


NARROW RIVER NOTES

Narrow River Preservation Association: Preserving the Narrow River and the Watershed / Summer 2011

Annual Meeting to Focus on USF&W Plans for Pettaquamscutt Cove

Please join us for the 2011 NRPA Annual Meeting, which will highlight important projects and activities within the Narrow River Watershed. The meeting will be held on Tuesday, October 4th, at the Coastal Institute Auditorium, URI Bay Campus, South Ferry Road, Narragansett. Refreshments will be served at 7:00 p.m. and the meeting will begin at 7:30 p.m.

Our featured speaker will be Janis Nepshinsky, Visitor Services Manager for the U.S. Fish & Wildlife Service's wildlife refuges in Rhode Island. Janis will discuss plans for the John H. Chafee Refuge at Pettaquamscutt Cove. She is in the discovery and scoping phase of the planning, looking at parcels for hiking trails, benches, kiosks, platforms, environmental education classes and so on, and is interested in forming

partnerships with groups in the watershed.

Janis Nepshinsky's career has always been in protecting wildlife places and wildlife, beginning in 1976 at the Hobe Sound National Wildlife Refuge where she researched manatees and sea turtles on the East Coast of Florida. In 1984 she received a Masters in Environmental Engineering from the University of Florida and became the first water quality engineer for the St. John's River Water Management District. She worked for 15 years restoring contaminated lands for wildlife and managing the district's environmental compliance program. In 1999, Janis returned to New England and is currently working as the Visitor Services Manager for the Rhode Island National Wildlife Refuges. In 2005, Janis was given the U.S. Fish & Wildlife Service's

**Mark Your Calendar:
NRPA Annual Meeting
Tuesday, October 4, 2011
7:00 p.m. Refreshments
7:30 p.m. Meeting
Coastal Institute Auditorium
URI Narragansett Bay Campus
South Ferry Road, Narragansett**

Sense of Wonder Award for her outstanding contributions to the fields of interpretation and environmental education.

Janis can be reached at the Ninigret Refuge Headquarters in the Kettle Pond Visitors Center in Charlestown (www.fws.gov/ninigret).

The meeting will also include:

- Updates on issues affecting the Narrow River including water and land use management efforts
- Highlights from NRPA's education programs
- An overview of the river data collected in our volunteer River Watch Program (now in its 20th year)
- Presentation of the W.E.R. LaFarge Memorial Friend of the River Award
- Drawing for this year's Kayak Raffle.

The annual meeting provides a forum to meet NRPA members and to learn more about the Narrow River Watershed. We hope that you will join us.

Annette DeSilva



U.S. Fish & Wildlife's Janet Nepshinsky (second from the left) helped out as a guide in this year's Pettaquamscutt Paddle on July 9. Janis will be the featured speaker at the Annual Meeting on October 4. (Photo: John McNamara)

The President's Cove

The NRPA membership year starts September 1, 2011 and ends August 31, 2012. As you can see from the accompanying mailing, it is that time of year when we reach out to all the residents of the three watershed towns (Narragansett, North Kingstown and South Kingstown) and ask them to join and contribute. No donation is too small. So I thank you in advance for becoming a new member or renewing your membership.

I am sure the first question from any member would be, how is NRPA doing during these tough economic times. In the big picture, we are financially sound. No programs have been dropped, and by taking a hard look at every aspect of the organization, we have cut costs where we can. However, as I said before, we have to work harder at each element, because funds from the normal income channels have decreased.

The 2010-11 income was slightly less than in the recent past. The Narrow River Road Race was a big success, but income was down due to sponsors cutting back. We just have to find more sponsors. The Narrow River Turnaround Swim maintained its financial goal. And I am happy to say that increased participation in the Pettaquamscutt Paddle brought us closer to the mark.

Each year we rely on the membership drive, the Road Race and other fundraising events, and support from foundations to fund our participation in the URI Watershed Watch Program, the AWESome Education Program and our other initiatives.

We met our program objectives in 2010-2011. It took a lot of volunteer help, cost-cutting, and cooperation with other groups, such as working with the Wood-Pawcatuck Watershed Association to sponsor the Watershed Science for Educators course (see page 4).

But it's a new year now, and we would love to get off to a great start. And with your help we can.

The NRPA Board of Directors is working hard, meeting each month, to continue the programs that protect the Narrow River Watershed for its many communities.

