGER

Serving the Entire Licking River Region

Yvonne Meichtry New LRWW Chair

By Tim Guilfoile

It was a hard fought campaign, but in the end all other opponents dropped out of the race and Yvonne Meichtry sailed to a stunning victory at the Annual Protection Conference on Saturday February 24th. All kidding aside, Dr. Yvonne Meichtry is the new Chair of the Licking River Watershed Watch and we are all very fortunate to have such a dedicated and talented individual at the helm.

Yvonne is an associate professor at Northern Kentucky University, where she teaches in the areas of science and environmental education, serves as the Director of the

Center for Environmental Education, and is a faculty advisor of the Environmentally Concerned Organization of Students (ECOS). She has been at NKU for 10 years and previously was a faculty member in the College of Natural Resources at the University of Wisconsin-Stevens Point.

Prior to her university work, Yvonne was a middle school science teacher. She received her doctorate in science education from the University of Cincinnati in 1991. Yvonne has served on the LRWW steering committee since 2002 as chair of the education committee.



Yvonne has met and worked with a variety of citizens and professionals throughout the watershed in a program she has co-directed since 2001 called "Reading the River". During this program, teachers travel from the headwaters of the Licking River to the mouth over a period of 6 days, water sampling, and learning about the biology, geology, land use, history and culture of the Licking River watershed.

Yvonne also serves as a board member of the Campbell County Conservancy and as an advisory council member of the Campbell County Extension Service.

Please join me in welcoming Yvonne to her new role as Chair.



Thank You Amanda Moore for Your Leadership

By **Tim Guilfoile**

All of us in the Licking River Basin owe a huge debt of gratitude to Amanda Moore for the tireless leadership she provided during her tenure as President of the Licking River Watershed Watch. Amanda's legal background, her organizational skills and her orientation to detail have all been instrumental in keeping the LRWW on track as a vibrant and growing volunteer organization.

As President of the LRWW, Amanda made sure the Steering Committee kept its eye focused on the details of enhancing the volunteer experience with the LRWW. Amanda also made sure that our volunteer activities were appropri-

ately aligned with the scientific principles that ensured the our data met the highest standards of quality. All of this while she had a full time job and had her first baby. Amanda truly represents the very essence of the volunteer spirit that makes the LRWW such a very special organization.

We are not saying goodbye to Amanda, for she intends to remain a member of the LRWW Steering Committee. But we are clearly saying THANK YOU for everything you have done to help LRWW thrive and contribute so



significantly to the health of our watershed.

LRWW Protection Conference Both Fun & Informative

By **Tim Guilfoile**

In a volunteer organization there is an old adage that states that if you are not accomplishing something worthwhile and simultaneously having some fun while doing it, then it may not be worth the time. Well the 2007 LRWW Protection Conference held February 23-24 at Blue Licks Battlefield State Resort Park fulfilled both of these criteria.

Friday evening we enjoyed a casual evening of drinks and hors d'oeuvres. We caught up with old friends and although no formal business was conducted, you know how much business is done in an informal setting.

On Saturday we had a full day program. Our science advisors gave us a detailed rendering of the 2006 sampling results and each of them agreed to write up their presenta-



tion for future issues of the Licking Ledger. Barry Tinning facilitated our traditional "What's Shakin' in the Basin". We elected a new steering committee and officers (see page 3). Sherry Carran, Covington City Commissioner and Dodd Dixon, former Mayor of Winchester shared their experiences as local government officials. We then

brainstormed about future directions for the LRWW the outcome of which is summarized on page 4 of this publication.

We worked hard, learned a lot and had some fun. It was a great Conference and we'll be providing more information in future issues of the Licking Ledger.

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Brainstorming Future Directions for LRWW

Do we want to continue monitoring? (Yes, but...)

We need better connection to the volunteers doing the monitoring:

Data Management:

- Quicker data management and disbursement to volunteers: (See January Newsletter for process)

- Close feedback loop for quality assurance Have a protocol for reporting results.

- Have a template for data evaluation that provides standards such as water quality criteria, US EPA Recommended values, or "literature standards".

- Runners can report the results to the team members they work with after each sampling event, as they contact them about the next sampling event.

- Look for ways to make it easier for volunteers to report information and locations.

- Have a gathering after each sampling event (regionally) Dates set in February Newsletter.

- Invite neighbors to participate in gatherings, allow volunteers to share data with neighbors.

- Have a map at meetings.

- There is value in the old data. Seek ways to better archive and access that data.

What resources do we have?

- \$16,900 in the bank.

Potential sources of funds:

- Virginia Environmental Endowment will be providing \$2,000

- Tim Guilfoile will be working with Frankfort to access \$250,000 coming from Mid Valley Oil Spill on the Kentucky River (Working with Bluegrass PRIDE on disbursements)

- \$50,000 from Northern KY Sanita-

tion District SEP.

Expected expenses for 2007 campaign

- \$2,000 for sample event coordination

- \$3,000 for field equipment

- \$4,500 for E. Coli sampling (3 events for 100 sample stations)

- \$4,500 for Fall Low Flow sampling (Nutrients and Ions)

Communications:

Newsletter:

- Bravo! Send articles to Tim Guilfoile

tim.guilfoile@lickingriver.org

- Have an edition focused on Habitat and Biological sampling.

- Have a feature in the newsletter where you post a habitat/sampling question

Website

- Send info to Larry Varney

Mailing Lists.

- Mailing List needs updating.

- Area Coordinators should review lists and report to Tim/Lajuanda.

