

Kentucky Riverkeeper

Drips, Ripples and Waves

Newsletter December 2020

Kentucky Riverkeeper Board

Alan Banks
 Brian Clark
 Vickie Allen
 Deborah Garrison
 Jack Stickney
 Laura Mellius
 Mathew DeLacey
 Mike Hannon
 Roberta Hounshell
 Teri Williams
 Peter Switalski

Pat Banks Kentucky Riverkeeper

Issues facing your
 Kentucky River
 in the short term
 and long term...
 this is for our
 Children!

- ◆ Restore and Protect
- ◆ Enforcement
- ◆ Storm Runoff
- ◆ Sewage/Aging Infrastructure
- ◆ Mercury
- ◆ Water Quality and Flow
- ◆ Mining and Industry abuses.
- ◆ Agricultural Nonpoint Source Pollution
- ◆ Environmental Justice



December 2020

Cold Stream Park Cleanup. Kentucky Riverkeeper and Bluegrass Greensource Partner Up!

Teri Williams

On a bright, and unexpectedly chilly September day, Kentucky Riverkeeper partnered with Bluegrass Greensource to sponsor a cleanup event at Cold Stream Park in Lexington. For several hours, on September 19th, 2020, volunteers picked up trash along the banks of Cane Run Creek which is located in the park. Forty plus volunteers filled over 40 large bags (and miscellaneous other large items). Giulia Parli, from Bluegrass Greensource, coordinated with UK volunteer organizations and a large number of their students turned up to help. Social distancing was encouraged and participants were required to wear masks.

Several KRK board members including Matt DeLacey, Deborah Garrison, Teri Williams, Alan Banks and community people participated along with our Riverkeeper, Pat Banks, and her grandson Dexter.

Coldstream Park is a 225-acre Lexington city park with green open spaces, dog areas, Cane Run Creek, and a 1.8-mile portion of Lexington's 12 mile running and bicycling Legacy Trail. Volunteers worked hard to remove trash but were only able to remove only a portion in the timeframe. While it was great to see the amount of trash picked up in the few hours of the event, it was discouraging to see the extent of the problem of trash in our rivers and streams. The cleanup clearly illustrates what happens when trash from drains, litter roadways, etc., end up being washed downstream in our waterways.



COVID-19 is the Headline of 2020!

We have lost many Kentuckians, Americans and world citizens to this deadly pandemic. It has impacted everyone and all walks of life! It has impacted many of Kentucky Riverkeeper's service, educational and fundraising activities as well. We encourage mask wearing, social distancing and hand washing. We follow the science. We believe clean air and clean water are more important than ever. We will continue to work for our Kentucky River and the whole watershed!

Thank you for your help. **Be safe and healthy and know that we will get through this together!**

Turn on your green light!



Covid Comfort Food

Chicken Curry Teri Williams

4 Tbsp. Margarine or butter
½ cup diced onion
3 tsp. curry powder
½ - ¼ tsp. cayenne pepper
3 Tbsp flour
¾ Tbsp salt (I generally use a bit less)
¾ tsp sugar
1/8 tsp. ginger
1 cup chicken broth
1 cup milk
½ - 1 cup chicken (boiled and cut into pieces)
½ tsp lemon juice
1 cup (or preferred amount) Rice

Melt butter over low heat. Sauté onion and curry powder in melted butter. Blend in flour and seasoning. Cook over low heat until mixture is smooth. Remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Add chicken and lemon juice. Heat. Serve over rice. Add toppings at the table.

Suggestion: put toppings in small bowls or arrange on a divided tray. This looks festive on the table and everyone can choose their favorites.

Toppings:

Chopped tomatoes, chopped dill pickles, sweet pickles, celery, green pepper, peanuts, pineapple, bacon bits, coconut, sauteed almonds, toppings of your choice.



Warriors!



11-year old Dexter (Grandson of Alan and Pat Banks) was inspired by the Cold Stream cleanup and decided to organize a cleanup in his community of Somerset! Impressively, he managed to form a team of 5 young people, called themselves the Daredevils and participated in the Triple Bag Challenge, organized by Pride. Pride is an environmental group with a chapter in Pulaski County. The "Daredevils" are Dexter's team of collaborators who do a YouTube channel about video games and also create short videos. They also do animations, voice overs, production and some musical compositions. Thank you Dexter Banks, Sam Baker, Preston McGowan, Carly Neal, Gracie Russell. The Daredevils are on our side. They make the future look brighter!