Thank you for your support for the coming year.

Richard Grant
NRPA President



NRPA is part of the *United Way Workplace Campaign*. Our donor option number is

6239

If you plan to make a United Way donation, please consider designating a portion of your gift to NRPA.



The NRPA is participating in the 2011 Rhode Island State Employees Charitable Appeal (SECA). Our fund number is **6239**.

MISSION STATEMENT

The Narrow River Preservation Association (NRPA) works to preserve, protect, and restore the natural environment and the quality of life of all communities within the Narrow (Pettaquamscutt) River Estuary and Watershed.

www.narrowriver.org

NARROW RIVER PRESERVATION ASSOCIATION

P.O. Box 8, Saunderstown, RI 02874
(401) 783-NARR (6277)
nrpa@narrowriver.org
www.narrowriver.org

Narrow River Notes

Published three times per year by Narrow River Preservation Association (NRPA)

Editor

David Smith

Board of Directors

Richard Grant, President
Ken McShane, Treasurer
Jon Boothroyd, VP Science
M-J Kanaczet, Secretary
Veronica Berounsky
Charles Biddle
Jason Considine
Annette DeSilva
Rose Epstein
John McNamara
Sally Sutherland
Blue Wheeler
Lynn Wolslegel

Staff

David Smith, Program Coordinator

Submissions & Correspondence to
nrpa@narrowriver.org

Rhode Island Rivers Council



NRPA Awards Four College Scholarships

For the 19th year, NRPA awarded scholarships to seniors graduating from high schools in the Narrow River Watershed.

The scholarships honor deceased NRPA Board Member Lesa Meng, whose husband, Rick Moffitt, established the scholarship fund, enabling NRPA to provide \$1,000 scholarships to seniors graduating from high schools in the Watershed.

Applicants for the scholarships were judged on the quality of an original essay about mitigating the impacts of human activity in the Narrow River Watershed, their participation in environmentally oriented activities in and out of school, a science teacher's recommendation, and academic achievement in science and math courses.

The 2011 Lesa Meng/Narrow River Preservation Association Scholarship recipients are:

Margaret King

North Kingstown High School

Margaret plans to study public health and will be attending Lesley University in Cambridge, Mass. Margaret was a Girl Scout Gold Award recipient; her project consisted of marking storm drains in the

Quonset Business Park and educating the surrounding community about reducing water pollution. Margaret also organized a clean-up at a saltwater marsh reserve at Quonset Point.

Elena Suglia

North Kingstown High School

An honor student at NKHS, Elena will attend Brown University in the fall to study marine biology. As a junior, Elena won a scholarship to attend the 7th Annual Land and Water Conservation Summit, an opportunity to learn about environmental issues and conservation projects in New England. As a senior, Elena participated in an internship at the URI Graduate School of Oceanography studying nitrogen conversion rates in bacteria in salt marshes.

Edward Trowbridge

Narragansett High School

Edward was captain of the Narragansett High School Envirothon Team, which participated in a statewide academic-based environmental knowledge competition, leading the team to a second place finish in 2010. Edward plans to attend the University of Vermont to study environmental biology.

Victoria Gallogly

The Prout School

Victoria was a member of the Prout varsity soccer team and a Girl Scout Silver Award recipient. As part of the Silver Award project at the Charlestown Summer Camp, Victoria planned a seven-week workshop to teach children why, how and what to recycle. Victoria (*below*) will major in environmental science at the University of Vermont.



Photo: Sally Sutherland



24th Annual Narrow River Road Race

Justin Bentley of Ashaway, R.I. (173) and Derek Jakoboski of Wakefield, R.I. cross Middle Bridge on their return to Narragansett Beach during the 2011 Narrow River Road Race to finish first and second, respectively, in the 10K Run. In the meantime, veteran volunteer Sandra Reynolds prepares refreshments at the finish line for the more than 200 runners and walkers in this year's event. See pages 7 and 8 for complete race results. (Photos: John McNamara)



An AWESome Multiplier Effect

This year's Watershed Science for Educators course, jointly sponsored by the Wood-Pawcatuck Watershed Association and the NRPA, attracted 21 students, including classroom teachers and environmental educators who gained a deeper understanding of the natural processes of a watershed and the results of human interaction with these processes through many hands-on activities.

