

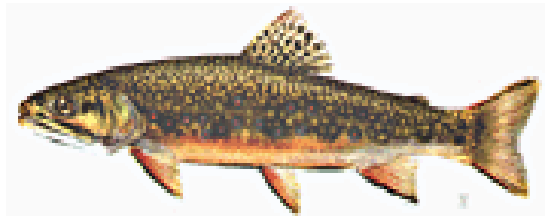
# Friends of the Kayaderosseras

## Clean Creek Stewardship Program Workbook

This workbook is adapted from the Annapolis (MD) Environmental Stewardship Self-Certification for Households Program and is used with the program's permission.

Stewardship is the careful and responsible management of something entrusted to one's care to keep it for future generations. The Friends of the Kayaderosseras organization is committed to fostering individual and municipal stewardship of the waters of the creek and its watershed - the land that drains to the stream, over and under the ground. Small, individual actions in preventing pollution and reducing water use can add up to big benefits for property owners, anglers and paddlers, and to fish and wildlife.

This workbook is a comprehensive checklist that includes different categories of action, in and around your home and in your community, that lead to watershed protection. Within each category, several criteria are listed with allocated point values. You check the ones that apply to your household and add them together to create a cumulative score. For example, points will be awarded for activities and practices including: recycling, waste disposal, water conservation and pollution prevention. A score of at least 150 points qualifies you as a Clean Creek Steward. (See pages 3 and 12)



Brook Trout are native to the Kayaderosseras Creek

The goal of the Clean Creek Stewardship program is to increase the participation of watershed residents in activities that will keep the waters of the creek clean and able to support recreation and good habitat.

The water of the Kayaderosseras Creek is generally of good quality. The largest threats to that good quality come from

- pollutants in stormwater runoff
- trash intentionally discarded near the streambanks
- encroachment through clearing of trees and vegetation

The small individual actions of residents throughout the watershed add up to big benefits that we can all enjoy.

## How can you become a Clean Creek Steward?

1. Complete this workbook and check all the activities that you and your household are currently undertaking.

*Please understand that it is not necessary to complete all of the items in the workbook to become a Clean Creek Steward. The workbook is a comprehensive list of many different ways to improve understanding and actions.*

*We understand that employing all of the actions in this workbook is not always possible, so please use the ones that you have not yet implemented as recommendations.*

*This list is not exhaustive. There are more environmental actions than we can ever list. We will attempt to update the list of actions on an annual basis and post it on our website at <http://kayaderosseras.org>. If you have an idea for an activity we might want to include, email it to [kaydeross@hotmail.com](mailto:kaydeross@hotmail.com) with "stewardship" in the subject line. Or write us at PO Box 223, Ballston Spa NY 12020. We will consider every suggestion we receive although we cannot promise that they will all be included.*

2. Calculate your score by adding up all of the checked boxes
3. First time participants need to earn 150 points to receive certification as a Clean Creek Steward. You certify yourself – we accept your evaluation.

Certifications are valid for two years from the date of award. To recertify after the initial two years, households must earn 175 points thereafter.

4. If your score qualifies you and your household as Clean Creek Stewards, please contact the Friends of the Kayaderosseras to register online at <http://kayaderosseras.org> or write to us – see page 12. This will be the only way we can learn about your participation. We will send you a personal stewardship certificate and a small laminated Clean Creek Stewardship to post in your yard for others to see.

Friends of the Kayaderosseras  
**Clean Creek Stewardship**  
**Self-Certification for Households**

440 total available points

Only 150 points necessary for self- certification

## Inside the house

### *Waste Disposal*

**We compost vegetable food scraps**

**5 points**

Food put into a sink disposal goes to the sewage treatment plant to be processed with your wastewater, adding more organic matter.

For information on what and what not to compost, visit

<http://www.epa.gov/epawaste/conserves/rrr/composting/basic.htm>

By diverting the organic material from sewage to your garden, you can direct the nutrients to local good use and reduce the load on sewer plants.