Snippets from an interview of Pat by Emily Deubel, Appalachian Center at UK

Our Riverkeeper, Pat Banks, was recently interviewed by Emily Deubel at The Appalachian Center at the University of Kentucky. Here are a few snippets that highlight the dire condition of the water quality in Kentucky.

How would you describe the current water quality in eastern Kentucky, or Kentucky in general?

Not good. Students report that their water at home smells like gasoline, smells funny, taste off and or is a strange color. The infrastructure is old, inadequate, and crumbling. Not only is the water threatened by non-point source pollution it is also under stress from dirt. Erosion, clear cutting forests, industry, farming, and mining contribute to strangling the habitat of the water ecology. Impacted creeks and streams and rivers cannot support life. It is not sustainable!

What is one thing that you would want people to know about Kentucky's water?

The rivers and creeks belong to all of us. People or industry that pollute our water are stealing from us. Not only the quality of water but also the quality of life and sustenance. Our fish have high mercury and other contaminates. This is a free and high- quality protein for our communities. Check the fish advisories on the USDA, Kentucky Fish and Wildlife websites. It will make your hair catch on fire!!!

What can we as Kentuckians do to prevent any further damage to our water sources? Be smart, realize that we can and have to make a commitment to sustainable lifestyles and choices. It matters how we farm, what we consume and where we get our energy. Recycle, reuse and reduce waste. We need to make industry clean up after themselves instead of putting the burden on our citizens and communities!!!

What is the best part about your job?

I get to kayak!



The Kentucky River Water Trail was selected in 2011 as 1 of 100 projects across the country to be recognized in President Obama's initiative, "America's Great Outdoors", launched to develop a 21st century conservation and recreation.



Paddlers on the Red River

Lend-a-Hand Center Fall Creek Clean Up Teri Williams

Kentucky Riverkeeper and UK Center for Appalachian Research in Environmental Sciences led a creek clean up and water testing at the Lend-A-Hand Center in Walker, Kentucky. The Morning of October 17 was sunny and crisp! We had about 50 participants who pulled tires and other trash out of the Stinking creek! The community was so inspired they want to host another clean up in March. Participants made t-shirts and reusable tote bags using leaves and other found materials for the design motif. They also learned how to test for water quality. Students and neighbors were shown a map of their watershed. This helped them to better visualize the relationship between the land and the river. What happens on the land impacts the river all the way to the dead zone in the Gulf of Mexico! The organizers look forward to March! A sculpture may even



Matt DeLacey
Teri Williams



If you have a twitter account please Follow and Like KRK. If you don't have an account please consider signing up to help KRK make connections and spread our outreach. Here is a crash course for all you baby boomers or technologically challenged folks. Go to www.twitter.com. Click to sign up and follow the prompts to create your account. Fill in your information; name, phone number or email, and date of birth (which will not be shown publicly). The 2nd step is to Search Kentucky Riverkeeper. When you find the KRK twitter page click on Follow and Like. You will now be able to visit and like/share things that KRK publishes. Thank you for supporting us!

Follow Us!

Kids Korner

With Roberta Hounshell

If you live in Kentucky, you have probably heard of Fort Boonesborough and Daniel Boone. Maybe you have studied the history of the settlement and stories of the frontiersmen but just in case you have not, here is a short summary:

History.com

explorekyhistory.ky.gov

<https://fortboonesboroughlivinghistory.org>

Daniel Boone was an American pioneer, explorer, woodsman and frontiersman.

He was born November 2, 1734 in Berks County, Pennsylvania.

He had no proper education but could read and write and reportedly took reading materials with him in his hunting trips. He was given his first rifle at age 12. He learned to hunt and became a skilled marksman, often providing his family with fresh game. Later he supported his family with hunting and trapping. He also hunted extensively in what is now Kentucky. At the same time Richard Henderson, chief proprietor of the Transylvania Land Company, had acquired large amounts of land from Native Americans near Boonesborough. ***(We are exploring the first peoples story in our Kentucky River lesson plans. The first people lived in what is now Kentucky for 13-16000 years before the first Europeans came to the new world! Check out the website in 2021!)***

The land was attractive because of its closeness to the Kentucky River. He wanted it to become the "Capital of the West" and sell off portions of the land to settlers for profit. Henderson hired Boone to cut a trail to this land, and Boone Trace was essentially a path large enough for those traveling by foot or horseback. Boone and his party of early settlers arrived in an area close to where the current fort is on April 1, 1775. They created a settlement at Sycamore Hollow, near the Kentucky River shore. A few weeks later Henderson arrived, and it was decided that they should move to higher ground nearby. That was where the permanent fort was built, right on the banks of the Kentucky River. The current Fort at the park, is a reconstruction, but the original site is only about a half mile away. The original site is marked with a rock wall and monument.

