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PIEDMONT TRIAD REGIONAL COUNCIL

STORMWATER steward

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GET INTO YOUR WATERSHED

If you are familiar with Stormwater Steward then you are aware that we do our best to highlight diverse ways our members can be great stewards of their watershed. We intend to continue to drive home this message. However, we do not

River Basin. Both of these river basins cover a significant portion of the Piedmont. The Cape Fear River basin is completely contained within North Carolina borders while the Yadkin Pee Dee River basin continues to flow into the state of South

ties are generally the culprit of deterring us from connecting with nature, though each has its place. Research suggests that individuals can improve concentration and relieve stress when they are exposed to and immersed in nature. It has also been suggested that contact with nature can promote positive emotions (Capaldi et al). In this issue of our Stormwater Steward we are going to highlight a few destinations in nearby watersheds with the hope that you will get active in yours!

Reference: Capaldi et al.(2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. International Journal of Wellbeing, 5 (4), 1-16.



Yadkin Pee Dee River Basin

Courtesy NC EE

want anyone to forget all the wonderful experiences your watershed provides. While clean drinking water is an integral part of watersheds so are pristine habitats and recreational activities.

River basins consist of smaller watersheds that all collect over a certain area of land and drain water downward to other bodies of water. In this issue we are going to focus on the Cape Fear and the Yadkin Pee Dee

Carolina. Being connected to your watershed will allow you to be more aware of all the ecosystem

services it provides while also witnessing the benefits of keeping it healthy. A healthy watershed is not only beneficial to the plants, bugs and animals that depend on its health but it can also be healthy for us as well.

It is no secret our society's level of physical activity and interaction with nature has decreased over the years. Technology, work, school and family responsibili-



Cape Fear River Basin

Courtesy NC EE

Did you Know?

North Carolina has 17 river basins



At least 48% of North Carolina residents participate in outdoor recreation each year.



The Cape Fear River Basin contains approximately 1/5 of NC's population.



Yadkin Pee Dee River Basin was the first area where gold was discovered in our nation.

GET INTO YOUR WATERSHED: CAPE FEAR RIVER BASIN

The Cape Fear River Basin has a lot to offer its residents and visitors. This river basin houses a total of 26 counties all inside North Carolina's borders. It is the largest basin in North Carolina. It has an approximate population of 2,072, 305 (2010 U.S. Census). The headwaters of the Cape Fear River are positioned in the Piedmont, beginning with the Deep and Haw Rivers. They eventually converge southeast of Pittsboro to form the Cape Fear River which flows directly into the Atlantic Ocean. The Piedmont region is one of the most populated regions in this basin. Aside from acting as major water sources for residents, this river basin also supports commercial trafficking, tourism and recreation. There are many places within the Cape Fear River Basin to enjoy recreational waters and walking trails. A few are highlighted below but we encourage you to visit <http://www.eenorthcarolina.org/> to view all of the other opportunities there are for you to enjoy your watershed.

Piedmont Environmental Center - the Piedmont Environmental Center in High Point offers approximately 8 miles of trails, environmental education programs for all ages as well as animal exhibits. For more information visit- <https://www.highpointnc.gov/Facilities/Facility/Details/Piedmont-Environmental-Center-18>

Cape Fear River Trail - this paddling trail begins at J. Bayard Clark Park in Fayetteville, NC and extends to the coast with multiple river access sites throughout. Maps on the website will assist you in planning your paddling trip. The Cape Fear River trail incorporates interpretive signs, highlighting diverse animals specials, throughout the length of the trail. This trail is also great for walking, biking or jogging. For more information visit - www.ncsu.edu/paddletrails/southerncoast/sc10.html

Haw River Paddle Trail - this paddling trail starts at

the Haw River in Gibsonville, and then goes to Haw River State Park in Browns Summit and ends at Jordan Lake State Recreation Area in Apex for a total of 70 miles. There are about 10 access points along this trail. Happy walking, biking or jogging! For more information visit- www.thehaw.org

Lake Michael Park - Lake Michael Park in Mebane spans approximately 200 acres. The park encompasses a 59 acre lake permitting fishing access via two piers. The park also offers other opportunities sure to enhance visitor's experiences such as nature trails and paddle boats. Visitors can also enjoy this park through recreational activities such as sand volleyball and play areas. For more information visit http://www.cityofmebane.com/city_hall/departments/recreation_and_parks/parks_facilities_and_trails/lake_michael/

WHAT HAVE WE BEEN UP TOO?

This summer and fall we have had a blast providing outreach and education to our member communities through school and library programming, summer camps, Fall Festivals, and river clean-ups. Students have engaged in and been introduced to a variety of activities revolving around green infrastructure, watershed protection, pollution preventative measures concepts and so much more. We are excited to continue our outreach into the new-year. We are flexible and will work to meet the needs of our community through our services. Call or email us now to secure your spot for the year 2016-2017! For more information, visit: www.stormwatersmart.org.