**We scrape leftover foods that will not be composted into the garbage.**

**5 points**

Put meat, bones, fat, sauces, marinades, gravies, and other non-compostable foods into the garbage can instead of the sink. Even if you have a garbage disposal, such foods can cause plumbing and wastewater treatment problems.

**We put used cooking grease into a disposable container.**

**5 points**

Let grease cool, then spoon into empty non-recyclable containers. Using this method of cleaning your pots and pans prevents grease from clogging your pipes. Cover and dispose of the container in the trash.

**We put used tissues, etc. in the wastebasket.**

**5 points**

Flushing them in the toilet wastes water.

### *Cleaning*

**We use cleaners and detergents that are biodegradable and do not contain NTA (nitrilotriacetic acid), chlorine bleach or phosphates.**

**(up to 10 points depending on use throughout property).**

NTA is a known human carcinogen. Emulsifiers and degreasers are not to be used.

Phosphates in detergents have been banned in New York State since the 1970s, with measurable reduction of algae growth in lakes, including Saratoga Lake.

For information on reducing hazardous products in your home, visit

<http://www.nasdonline.org/document/1449/d001243/reducing-hazardous-products-in-thehome>.

Safe alternatives for household cleaning include vinegar, ammonia, baking soda and other low-cost, easily available materials. New "green" cleaning products are widely available.

**We clean windows and mirrors with newspaper.**

**5 points**

Mirrors and windows will be streak- and lint-free when you use a non-toxic, biodegradable cleaner and replace paper towels with newspaper.

A cheap, non-toxic formula for streak-free glass surfaces: 1 part water, 1 part distilled white vinegar, 2-5 drops dish soap. Put contents in a spray bottle and polish with crumpled newspaper, which leaves a dirt-resistant shine.

Switch to green cleaners; use products certified by Green Seal <http://www.greenseal.org/> or products certified "Designed for the Environment" (DfE) by the EPA <http://www.epa.gov/dfe/pubs/projects/formulat/label.htm>

**We use boiling water, a plunger or mechanical snake to clear drains.** □ 5 points

Avoid harsh chemicals that can enter sewer or septic systems and interfere with normal treatment processes.

**We use eco-friendly silver polish**

□ 5 points

Place a piece of aluminum foil in a pot, add tarnished silver, cover with 3" water and add 1 tsp. baking soda and 1 tsp. salt. Bring to a boil. Use more foil, salt and soda for heavily tarnished items. A mixture of baking soda and vinegar may also work. Avoid chemical cleaners.

**We never pour paints, solvents or wood preservatives down the drain or toilet.**

□ 5 points

Such materials will interfere with sewage processing. Filter and reuse turpentine or brush cleaners. Give excess paint to someone who can use it, or let cans dry out before putting them in the trash.

**We keep our septic system operating properly**

□ 10 points

If your home is not on a municipal or community system, your wastewater probably goes into an on-site sewage disposal system, commonly called a septic system. While properly located, functioning septic systems are a cost-effective way of managing household wastewater, many systems are out of date, not functioning properly, or clearly failing, allowing pollutants to enter the nearest waterbody. You must take extra care to keep grease and solvents out of your system, and to conserve water where possible and spread its use throughout the week so as to not overwhelm the settling tank.

(see more in the outdoor maintenance section) and at

[http://www.saratogastormwater.org/NEMO/Factsheets/FS3\\_SepticSystems.pdf](http://www.saratogastormwater.org/NEMO/Factsheets/FS3_SepticSystems.pdf)

## *Water Conservation*

In addition to saving money on your utility bill, water conservation helps prevent water pollution in nearby lakes, rivers and local watersheds. Conserving water can also extend the life of your septic system by reducing soil saturation and reducing any pollution due to leaks. Overloading municipal sewer systems can also cause untreated sewage to flow to lakes and rivers. The smaller the amount of water flowing through these systems, the lower the likelihood of pollution. In some communities, costly sewage system expansion has been avoided by communitywide household water conservation.