Training?

Type of training:

- Split Habitat and Biology from Chemistry,

- Offer the training both ways and see what works.

- Need to set up teams to specialize in Habitat and Biological Assessment.

- Habitat is subjective, How do we deal with that?

Improving Field Reports

- It would be helpful to get a data sheet in the mail, set a time period

- Set up a specific reporting protocol for habitat assessments.

- Outline the time frame for collecting



the data:

- Provide specific methods to report the data:

- Describe the process for using the data:

- Have a community field day that is family oriented where you include training. (June?)

Training Dates

- April 21, Northern KY (more needed)

SAMPLING

Sampling Parameters:

- E. Coli

- Habitat

- Biology

- Field Chemistry

2007 Sampling Dates

- May 12

- July 7

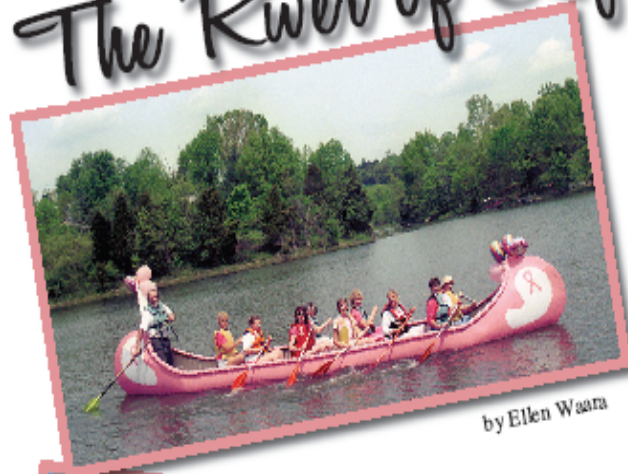
- September 8th

Other Action items:

- Encourage folks to write an articles for the newsletter:

- Get people to submit photographs.

The River of Life



by Ellen Waara



Paddlefest 2006: 1,400 paddlers raised \$26,000 for the Ohio River Water Trail. After her breast cancer diagnosis, Julie Heenan founded Paddlin' for the Pink, a pink 28 ft. Voyager Canoe holding breast and ovarian cancer survivors, promoting cancer and environmental awareness.

You uncovered a huge contamination issue for the Cincinnati Inquirer. Did that contribute to your breast cancer? "At 31 I found I carried a virus showing I would get cancer. At 36, my first mammogram revealed breast cancer. Mom got cancer at 42, she's a survivor. My aunt was 41, and passed on. My sister has had one occurrence. Living in the USA with environmental rules we don't follow, definitely contributed to my disease. I lived across from a chemical plant that had a fire. For weeks dust and contaminated soot filled the air. It became a cancer cluster, with children born mentally retarded."

"Area papers turned down my efforts to cover it. It was a big scandal in a small town. Fish were mutated with tumors, had three eyes, great oil spills covered the water. I've seen the same thing in Cincinnati. I think it is all over. It's too late in some areas. It takes time for the ecosystem to recover. People want the environment cleaner, they see the Industrial Age has caused a lot of damage."

What is Paddlefest? "Each July six miles of Ohio River is closed to barge traffic, kayakers and canoes go free. It's a beautiful sight; we call it the Woodstock of paddle sports. It's a volunteer fundraiser, preserving 100 miles from Madison to Maysville, OH. We agitate people about environmental damage, developing food and exercise awareness."

Why do you love to canoe/ kayak, what has it taught you? "It's about finding that inner spot of peace, reflecting. I think it is a metaphor for life. You never ride on the same river the same way twice; the water is constantly flowing. My son, Erik, and I have some of our best talks on the river."

Your canoe was in The Last of Mohicans? "The Voyager Canoe was used. It has white corner prayer spots holding names of survivors and those passed on. We go down the river with these people, 500 names and their stories."

What brings meaning and value these days? "Each morning I say, 'I will to will Thy will'. That means following my bliss, doing what is right, making someone happy. If at the end of the day I've accomplished that, then I've been successful. I don't think that there is much more than that."

What's a life well lived? How does that shape your time? "Learn from your mistakes, accept you are human, go on and become a better person. Smile at someone who may have just walked out of a terrible chemo session. Ultimately there's a greater purpose for everyone's life. The Pink Canoe falls in that realm for me."

If you had a daughter or sister diagnosed with cancer, what would you share to give hope and assist her healing? "An excellent question. I tell people to remain positive. If they have a bad day, they won't all be bad. Don't give up. Don't ever give up. Now that I say that, I am crying. Faith and hope are so important."

Do you think you'll survive Julie? "I don't know, maybe that's not the point. My sister passed on in March. She was 32. She had preventive cancer surgery done; a year later she was hit by a car and killed. It could happen at any time. A doctor when asked 'Am I going to live?' would answer, 'What do you think?' He found whatever people thought, they were usually right. They say you create your own destiny." Julie Heenan presents at the Quiet Water Symposium March 3 in Lansing juliegopaddle@fuse.net or 859-472-2000. Pink Canoe stories are posted on gopaddle.com.

Ellen Waara has a bright yellow kayak and paddles a wooden canoe as old as she is. She features people serving earth in her column and TV show, Earthtalk.





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A huge thank you to Mark Hult, Lisa Filipovich and Barry Tinning for their generous donation toward a scholarship to send a member of the Licking River Watershed Watch to the River Network's National River Rally in 2007. All of us in the LRWW thank you for your ongoing support !