The fort often has events and at this time of the year, you usually can attend events such as Winter Trade Days or 18 Century Christmas at Fort. At the Christmas event visitors can learn about old world customs and other early frontier holiday traditions and foods. Sadly, due to COVID -19, these events have been cancelled this year.

However, I grew up in Germany, so I can share some old world traditions. Now let's travel back in time and pretend we are settlers at Fort Boonesborough. My family came from Germany and we are all new here. We want to bring a bit of our traditions and holiday foods to our new home. We want to make an advent wreath and "Brataepfel" (baked apples). We live on the frontier, so everything we eat and use must pretty much come from our garden, from things we gather, things we find in the wilderness and what is made at the fort. Everything else is expensive and hard to come by, so we cannot rely on it.

Advent Wreath

We will need a wreath, 4 candles and decoration. At the frontier they might have made a wreath with vines or with greenery they gathered. Candles were probably made in the candle shop from beeswax. Decorations could have been stars made from straw, pinecones, dried berries and popcorn! Anything else?

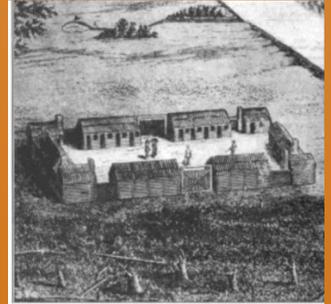
For our version we need:

- ◆ A plate or other solid platform (it will not be harmed!)
- ◆ 4 Votive candles in small clear glass votive holders or 4 flameless candles
- ◆ Natural or artificial greenery
- ◆ Garland made from strung popcorn and dried red berries
- ◆ Pine cones (natural or artificial) What else can you find in your yard?

Place the candles on the plate, arrange the greenery creatively around them. Place the garland around all. Place a few pinecones and other gathered objects interspersed through out the greenery. Place the wreath where you can enjoy looking at it! A family would gather around the advent wreath, sing, talk, tell stories and drink hot chocolate. What stories will you tell?

NOTE: Typically you would light a candle each Sunday before Christmas, but this year the first Sunday to light a candle would be Nov 28, so if you get this information later, it is fine to join in later. The other Sundays before Christmas will be December 5, 12 and 19. Light one more candle each week until all four are lit.

Happy Holidays!



Like other 18th century Kentucky forts of the time, Fort Boonesborough comprised individual cabins which shared a common outer wall stockade.



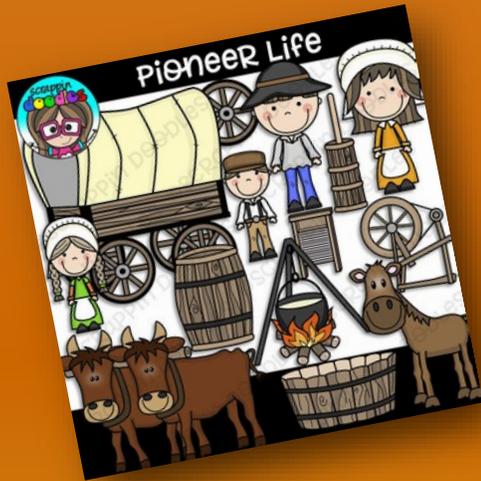
View of Boonesborough Beach



Advent Wreath



Bratapfel (Baked Apple)



Bratapfel (Baked apple) An Old Fashion Treat!

On the frontier they might have baked the apple by baking it over the fire in a clay pot.

Our version:

- One small apple per person or one half of a bigger apple per person
- A piece of aluminum foil large enough to wrap the apple
- Almond or nuts in small pieces
- Cinnamon
- Small amount of butter
- Raisins or dried berries or fresh cranberries
- Bit of sugar
- Cookie sheet

Core the apple without peeling it. If you do not have an apple corer, it is ok to cut the apple in half but cut out the core pieces. Place the apple on the aluminum piece. Put the piece of butter inside the hollowed out middle,

Fill whole up with small pieces of nuts/almonds and raisins or dried berries. Mix sugar and cinnamon (you need about a full teaspoon of sugar and a half teaspoon of cinnamon per apple (you can use more if desired)) If you use apple halves, pile all the fillings on top.

Wrap the apple totally in the aluminum foil piece with the opening to the top. Place on a cookie sheet.