The course, which ran from February 2 to April 27 and offered three graduate credits from the URI Feinstein College of Continuing Education, covered topics ranging from early geological processes to recent and predicted global change, based on the best available scientific resources. Each participant received an Active Watershed Education (AWESome) Narrow River curriculum guide, GIS watershed maps and other resources, along with many interactive classroom lessons. The AWESome materials are designed for use by grades 4 through 8, but educators of all grades are encouraged to participate and adapt materials to suit their needs.

The reach of this course in promoting watershed protection is very encouraging, says Instructor Denise Poyer of the Wood-Pawcatuck Watershed Association. "In fact, it's awesome," says Denise, who

estimates that the 12 classroom teachers in the course reach more than 800 students each school year, while the nine environmental educators from groups such as Save the Bay reach over 1,000 individuals from Kindergarteners to adults each year.

Participants ranged from 5th grade teachers with multiple subject areas to high school teachers of biology, chemistry, marine biology, environmental science and general science. Their schools are: Coventry High School, Mt. Hope High School, Burrillville High School, Blackrock School, S. D. Barnes Elementary School, Pilgrim High School, Mount Pleasant High School, Remington Middle School, Jamestown Lawn Avenue School, Cranston West High School, and Ponaganset Middle School. Environmental educators were from Save the Bay, Woonosquatucket River Watershed Council, Norman Bird Sanctuary and the Narragansett Bay Estuary Program.

The watershed course usually includes two field trips. "To better understand point and non-point sources of pollution," says Denise, "our first field trip was to the South Kingstown Wastewater Treatment Plant and various sites around Narrow River to look at storm water problems and treatment solutions. For

our *wetlands* field trip, we went to Arcadia Management Area to learn how to do vernal pool assessments and water-quality sampling."

And there were guest speakers. The class had some extra help from Kim Sullivan of RIDEM's Aquatic Education Program and NRPA Board Members Jason Conside, Dr. Jon Boothroyd, Dr. Veronica Berounsky and Annette DeSilva. Annette discussed NRPA's River Watch water-quality monitoring, and Veronica gave a *virtual tour* of Narrow River and discussed present issues. There were also presentations by Jim Turenne from NRCS about soil science, Shannon McManus from URI Cooperative Extension NEMO program about storm water issues. These were all excellent, says Denise, "but Jon Boothroyd stole the show on the last day of class with his riveting and detailed explanation about global change."

The watershed program was made possible by grants from the Rhode Island Rivers Council to Wood-Pawcatuck and NRPA. "We also had funding from the Lattner Family Foundation, which enabled seven of the teachers to take their classes on field trips — one went to Narrow River — and the other participants to purchase monitoring equipment."



Here are two certainties about the annual Narrow River Turnaround Swim: 1) The Gannons (from the left, Carol, Pat and Christine) will take care of registration, a task that starts in February and runs right up to the safety briefing 10 minutes before the Swim. The Gannons are one of several families that make the Swim a success. 2) NRPA Board Member Veronica Berounsky will finish last, using up almost all of the maximum race time of one hour. Veronica, who serves on the Swim Committee, says that she hangs back to encourage the stragglers, but then admits, "I just enjoy being in the water." You can see Veronica's time and the results for the 103 who finished ahead of her on page 9. (Photos: John McNamara)

Event Highlights Importance of Volunteers to Nonprofits in the Watershed

Six Organizations Meet at the South County Museum to Recognize Their Volunteers

By Richard Grant

On August 11, members of six organizations in the Narrow River Watershed gathered at the South County Museum for a *Meet and Mingle* to get to know one another and share ideas about our common goals. The groups were:

- Friends of Canonchet Farm
- Gilbert Stuart Museum
- Narragansett Tree Society
- Narrow River Land Trust
- NRPA
- South County Museum

The event was organized by Annette DeSilva of NRPA and Jim Crothers of the South County Museum. Very early in their planning, Annette and Jim saw that the gathering was a great opportunity for each group to recognize and thank its volunteers. So during the program portion of the evening, the spokesperson for each group followed a description of the group's mission and activities with a thank you to the many volunteers.

Jim Crothers spoke about the features of the museum and some of the new acquisitions, such as a recently acquired arrow head collection, and thanked the many volunteers in the museum's Adopt-A-Garden program.