By Stormwater SMART

GET INTO YOUR WATERSHED: YADKIN PEE DEE RIVER BASIN

The Yadkin Pee Dee River Basin is the second largest river basin in North Carolina. There are a total of 21 counties within this basin with a population of approximately 1,675,937 (2010 U.S. Census). The headwaters of the Yadkin River are near Blowing Rock and the river flows east then south through North Carolina feeding into the Pee Dee River which proceeds to drain into the Atlantic Ocean off South Carolina's coast. Though half of this basin is covered in forested lands, land in the basin is also used for agricultural purposes and urban development. There is no question as to whether this basin encourages tourism with attractions such as the Blue Ridge Parkway and the Pee Dee National Wildlife Refuge. Below you will find a few places within the Yadkin Pee Dee River Basin that you may deem worthy of a visit. We encourage you to visit <http://www.eenorthcarolina.org/> to view all of the other opportunities there are for you to enjoy your watershed.

Morrow Mountain State Park – this state park offers hiking trails up to 15 miles long. The park also supports activities such as swimming, boating and fishing. There are 106 campsites within the state park that can accommodate tents, trailers and RVs. Rangers are available to conduct informative interpretive programs for interested visitors. For more information visit <http://www.ncparks.gov/morrow-mountain-state-park>.

Pilot Mountain State Park – individuals who visit Pilot Mountain State Park will have access to trails, camping, climbing and interpretive programs facilitated by park rangers. There is also access to paddling along the Yadkin River Canoe Trail. For more information visit- <http://www.ncparks.gov/pilot-mountain-state-park>

Pee Dee National Wildlife Refuge – this refuge covers approximately 8,500 acres. One of the founding goals of this refuge is to “provide habitat for wintering migratory birds”. Due to the scope of habitats maintained by the refuge, visitors are able to witness a variety of wading birds, shore birds, along with marsh and land birds. The refuge also offers interpretive and environmental education programs. There are opportunities for visitors to partake in hunting and fishing as well. For more information visit- https://www.fws.gov/refuge/pee_dee/

STORMWATER AND YARD WASTE

It is not uncommon to pass through neighborhoods and to see grass clippings or piles of leaves on the curb and sometimes in the street. Stormwater SMART would like to encourage you all to avoid this practice. While it may be convenient for some to dispose of yard waste onto the curb this practice has negative implications. Yard waste such as leaves and grass clippings can potentially clog storm drain culverts which may cause flooding. Excess flooding can lead to infrastructure damage and can also be a danger to community members. Aside from clogging storm culverts, yard waste



carries excess nutrients which may be picked up by stormwater and carried directly into the nearest stream or lake. Increases in nutrient runoff can also be attributed to overuse in fertilizer in lawns, gardens and farm land.

As we discussed in our previous issue, an increase in nutrients along with other factors can throw off the balance of an aquatic ecosystem. This imbalance encourages the overgrowth of algae which deplete oxygen from the water. This further limits the oxygen availability for fish creating a stressful environment that may lead to fish kills.

There are a couple of alternatives available for individuals that have trouble designating a proper place for their yard waste. One possible alternative is to allow grass clippings to naturally decompose in your lawn thereby adding natural nutrients back into soil. Another alternative is to bag yard waste in a manner respective to your city's yard waste collection regulations. Leaves that are raked into piles should always be behind the curb and not in the street. We encourage you to research the your city's collection schedule to prevent leaves from washing into the storm drain.

Remember that anything that flows into a stormdrain will eventually find its way into a nearby body of water. Let us remember to be Stormwater SMART by making sure **only** water enters our storm drains!

GET INVOLVED

Davidson County
Randolph County
Rockingham County
Archdale
Asheboro
Burlington
Elon
Gibsonville
Graham
Green Level
Haw River
Lexington
Mebane
Oak Ridge
Summerfield
Randleman
Reidsville
Thomasville
Trinity

Get active and volunteer- You can organize your own community clean up event or partner with Stormwater SMART to do so. We can provide clean up materials such as trash bags, gloves and trash grabbers to clean up designated areas. Contact our office to find about volunteer opportunities near you.

Communication- Be a great steward and share the information you have learned with those around you.

Social Media- Like us on Facebook. Follow us on Twitter and Instagram! This will ensure that you stay up to date with what we are doing throughout our member communities.

Facebook: @PTRCstormwatersmart

Twitter: @StormwaterSMART

Instagram: stormwater_smart



By Stormwater SMART

LOOK FOR STORMWATER SMART AT A EVENT NEAR YOU.

11/19/16 - Mebane Winter Wonderland
12/6/16 - NC DPI Nonformal Educators Meeting
12/8/16 - Mebane by Design Community Open House
1/19/17 - Stormwater SMART Board Meeting
April 2017 - Earth Day at the Zoo
4/19/17 - Earth Day Event Sponsored by Lexington High School's Planet Earth Club
May 2017 - Summerfield Founders' Day
5/6/17 - Lexington Multicultural Festival
6/3/17 - Oak Ridge RidgeFest
7/30/17-8/4/17 - STEM X Camp



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PIEDMONT TRIAD
REGIONAL COUNCIL

Stormwater SMART was created by the Piedmont Triad Regional Council (formerly Piedmont Triad Council of Governments) to help Phase II communities comply with National Pollution Discharge Elimination System (NPDES) and Jordan Lake Public Education and Outreach requirements. Stormwater SMART is supported through dues paid by member governments.