Bake in a 350F degree oven until it is soft. This depends on the kind of apple you used and the size of the apple, but it will take about 30-45 minutes. Use a teaspoon to eat as it will be juicy and yummy.

ENJOY!

Imagine you are a pioneer at Fort Boonesborough at the Kentucky River while you eat the apple and look at your advent wreath. Sit with your family and tell stories or sing, or just visit.

Sources:

History.com

explorekyhistory.ky.gov

<https://fortboonesboroughlivinghistory.org>

Curriculum Updates: Teri Williams

Pat Banks our KY Riverkeeper, and board member Roberta Hounshell are developing a school curriculum designed to help students develop an understanding of the Kentucky River. The main goal of the curriculum is for students to become excited to be a part of their environment and their world. Pat and Roberta were awarded a grant by the Kentucky River Authority.

KRK and the Kentucky River Authority want to work with teachers and students to look at Kentucky River watershed through the lens of the Kentucky Core Curriculum arts and science principles while cultivating stewardship and responsibility. Students learn best when they can explore a subject from multiple disciplines and media. The lesson plans serve starting places for integrating science, history, art, writing, language arts, and culture while discovering the Kentucky River Watershed. Key components include encouraging conservation and recreation.

Two of the lesson plans are complete while work continues on eight or ten more. KRK is excited about the curriculum! The completed plans are getting rave reviews from folks that have been allowed a sneak peek. Stay tuned for more to come about this innovative project.



This is a bird's eye view! Beautiful!

The Geological History of the Kentucky River

The Kentucky River snakes through the Commonwealth of Kentucky starting at the headwaters of its three forks North, Middle and South Fork in south eastern Kentucky. They converge at Beattyville then winds for about 260 miles from the convergence. Then flows north to its mouth at Carrollton, Ky, where it flows into the Ohio River.

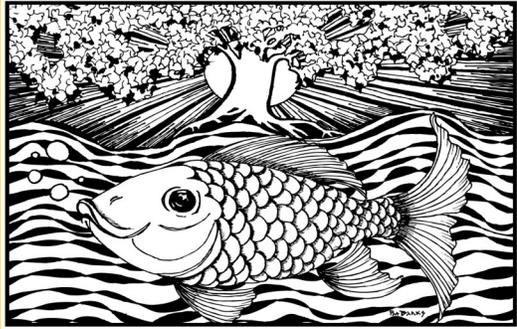
The Kentucky River meanders through the coal mining regions of the Cumberland Mountains, the Daniel Boone National Forest, past Boonesborough and through the Palisades and the Bluegrass Region of the state.

Kentucky River Facts

- The Kentucky River, including its upper tributaries, is approximately 420 miles long from its beginning in the mountains of eastern Kentucky to the Ohio River in Carrollton.
- There are all or part of 42 counties in the Kentucky River Basin,
- Almost one million people depend on the Kentucky River for their primary source of drinking water, agricultural production, and numerous industrial uses.
- There are many threats to the Kentucky River. We must be good stewards!



Kentucky RIVERKEEPER®



AmazonSmile Laura Melius

Join others in supporting the **Kentucky Riverkeeper** through the **AmazonSmile** program. The program donates 0.5% of your eligible purchases on Amazon to a charity of your choice. All you need to do is start shopping at smile.amazon.com, instead of the amazon.com address. The donation will be made at no extra cost to you. When prompted or under your account, select Your AmazonSmile, search for and select Kentucky Riverkeeper Inc. Your Amazon.com and Smile.Amazon.com accounts will be combined. Just remember to start your future shopping at smile.amazon.com. On your phone: download or update to **the** latest version of **the Amazon** Shopping app. You can find it in **the** App Store for iOS or Google Play for Android. Open **the** app and find 'Settings' in **the** main menu (☐). Tap on '**AmazonSmile**' and follow **the** on-screen instructions to turn on **AmazonSmile** on **your** phone.

If you would like to become a member or donate to support Kentucky Riverkeeper events and projects, please designation how you would like to contribute to the wonderful cause. You can donate online at www.kyriverkeeper.org ,
Send Check to: PO Box 1296, Richmond KY 40475

CONTACT INFORMATION

Name _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

_____ \$25.00 _____ \$50.00 _____ \$100.00 _____ Other

Thank you for your support! Drink Fish Swim!

Credit Card Number _____

Security Code (on back) _____ Expiration Date _____

Signature _____

NOTES/COMMENTS/PROJECTS:

_____ I would like to be notified about river clean-ups, paddle events, and other Riverkeeper events.

_____ Put me on your email list.

Comments or suggestions. _____