Linda Green of the URI Watershed Watch Program awards Carol Sarubbi a medallion and certificate in recognition of her five years as a water quality monitor on the Narrow River. (Photo: David Smith)

Peggy O'Connor from the Gilbert Stuart Museum spoke about the importance of the museum in the Narrow River Watershed, and thanked museum volunteers, especially the junior docents.

Tom Fortier of Friends of Canonchet Farm spoke about the continued effort to manage the progress of Canonchet Farm, and Bill Bivona of Narragansett Tree Society congratulated the volunteers who produced the new boardwalks over the wet areas on some of the paths as well as the general interests of the Tree Society.

Mike Hutchinson of the Narrow River Land Trust stressed the reorganization and NRLT's efforts to welcome visitors to their holdings along the river, especially to Camp Nokewa, recently acquired from the Girl Scouts of Rhode Island, adjacent to the Gilbert Stuart Museum.

For NRPA, Annette thanked the more than 30 participants in the River Watch Program, especially Bob Schelleng who has been testing water at and near Lacey Bridge since the beginning of the program 20 years ago. Veronica Berounsky thanked those who organize the annual Turnaround Swim: Karen DeQuattro, Owen Devine, Shelagh Donohoe, Pat Gannon, Paul

McCaffrey, Mike McDonald, Jason McNamee, Perry Moylan, Felix Serubbi, and Mick Westkott.

By the time it was NRPA's turn, two things were abundantly clear:

- None of the organizations could survive without volunteers.
- Many of the volunteers help out with multiple groups. Omar Zaki, for example, volunteers at the Gilbert Stuart Museum and tests water for NRPA. And Kathie Kelleher, who is the Friends of Canonchet Farm Secretary, also tends a garden at the South County Museum.

Many thanks to the Annette DeSilva and Jim Crothers for organizing the event, and, oh yes, those that helped out. The list goes on.

New in 2012

On Pettaquamscutt: Presentations on the Environment and History of the Narrow River Watershed

At the Maury Loontjens Memorial Library, 1:00 to 3:00 p.m., on January 29, February 26 and March 25, with conversation continuing at Trio Restaurant. This winter speaker series is sponsored by the Friends of Canonchet Farm, the South County Museum and NRPA. Look for details at www.narrowriver.org and in the next *Narrow River Notes*.

Did You Know?

On average, each Rhode Islander uses 50 to 75 gallons of water a day. The majority—75 percent—is used in the bathroom, 20 percent in the kitchen, and 5 percent for cooking and drinking.

Pettaquamscutt Paddle Just Keeps Growing

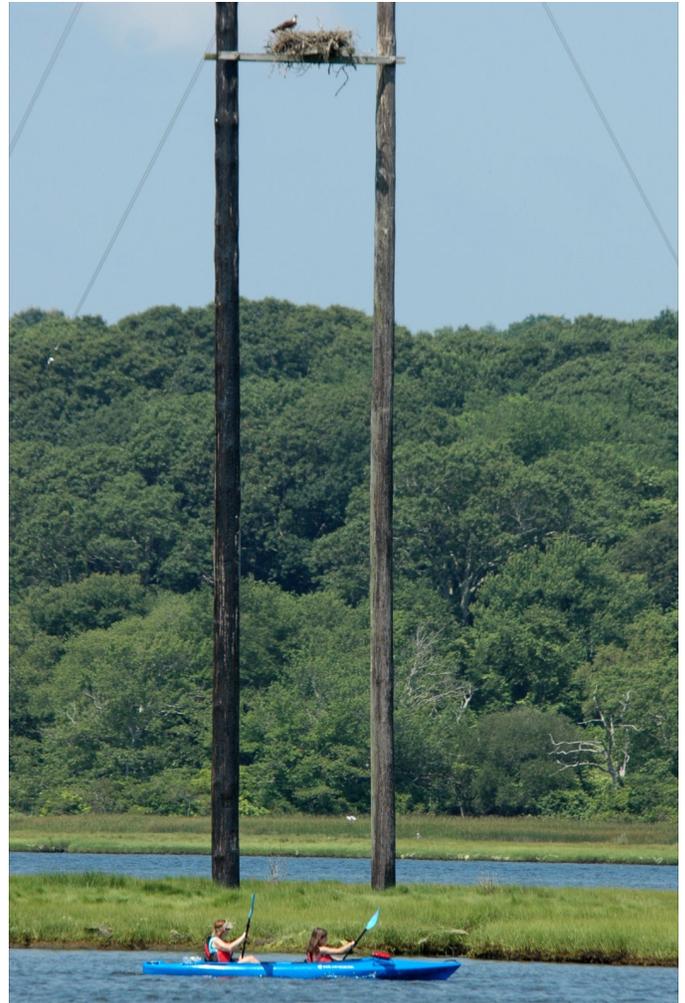
This is the fourth year that NRPA Board Member Jason Considine, owner of Narrow River Kayaks, has sponsored the Pettaquamscutt Paddle, a guided tour of the lower Narrow River. And each year the number of participants doubles. With this year's Paddle on July 9, there were 60 paddlers and guides setting out in two groups to enjoy the beauty of Pettaquamscutt Cove and the Narrows.

