



Volunteers installing a demonstration rain garden at the Unitarian Universalist Church in Clintonville.

“When I First Hopped into the River” – A Volunteer Profile

In February, OSU student James Talbert took a few minutes to interview Marilyn Hay, an active FLOW volunteer and member, to learn more about how she became involved and what has inspired her. This is the first in an occasional series to honor the many volunteers who make up the backbone of FLOW's organization.

JT: So, Marilyn, how did you get involved with FLOW?

MH: I heard about the backyard conservation program from a friend. We went to a workshop and I picked up a fifty-gallon rainwater collection barrel. When you go to the workshop you can pick up one of these rainwater barrels at a discounted price. I have three of them now.

JT: What do you do with the rainwater you collect?

MH: Every time it rains I have fifty gallons of water to water for use outdoors.

JT: What motivates you to work with FLOW?

MH: Just the fact that through my work with FLOW I get hands-on experience and hands-on information about doing something beneficial.

JT: What kinds of work do you do with FLOW?

MH: With the monitoring program I'm able to jump in and investigate, which I really enjoy. We received forty hours of instruction that covered everything from wild flowers to environmental controls for construction sites. What they have us monitor is the health of the streams that flow into the Oolentangy River. You turn over rocks and check out what's under them in order to assess the health of the stream. You also have to take into consideration what the stream is made of, the environment around the stream, and you classify the stream according to a point code that tells you how healthy the stream is.

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Explore

Volunteer Profile (continued from page 1)

JT: **When is the next monitoring program offered and how often do you go out to the Olentangy River with the program?**

MH: FLOW is going to start another monitoring class in the spring. Our group went out every Saturday for most of the day and every week we went somewhere else to do something different. I loved it because I just kept on learning.

JT: **What part of the Olentangy River do you usually focus on for your investigations with the monitoring program?**

MH: We usually visit tributaries of the Olentangy in the Delaware County area. There's so much development up there that you have to get the tributaries classified so you can advocate for their protection.

JT: **Do you have a favorite spot on the Olentangy River?**

MH: I actually like to go down to Northmoor Park. It's a little park that's part of the bikeway. You can walk right by the river. I also love to walk my dogs along the river.

JT: **What was your most gratifying moment working with FLOW?**

MH: My most gratifying moment was when I first hopped into the river. That was the first time that I've really been involved with an organization that I thought I was doing something to benefit the environment.



Photo courtesy of Ellie Nowels

Volunteering with FLOW

FLOW depends on volunteers. Rapid improvements to the quality of the watershed in the past decade are a testament to the commitment of individuals who wanted to make a difference. Working together allows us to achieve great things.

We offer diverse opportunities for people with varied skill sets, schedules, and interests.

Right now, we have a need for volunteers in the following areas:

- Board Members
- Fundraising & Finance Committee Members
- Education & Outreach Committee Members
- Science Committee Members
- Public Speakers
- Children's Program Presenters
- Office Volunteers
- Adopt-an-Area Coordinators
- Adopt-an-Area Volunteers for Workdays
- Stream Monitors
- Wiki Collaborators

Please contact us for more information about how you can become involved.

Support FLOW by registering your Kroger Plus Card



By registering your Kroger Plus card, you can help FLOW receive a percentage of your purchases. You can register at krogercommunityrewards.com. Follow the directions for creating a Kroger Rewards Account, and enter FLOW's NPO number, which is 84562. To verify you are enrolled correctly, you will see FLOW's name on the right side of your information page. REMEMBER, purchases will not count for FLOW until after you register your card(s). You must swipe your registered Kroger Plus card or use the phone number that is related to your registered Kroger Plus card when shopping for each purchase to count. If you are interested in the alternate SCANBAR method of member registration, please call 800-837-4483 and a SCANBAR letter will be mailed to you.

FLOW Calendar of Events, Meetings, and Volunteer Opportunities: Spring & Summer 2010

All times and dates are subject to change. Please confirm time, date, and location by calling our office at 614-267-3386 or on our website at www.olentangywatershed.org

APRIL

Earth Day Delaware

What: Visit FLOW's booth at Delaware's first Earth Day celebration

When: **APRIL 17, 10 AM TO 2 PM** **Where:** Downtown Delaware

Earth Day 2010: Adopt an Area of the Olentangy

What: As part of Columbus' Earth Day Celebration, FLOW will kick off this year's Adopt-an-Area of the Olentangy Program. Volunteers will pick up trash, remove invasive plants, and plant native trees and shrubs along the Olentangy.