**We have installed low flow toilets and shower heads.**

□ 5 points

Showers and baths consume about 18% of the water used indoors. Even though your household water does not come directly from the Kayaderosseras Creek, it comes from wells or surface sources in the Hudson River watershed. By reducing your demand through low-flow fixtures, you are contributing to the supply side of the "water budget." If your toilet was installed before 1994, replace it with a water-conserving fixture or reduce the amount of water used for each flush by inserting a displacement device in the tank.

**We choose Energy Star-rated appliances when possible**  **5 points**  
Newer dishwashers and clothes washing machines reduce water and energy use, saving you money.

**We take 5-minute showers or bathe in partially-filled tubs.**  **5 points**

**We turn off the faucet when brushing teeth or shaving.**  **5 points**

**We fix leaky faucets promptly and always turn them off tightly.**  **5 points**

**When cleaning an aquarium, we reuse the nutrient-rich water for house plants.**  **5 points**

**When washing dishes by hand, we rinse them in a second tub rather than letting the water run.**  **5 points**

**We run the dishwasher and clothes washing machine only with full loads, or adjust the water use to the load.**  **5 points**

**We keep a pitcher of water in the refrigerator instead of running the tap to cool it.**  **5 points**

**We thaw frozen foods in the refrigerator rather than with running water.**  **5 points**

Running a faucet to thaw food wastes approximately 2.2 gallons of water per minute. Frozen foods are often under running water for over 30 minutes, wasting at least 66 gallons of water

**inside the house subtotal \_\_\_\_\_ points**

## Outside the House and in the Yard

### *Plant Care*

**We refrain from using harmful or dangerous chemicals in the landscape.**  **10 points**

Organic insecticides, fertilizers, and biocides are naturally-derived chemicals developed to kill and/or repel insects and other living pests. IPM is an approach to pest management using a combination of techniques to manage pest damage by using the most economical means and with the least possible hazard to people, property, and the environment. For more information on IPM, visit <http://www.epa.gov/pesticides/factsheets/ipm.htm>

**We manage mosquitoes using natural methods and controls.**  **5 points**

Make sure that there is no standing water in your yard. Turn buckets, kiddie pools, garbage cans, flower pots, old tires, and other containers upside down so that rain water does not get caught. Keep garbage/recycling bins covered as to prevent stagnant water. Scrub the insides if you suspect mosquito eggs were laid. If you have a bird bath, inspect it often so that there are no larvae. For more information, visit <http://www.mosquitoes.org/LifeCycle.html>  
<http://www.beyondpesticides.org/alternatives/factsheets/index.htm>

Build a bird house or a bat house to encourage nesting. Bats and certain bird species such as the Baltimore oriole, bluebirds, chickadees, gnatcatchers, catbirds, cardinals, and other songbirds feed predominantly on flying insects. Bats are especially good at eating mosquitoes because they are nocturnal, and mosquitoes are most active in the evening hours. They are excellent natural ways to rid your property of unwanted guests.

**We manage garden pests naturally and safely.**  **10 points**

Try to avoid the use of pesticides, if possible. Search online or DIY yard and garden hint books for ways to get rid of earwigs, slugs, nematodes, and other pests. Deter root nematodes by planting marigolds among your beans, spinach, tomatoes and celery. To get rid of earwigs that are killing your young plants, dampen newspaper and roll tightly. The next morning, it should be full of earwigs – bag it up well and discard. Repeat each day until there are no more earwigs. For slugs and snails, fill a pie tin with 1 inch of flat beer. The slugs and snails will drink it, pass out, and drown. To get rid of aphids, attract ladybugs by growing marigold, dill and cilantro.

## *Landscaping*

**We plant steep slopes with native groundcover plants**  **5 points**

Groundcover plants anchor soil better than mowed grass, require less watering, slow the flow of stormwater runoff, and remove the danger of mowing on a hillside.