We like the trend. First, because Jason donates all of the day's proceeds to NRPA, and second, because that many more people now have a greater appreciation and respect for the multiple habitats along the river. And just to make sure that everyone gets the message, the pre-tour orientation included descriptions of the watershed's geology and habitats by NRPA Board members Jon Boothroyd and Veronica Berounsky.

Many thanks to Jason and his staff for another successful Pettaquamscutt Paddle.



Some of the many kayakers in the 2011 Pettaquamscutt Paddle navigate between the Sedge Island and a sand bar. (Photo: John McNamara)



When we say "many communities" of the Narrow River Watershed, birds and boaters are definitely included. Here, two kayakers in the 2011 Pettaquamscutt Paddle head back up river under the watchful eye an osprey that nests near the Narrows and the Sprague Bridge. (Photo: John McNamara)



Every Chance We Get

A week after the Pettaquamscutt Paddle, NRPA members were back out building public awareness of the environment and promoting good practices to protect watersheds such as the Narrow River.

On Saturday, July 16, NRPA participated in the Environmental Awareness Day on Narragansett Beach with other exhibitors such as the U.S. Environmental Protection Agency and the Rhode Island Rivers Council.

Thanks to Charlie Biddle, Jon Boothroyd and John McNamara for staffing the display. (Photo: John McNamara)

2011 Narrow River Road Race: 10K Run

10K Women Age 19-39

1	0:44:39	Natalie Fish, Peace Dale, RI	16
2	0:44:54	Stacey Leitz, Carolina, RI	18
3	0:50:21	Colleen McGahan, N Attleboro, MA	41
4	0:52:20	Amy Juker, N Kingstown, RI	45
5	0:52:31	Bonnie Colantuono, Johnston, RI	46
6	0:53:30	Kristen Cavaco, West Kingstown, RI	50
7	0:53:53	Megan Hamlin, N Attleboro, MA	52
8	0:55:43	Megan Jackson, Franklin, MA	60
9	0:55:58	Allison Mantia, Randolph, MA	62
10	0:57:34	Katie Bibeaur, Canton, MA	69
11	0:57:58	Audra Santos, Providence, RI	72
12	0:58:36	Jillian Connor, Wakefield, RI	73
13	1:00:11	Melissa Falkenthal, Cranston, RI	75
14	1:00:34	Kristina Bronson, Narragansett, RI	78
15	1:01:37	Tracy Smith, N Kingstown, RI	80
16	1:01:47	Laura Woods, Harrisville, RI	81
17	1:02:19	Heather Kendra, Cranston, RI	83
18	1:04:01	Cherie DSouza, Narragansett, RI	85
19	1:04:35	Jackie Brough, Matunuck, RI	86
20	1:05:09	Kathryn Powell, Brookline, MA	87
21	1:06:44	Katie Kiedyk, No. Providence, RI	91
22	1:07:06	Bethany Palagi, Wakefield, RI	92
23	1:08:33	Hannah Schwager, E Greenwich, RI	94
24	1:13:20	Rose Biron, West Warwick, RI	98

10K Women 40-49

1	0:43:38	Laurie Feit Melnick, Narragansett, RI	11
2	0:47:24	Marie Labriola, Westerly, RI	24
3	0:48:06	Tracy Allen Duff, Wakefield, RI	27
4	0:50:31	Christina Benson, Kingston, RI	42
5	0:52:35	Karen Colantuono, Johnston, RI	47
6	0:53:34	Lisa Garzilli, Narragansett, RI	51
7	1:08:37	Robin Maxly, Providence, RI	95
8	1:08:38	Meredith Cleasby, Warwick, RI	96
9	1:09:50	Suzanne DeCataldo, Matunuck, RI	97