When: **APRIL 17-18, SEVERAL VOLUNTEERS SHIFTS THROUGHOUT THE DAY**

Where: At 7-10 sites along the Olentangy and tributaries. Please contact the FLOW office to find the site nearest you.

Earth Day 2010: Celebration!

What: Stop by FLOW's booth at Columbus' Earth Day Celebration. Festival activities will include music, entertainment, children's programs, folk dancing, photo and video contests, and more.

When: **APRIL 22** **Where:** Franklin Park. Check <http://update2010.org/celebrate/> for more details.

Spring Plant Walk

What: Each year Friends of the Ravines and FLOW co-sponsor a plant walk to learn about the native plants that live in our fragile ravine ecosystems. This year, we'll be exploring Flint Run.

When: **APRIL 25, 2:30 TO 4:30 PM**

Where: Camp Mary Orton. Please contact the FLOW office for full details as they become available.

Rain Garden Workshop

What: A rain garden is an attractive way to landscape your property while at the same time helping to protect our streams. Join FLOW, the Central Ohio Rain Garden Initiative, and the Sierra Club for a special workshop to learn how to create a rain garden in your own yard. Participants will be entered in a drawing to win one of ten rain garden plant kits, valued at \$75.

When: **MAY 6, 6:30 PM** **Where:** Contact us for location.

MONITOR Training, Part I: Headwater Habitat Evaluation Index

What: This day-long training is for new stream monitors (or existing monitors who want to brush up on their skills). No previous monitoring experience or scientific background is necessary. The course is free of charge, and participants agree to give back an equivalent number of volunteer hours to FLOW's monitoring program.

When: **MAY 15, 9 AM TO 4 PM** **Where:** TBD. Please contact the FLOW office to register.

Riverfest 2010

What: Visit the FLOW booth at the kickoff celebration for the month-long Riverfest 2010. The event will include live music, a performance of WaterFire, boat rides, food, and prizes.

When: **MAY 21, 7:30 TO 10:30 PM** **Where:** Along the Scioto River, in Genoa Park, near COSI. Check <http://www.riverfestcolumbus.org/kickoff.html> for more details.

MONITOR Training, Part II: Qualitative Habitat Evaluation Index

What: This two-day training is for new stream monitors (or existing monitors who want to brush up on their skills). No previous monitoring experience or scientific background is necessary. The course is free of charge, and participants agree to give back an equivalent number of volunteer hours to FLOW's monitoring program.

When: **MAY 22 & 23, 9 AM TO 4 PM** **Where:** TBD. Please contact the FLOW office to register.

FLOW Annual Meeting

What: Join FLOW members for a short hike at 6:30 followed by our annual business meeting at 7:15.

When: **JUNE 3, 6:30 PM** **Where:** Highbanks Metro Park

MAY

JUNE

Understand

YES! I want to support FLOW for cleaner water!

Choose a membership:

- Individual \$25
 Family..... \$40
 Supporting \$50
 River Steward..... \$100
 Business Basic..... \$175
 Bronze..... \$200
 Silver \$300
 Gold..... \$500
 Sustaining \$1,000

Please check here if you would like more information about volunteering with FLOW.

Please check here for more information about including FLOW in your estate planning.

Return this form to:

FLOW
3528 N. High St., Suite F
Columbus, OH 43214

Or give securely online at:
www.olentangywatershed.org

Fill in the following:

- New Member
 Renewal
 Gift

Name(s):

Organization/Business:

Address:

City:

State:

Zip:

Phone:

Email:

By providing your email,
you will save resources
and stay up-to-date on
news and events.

FLOW

Explore. Discover. Understand.

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FLOW

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Friends of the Lower Olentangy Watershed is a non-profit organization dedicated to keeping the Olentangy River clean and safe for all to enjoy through public education, volunteer activities, and coordination with local decision makers. FLOW is registered with the IRS as a tax-exempt, nonprofit charitable organization under Section 501(c)3 of the Internal Revenue Code. Donations are tax-deductible.

Because FLOW is a small organization, we rely heavily on volunteer participation to create positive change in our watershed. Please contact us for more information about how you can volunteer. We have a wide variety of opportunities to fit your schedule that will match your skills and interests.

FLOW is a member of Earth Share Ohio. You may donate to FLOW through Earth Share's workplace giving campaign, available at numerous private companies, state and municipal government agencies, and Combined Federal Campaigns. For more information about workplace giving, please contact us.