**We plant native trees and plants in our yard.**  **5 points**

Planting trees initially uses a lot of water, but over time, native trees require less water, less maintenance, and less fertilizer than either exotic trees or grass lawns. Seedlings are available at a low cost from [www.saratogacountyny.gov/upload/orderform2009.pdf](http://www.saratogacountyny.gov/upload/orderform2009.pdf)

**We have installed or kept buffers along the stream**  **10 points**

Buffers are small areas or strips of land permanently planted to reduce soil erosion; stabilize stream banks; trap sediments, nutrients and pollutants in runoff, and promote water infiltration into the soil. If your property includes streambank, leave a strip at least 25 feet wide in unmowed grass, ground cover or shrubs along the waterway. Any buffer is better than none.

<http://kayaderosseras.org/Information/BufferPaper%201.htm>

[http://www.dec.ny.gov/docs/remediation\\_hudson\\_pdf/hrewfssb1.pdf](http://www.dec.ny.gov/docs/remediation_hudson_pdf/hrewfssb1.pdf)

**We installed rain barrels and/or rain gardens as stormwater management devices.**

**Rain barrels** trap water from your downspouts and store it for future use (like watering your garden), saving as much as 40% of your summer water use.  **5 points**

For more information on rain barrel design, visit

<http://www.instructables.com/id/Rain-Barrels-1/>

<http://www.saratogastormwater.org/>

**Rain gardens** are plots of land that are used to decrease the amount of  **5 points**

Polluted stormwater that flows towards the creek. They clean the water by absorbing it into the soil and changing the chemistry of the polluted water, or by channeling the flow through underdrainage. For more information on rain gardens, visit

[http://www.lowimpactdevelopment.org/raingarden\\_design/whatisaraingarden.htm](http://www.lowimpactdevelopment.org/raingarden_design/whatisaraingarden.htm)

<http://www.saratogastormwater.org/>

**We manage runoff from gutters and downspouts**  **5 points**

Keep gutters clean and fix leaks promptly to prevent backup and property

damage. Direct water from downspouts to graveled areas so that it can infiltrate slowly into the ground. A soaker hose attached to a downspout can be rolled up when the lawn is mowed. Think of this water as a resource rather than a problem.

<http://www.saratogastormwater.org/>

**We use organic mulch for trees, vegetable, and flower beds.**  **5 points**

Using mulch for your plants will help keep moisture in and around the root system instead of being lost to evaporation; reduce weed growth and keep plants cooler in summer and protect roots of perennials in winter.

<http://www.nrcs.usda.gov/FEATURE/BACKYARD/benmulch.html>

**We use composted kitchen wastes for soil amendment in gardens**  **5 points**

Composting offers the obvious benefits of resource efficiency and creating a useful product from organic waste that would otherwise have been landfilled.

<http://www.gardening.cornell.edu/homegardening/>

**We adjust irrigation schedules to account for seasonal rain variation.**  **5 points**

When watering landscape and plants, keep in mind the time of year and do not water plants when there is adequate rainfall. Although the heaviest precipitation occurs in the summer, this is the season when severe droughts are most frequent. Don't water during droughts. Your lawn can go dormant and will be green again as soon as the fall rains come.

**We do not water our gardens at mid-day.**  **5 points**

It is best to irrigate one hour before sunrise or early morning as the temperature is rising to catch transpiration at its most active period and give the foliage a chance to dry before the heat of midday.

Check out <http://www.gardening.cornell.edu/homegardening/> for more information

## *Outside Cleaning and Maintenance*

**We pick up after our pets.**  **5 points**

Pick up and dispose of pet feces properly by either flushing the waste down the toilet or placing it wrapped with garbage in a covered trash can.

This keep excessive nutrients and pathogens out of the water.

**We use non-toxic products for deck cleaning**  **5 points**

If you need a bleach to remove mold, mildew or algae, use an oxygen-based, not chlorine-based, product. This solution is not toxic to you, your pets or the plants around your deck. Green cleaning products are available, too. If you hire a cleaning service, make sure they use non-toxic products.