10K Women 50-59

1	0:56:46	Georgann Lardaro, Peace Dale, RI	65
2	0:57:51	Andrea Wilson, Narragansett, RI	71
3	1:05:37	Christine Fitzgerald, Brookline, MA	88
4	1:06:30	Pamela Allen, Jamestown, RI	90

10K Women 60-69

1	2:00:00	Carol Janus, Hope, RI	102
---	---------	-----------------------	-----

10K Men 19-39

1	0:37:47	Justin Bentley, Ashaway, RI	1
2	0:37:56	Derek Jakoboski, Wakefield, RI	2
3	0:40:07	Benjamin Folsom, Wakefield, RI	3
4	0:40:42	Daniel Buttner, Wakefield, RI	4
5	0:42:20	Mike McDonald, Canton, MA	6
6	0:42:41	Pat Merner, Charlestown, RI	7
7	0:42:56	Michael Beatty, Middletown, RI	8
8	0:43:00	Michael Kendra, Cranston, RI	9
9	0:44:17	David Fitzgerald, Middletown, RI	13
10	0:44:21	Tom Carney, Jamestown, RI	14
11	0:44:43	Tim Burns, Woonsocket, RI	17
12	0:45:35	Webster Macdonald Jr., Portsmouth, MA	21

13	0:47:27	Michael Mineau, Newport, RI	25
14	0:48:13	Mark Scherer, Kingston, RI	30
15	0:48:42	Elias Hardwick-Whitman, Chepachet, RI	31
16	0:49:10	Anthony Mortimer, Jacksonville, FL	34
17	0:49:20	John Kochendorfer, Chula Vista, CA	35
18	0:50:10	Benjamin Robinson, Middletown, RI	39
19	0:50:16	Ryan Maguire, Saundertown, RI	40
20	0:52:56	Codey Gifford, Kingston, RI	48
21	0:53:54	Keith Lagasse, Harrisville, RI	53
22	0:54:17	Wayne Shulman, Stoughton, MA	54
23	0:54:25	Harvey Hohl, Narragansett, RI	55
24	0:55:43	Seth Jackson, Franklin, MA	61
25	0:56:14	Sean Goggin, Narragansett, RI	63
26	1:08:13	Will Combes, Cumberland, RI	93

10K Men Age 40-49

1	0:41:35	Christopher Benson, Kingston, RI	5
2	0:47:24	Craig Chazan, Easton, MA	10
3	0:43:58	John Vallone, E Greenwich, RI	12
4	0:45:00	Mike Cahill, Hopkinton, MA	19
5	0:48:11	Mitch Turner, Middletown, RI	29
6	0:49:04	Bill Maine, Carolina, RI	33
7	0:50:07	Christopher Schorl, Providence, RI	38
8	0:54:44	Jerry Sahagian, Narragansett, RI	56
9	0:55:28	Scott O'Donnell, Wakefield, RI	58
10	0:55:32	Rich Freiman, Barrington, RI	59
11	0:57:02	Chris Phalen, Warwick, RI	66
12	0:57:37	Roger Messier, Warwick, RI	70
13	1:01:57	Eric Rosenberg, Milton, MA	82

10K Men Age 50 to 59

1	0:44:27	Hank Ward, Middletown, RI	15
2	0:45:45	Tim Kobylenski, Narragansett, RI	22
3	0:45:58	Ray Isacco, Ports, RI	23
4	0:47:30	Tom Dwyer, Hampden, MA	26
5	0:48:07	Jon Whitman, Providence, RI	28
6	0:48:54	Gary Gilbert, N Kingstown, RI	32
7	0:49:54	Stephen Crolius, Wakefield, RI	36
8	0:51:35	Chris Patoir, Glen Rock, NJ	44
9	0:53:02	Steve Bonzagni, Narragansett, RI	49
10	0:55:23	David Heskett, Kingstown, RI	57
11	0:57:03	Barry Blatt, Coventry, RI	67
12	0:57:25	Randy Wilson, Narragansett, RI	68
13	0:59:54	Terry Barron, Hope, RI	74
14	1:00:12	Joseph Crane, Saundertown, RI	76
15	1:00:30	Vinnie Joyce, Charlestown, RI	77
16	1:01:19	Robert Jachowicz, Framingham, MA	79
17	1:02:52	Mark Heffner, Barrington, RI	84
18	1:05:53	David Morello, Brookline, MA	89
19	1:14:16	James O'Reilly, North Scituate, RI	100
20	2:00:00	Robert Janus, Hope, RI	103