**We use a broom, rather than a hose, to clean sidewalks, driveways, patios and other impermeable surfaces.**  **5 points**

Make sure to pick up the swept-up waste and put it in a trash can, not the gutter. Sweeping the waste into the gutter only adds to the pollution in the creek.

Remember, *"Only rain down the drain!"*

**We compost leaves and grass clippings.**  **5 points**

Leaving newly cut grass (using a mulching lawn mower) on the yard will allow nutrients to be absorbed back into the soil so that your yard can stay healthy. When collecting leaves, use them for composting on your own property, or bag them for your municipality to collect for composting. Never

dump them into a storm drain or in or near a stream; their decay can use up dissolved oxygen. The water then may not support habitat for desirable fish.

**We remove Ice properly**

**5 points**

Traditional de-icing salt corrodes surfaces, pollutes groundwater, damages plants and irritates pets' paws. You can purchase less harmful de-icing agents, but first try clay kitty litter, sand, or fireplace/stove ash. These materials not only provide traction, but also help melt ice by absorbing heat from the sun.

**We manage garbage and trash carefully.**

**5 points**

Good housekeeping is important outdoors, too. If you have trash picked up by a municipal or commercial service, put firmly covered containers out just before their scheduled rounds so that animals do not tip the bins over and scatter trash. Put bins away promptly and pick up any spilled material so that it does not wash or blow into a waterway.

**We maintain our septic tank and leach field**

**10 points**

Know where your tank and leach field are. Avoid compacting the soil or crushing the pipes. Don't let heavy vehicles or animals cross the leach field; don't place heavy objects like swimming pools or storage sheds over the field. Also, avoid planting trees within the leach field as the roots can cause damage to the system. Grass is the best thing to grow over the leach field.

Maintenance means routine inspection and pumping of the tank, usually every 3 to 5 years. Use the last page of this fact sheet to map your system and record maintenance:

[http://www.saratogastormwater.org/NEMO/Factsheets/FS3\\_SepticSystems.pdf](http://www.saratogastormwater.org/NEMO/Factsheets/FS3_SepticSystems.pdf)

or contact <http://www.saratogastormwater.org/>

**Subtotal house and yard \_\_\_\_\_**

*Automotive*

**Car, trailer and boat washing**

**5 points**

We wash vehicles on a flat stretch of lawn, using biodegradable cleaning products so that the rinse water goes into the grass rather than flowing down the driveway. We inspect boats and their trailers for aquatic weeds and remove them so that they do not spread to become nuisances in other lakes or rivers.

**We have an automatic shutoff nozzle on the hose.**

**5 points**

A standard garden hose uses about 10 gallons per minute. This means you use 100 gallons of water with only a 10-minute car wash. When using good practices, you can save about 70 gallons each time you wash. You can also save water by using a bucket to hold sudsy water instead of turning the hose on and off.

**We take our car to a carwash with a water recycling system.**

**5 points**

Commercial car washes are required to treat their wastewater before discharging it to a sewer; they also use water more efficiently than the average home washer, about 45 gallons per vehicle, much of it recycled.

**We maintain cars and trucks**

**5 points**

Inspect your garage and driveway for evidence of oil or gasoline leaks and have your vehicle repaired promptly. Polluted runoff from driveways, roads and parking lots is one of the major causes of water pollution; even a small amount can damage fish and other aquatic life.

**We dispose of old tires properly**  5 points

In New York State, approximately one tire per person is discarded each year, or an annual total of 18 -20 million. Volunteers have pulled hundreds of old tires from the Kayaderosseras Creek, where people threw them down the stream bank, or they washed out of old landfills. State laws now require stores that sell tires to take them back for recycling; landfilling them is prohibited. Many useful products can be made from recycled tires.

**We dispose of used automotive batteries properly**  5 points

Vehicle service stations accept batteries for recycling.

**We dispose of old vehicles properly**  5 points

If your old clunker cannot be sold, a useful solution is to donate it to a charity that accepts such gifts. You will get a tax credit and the car will be kept out of the waste stream – and our water streams, as well!

**Smokers: We dispose of cigarette butts properly.**  5 points

Cigarette filters are made of a fibrous material called cellulose acetate that takes many years to decompose. Improper disposal, flushing, or “flicking” the finished cigarette on the ground will eventually lead to our storm drains and to the creek, Saratoga Lake and the Hudson River, and, ultimately, to the Atlantic Ocean. This type of debris is harmful to many plants and animals in the environment. If you do smoke in your car, empty ash trays into newspaper, wrap and discard in your trash can.

**Automotive subtotal** \_\_\_\_\_

## Recycling

**We recycle**  10 points

We participate in a regular municipal recycling program for plastics, metals, newspapers and office paper, or we take recyclable wastes to a nearby transfer station. The Saratoga Springs DPW operates a transfer station on Weibel Avenue; the county transfer station is on County Farm Road in Ballston. Check <http://www.townofballstonny.org/recycling.htm> for hours and materials accepted. For more information, call the Saratoga County Recycling coordinator’s toll-free Reuseit line: (866) 738 7348

**Fluorescent bulbs:** We take burned out fluorescent tubes to an electrical store (call to check) and compact lightbulbs to Home Depot  5 points

**Garden Plastic:** We take plastic plant trays, pots etc. back to a local garden Center for reuse or recycling (call to check)  5 points

**Excess fuels:** Call your local fire department’s non-emergency number to see if they will take old gasoline, kerosene or charcoal fire starter for training purposes  5 points

**Motor oil:** We take used motor oils to a service station, which must accept it.  5 points

**Excess stuff:** We donate or consign excess items to charity shops.  5 points

**Recycling subtotal** \_\_\_\_\_

# Consumer Practices

**We bring reusable shopping bags to the grocery store and farmers' market**  **5 points**

**We bring plastic bags and wrappers to a recycling bin**  **5 points**

**We select products with minimal packaging**  **5 points**

**We only use reusable (washable) dishes and utensils.**  **5 points**  
We rarely use disposable serving items, and recycle them when we do use them.

**We use reusable bottles for beverages on-the-go.**  **5 points**  
Bring travel coffee mugs to cafes, and ask for them to fill it instead of taking a disposable cup. Choose a reusable bottle - glass, aluminum, or plastic. If you choose plastic, make sure that it does not contain BPA (bisphenol A), a potentially harmful organic compound that can leach from certain plastics.

**We use a water filter instead of purchasing bottled water.**  **5 points**  
Buying a water filter that fits on your tap is cheaper and creates less trash than buying bottled water. You can use your reusable water bottle to take your filtered water with you wherever you go.

**We use recyclable plastic or paper containers instead of styrofoam.**  **5 points**  
**We use only plastic containers and utensils made from renewable sources such as corn starch or cellulose. Paper cups are preferred over plastic.**  
Styrofoam is neither biodegradable nor recyclable, so choosing recyclable materials is a key component in becoming a Clean Creek Steward. Ask the businesses you patronize for alternatives to styrofoam containers.

**We use cloth (reusable) napkins or napkins containing at least 50% postconsumer recycled material.**  **5 points**

**We use cloth towels to clean up spills, to dry dishes, and to clean surfaces.**  **5 points**

**We use alternatives to wrapping paper.**  **5 points**  
Alternatives to wrapping paper can be the Sunday comics, reused tin boxes, a reusable canvas bag, or a handkerchief. If wrapping paper is used, it is reused.