10K Men Age 60 to 69

1	0:45:30	Robert Garvey, Shrewsbury, MA	20
2	0:50:01	John Curran, Carolina, RI	37
3	0:51:29	Alan McNally, Harrisville, RI	43
4	0:56:30	John Cory, Cranston, RI	64
5	1:13:21	Roger Biron, North Kingstown, RI	99

2011 Narrow River Road Race: 5K Run/Walk

5K Women Age 18 and Under

1 31:39 Laura Manning, Charlestown, RI 57

5K Women Age 19-39

1 22:59 Jodi McKenna, Middletown, CT 7
 2 23:04 Katie Coats, Lincoln, RI 9
 3 26:03 Sarah Coyne, Newport, RI 17
 4 26:26 Kendra Smith, Narragansett, RI 19
 5 26:33 Vanessa Amaral, Wakefield, RI 20
 6 26:43 Jessica Morse, Riverside, RI 22
 7 27:12 Meg McDonough, East Greenwich, RI 25
 8 27:24 Nicole Roussell, Newport, RI 28
 9 27:40 Monique Martin, Newport, RI 30
 10 28:01 Beth Hammond, Providence, RI 32
 11 28:26 Alison Ferreira, Newport, RI 34
 12 28:29 Angelica Murdukhayeva, Shannock, RI 35
 13 28:45 Shauna Crouse, Riverside, RI 37
 14 29:47 Caitlin Vaughn, Kingston, RI 46
 15 30:02 Meredith Nordstrom, Worcester, MA 47
 16 30:10 Shannon Driscoll, Newport, RI 48
 17 30:33 Mary Toth, Charlestown, RI 51
 18 31:34 Courtney Coutu, Narragansett, RI 56
 19 32:49 Lindsay Sullivan, Warwick, RI 59
 20 33:33 Kari Leonard, Middletown, RI 60
 21 33:46 Amanda Grimes, Rehoboth, MA 61
 22 34:27 Heather Ciuryla, West Kingston, RI 64
 23 34:28 Meagan Dolby, N Kingstown, RI 65
 24 34:41 Kaitlin Paterson, N Kingstown, RI 66
 25 35:16 Jennifer Vecchi, North Attleboro, MA 67
 26 40:36 Deborah Brindamour, Narragansett, RI 72
 27 45:04 Anjali Palav, West Warwick, RI 75
 28 48:06 Tina Lincoln, Narragansett, RI 80
 29 60:45 Dawn Masterson, North Kingstown, RI 88

5K Women Age 40-49

1 27:23 Lucinda Wykle, Milton, MA 27
 2 28:56 Linda Leduc, Harrisville, RI 40
 3 28:58 Gail Voyer, Vineyard Haven, MA 41
 4 29:35 Darnell LaPointe, Charlton, MA 45
 5 31:23 Deborah Wilson, Newport, RI 54
 6 31:28 Kristin O'Connor, Glenmont, NY 55
 7 39:55 Denise Patoir, Glen Rock, NJ 71
 8 48:05 Sherry Olivier, Narragansett, RI 79
 9 49:08 Kara Fay, Scituate, RI 82

5K Women Age 50-59

1 30:26 Deb Dusza, W Greenwich, RI 50
 2 31:02 Beverly Schmidt Rodriguez, Newport, RI 53
 3 32:34 Elaine Adams, Boston, MA 58
 4 39:11 Pat Rakovic, Narragansett, RI 70
 5 47:18 Penny Burke, Saunderstown, RI 76
 6 47:41 Patricia Repos, Rockville, RI 77
 7 47:41 Donna Cavaco, W Kingstown, RI 78
 8 48:08 Michele Szynal, Westerly, RI 81
 9 56:48 Georgann Lardaro, Peace Dale, RI 87