**We use cloth diapers instead of disposable diapers.**  **5 points**  
A disposable diaper is predicted to take 550 years to decompose in a landfill. Wash cloth diapers with non-bleach detergent and tea tree oil – a natural antiseptic. If your daily life is not conducive to the regimen required by cloth diapers, consider using chlorine- and bleach-free disposable diapers or hybrid diapers. For information on the pros and cons of diaper choices, visit <http://www.ciwmb.ca.gov/wpie/healthcare/Diapers.htm> . For more information on chlorine-free disposable diapers, visit <http://www.modernwife.com/diapers.html>

**Consumer Practices subtotal** \_\_\_\_\_

# Recreation Choices

The Friends of the Kayaderosseras organization encourages watershed residents and visitors to participate in recreational pursuits that leave a minimal impact on the environment. Activities that rely on your own, rather than motor power, should be first choices. Whatever sport you choose, respect the rights of others: On land, respect private property owners, recreational trail users, and municipal facilities; on water, respect anglers, swimmers, and paddlers so they can enjoy their recreational activities undisturbed.

## *Fishing*

**We maintain state fishing licenses and obey the rules and regulations.** <http://www.dec.ny.gov/outdoor/7917.html>  **5 points**

**We practice catch and release fishing, keeping only fish of legal length that we can use**  **5 points**

**We use only designated state and local access points for fishing and are mindful of damaging fragile vegetation and soils along stream banks.**  **5 points**

**We clean up the area before leaving, including fishing line, styrofoam bait boxes and coolers; we take trash home for proper disposal**  **5 points**

## *Swimming*

**We are careful to protect the fragile vegetation and soils along the streambanks. We don't let children build mudslides, which increase soil erosion. We observe safety measures.**  **5 points**

There are some deeper holes in the creek that have traditionally been used for swimming. Be aware that the stream's depth can go suddenly from a few inches to over your head.

## *Paddling*

*Note that everyone aboard kayaks, canoes or all other boats under 21 feet in length must wear Coast Guard-approved personal flotation devices (PFDs) from November 1st through May 1st. It is advisable to wear them the rest of the year, as well.*

**We launch canoes or kayaks only from designated launch areas.**  **5 points**  
For a map, see [http://www.johnnymilleradventures.com/pdf\\_files/vti\\_cnf/JMAG%20Kayaderosseras%20Guide.pdf](http://www.johnnymilleradventures.com/pdf_files/vti_cnf/JMAG%20Kayaderosseras%20Guide.pdf)

**While paddling, we pick up trash and take it home for disposal.**  **5 points**

## *Hiking*

**We stay on designated trails to protect fragile vegetation and soils.**  **5 points**

**We take all our picnic and other trash home for proper disposal.**  **5 points**

Recreational Choices subtotal \_\_\_\_\_

***Bonus points***

We are members of the Friends of the Kayaderosseras (FoK) and fully endorse its goals. (see <http://kayaderosseras.org>)  25 points

We participate in FoK cleanups.  10 points  
see <http://kayaderosseras.org> for scheduled events

Bonus points subtotal \_\_\_\_\_

***How many points did you earn? (440 points possible)***

Kitchen and bath subtotal (page 5) \_\_\_\_\_

House and Yard subtotal (page 8) \_\_\_\_\_

Automotive subtotal (page 9) \_\_\_\_\_

Recycling subtotal (page 9) \_\_\_\_\_

Consumer Practices subtotal (page 10) \_\_\_\_\_

Recreation Choices subtotal (page 11) \_\_\_\_\_

Bonus points (above) \_\_\_\_\_

**Grand Total of Clean Creek Stewardship points** \_\_\_\_\_

If you earned at least 150 points, congratulations! You care for the environment and are taking steps to protect and conserve the quality of our waters.

Please use the other steps listed in each section as guidance for increasing your stewardship of the Kayaderosseras Creek.

If you have qualified as a Clean Creek Steward, please contact the Friends of the Kayaderosseras through the website <http://kayaderosseras.org> or write to us at PO Box 223, Ballston Spa NY 12020. Include your name, email address, mailing address and telephone number. Also indicate if you will allow us to list your name as a Clean Creek Steward on our website or in our press releases and recognize you at our annual meeting. We will provide you with a stewardship certificate and a small, laminated stewardship sign that you can put in your yard.

***Thank you for doing your part to preserve and protect the creek! Remember that wherever you are, you are in a watershed. Carry your Clean Creek Stewardship practices with you to school, to work, and on vacation.***