5K Women Age 60-69

1 38:26 Kathleen Kelley, Greenville, RI 69
 2 41:54 Angie Nardolillo, Narragansett, RI 74
 3 49:21 Ann Ricci, No. Providence, RI 84
 4 60:45 Kathleen Biron, North Kingstown, RI 89

5K Women Age 70 and Up

1 49:21 Pauline Vacca, Narragansett, RI 83

5K Men Age 18 and Under

1 24:14 Sean MacDonald, Narragansett, RI 11
 2 24:17 Brendon Pearson, Coventry, RI 12
 3 40:56 Liam Drury, Scituate, MA 73

5K Men 19-39

1 16:46 Matthew Thomas, Newport, RI 1
 2 23:02 Kevin Cunningham, Middletown, CT 8
 3 24:20 Tripp Burman, Narragansett, RI 13
 4 24:38 Brian Solecki, Rehoboth, MA 14
 5 25:33 Adam Pace, Cambridge, MA 15
 6 25:53 Jota Villar, North Providence, RI 16
 7 26:40 Tim St. Lawrence, East Greenwich, RI 21
 8 26:54 Nick Stebenne, Wakefield, RI 24
 9 27:13 Erin O'Connor, Cambridge, MA 26
 10 27:26 Brian Cook, Wakefield, RI 29
 11 28:36 Tim Driscoll, Newport, RI 36
 12 28:46 Chris Fontaine, Riverside, RI 38
 13 28:51 Brad Prendergast, Swansea, MA 39
 14 30:19 Matthew Raposo, Riverside, RI 49
 15 33:53 Chris Dusel, Bristol, RI 62
 16 34:09 Jarrod Jacob, West Warwick, RI 63
 17 49:45 Joseph Connor, Wakefield, RI 85

5K Men Age 40-49

1 21:41 Robert Records Jr., Wakefield, RI 3
 2 22:08 Ron Chofay, Narragansett, RI 6
 3 24:04 Steven Jacobs, Narragansett, RI 10
 4 26:17 Desi Vega, South Hadley, MA 18
 5 27:42 Dalton Alexander III, Swansea, MA 31
 6 28:06 Rick Swartz, Saunderstown, RI 33
 7 29:22 Gary Dusza, W Greenwich, RI 44

5K Men Age 50-59

1 20:45 Joe Hall, Newport, RI 2
 2 21:54 David Cote, S Kingstown, RI 5
 3 26:46 Phillip Oates, Wyoming, RI 23
 4 36:31 EJ Otis, Narragansett, RI 68

5K Men Age 60-69

1 21:46 Forrester Safford, Charlestown, RI 4
 2 29:16 Richard Geisler, Saunderstown, RI 43
 3 30:57 Tom Green, Wakefield, RI 52
 4 56:28 Leonard Lardaro, Peace Dale, RI 86

5K Men Age 70 and Up

1 29:10 John McGowan, Warwick, RI 42

Results from the *Best Yet* Turnaround Swim



(Photo: John McNamara)

Swim Committee co-chairs Mick Westkott (left) and Paul McCaffrey (right) congratulate Luca and Bianca Spinazzola for the best overall time and best women's time, respectively, in the 2011 Narrow River Turnaround Swim on June 18.

Here is Mick's take on the Swim:

"A half an hour before the start, a great blue heron lifted off the river as the skies cleared for a beautiful late spring day. A good omen indeed! But we already knew that the Sixth Annual Swim was going to be the **Best Yet**. That's because we had seen the great work of our committee and our crew of volunteers, and the very gen-

erous support from sponsors. And many of the more than 100 swimmers agreed that number 6 was indeed the **Best Yet**.

"Each year, the Swim gives us an opportunity to promote the value of open-water swimming and celebrate the improving quality of the watershed, and support the NRPA's water-monitoring program and its educational initiatives."

Complete results are listed below.

1	Luca Spinazzola	19:36	37	Michael Seidenberg	25:20	73	William Shaughnessy	31:14
2	Matthew Gilson	19:38	38	Stewart Taffe	25:21	74	Joe Serdakowski	31:16
3	Albert Garcia	20:05	39	Ronald Chofey	26:05	75	Kendra Pinard	31:21
4	Fred Bartlett	20:11	40	Stephanie Hevenor	26:20	76	Richard Limberg	31:22
5	Bianca Spinazzola	21:03	41	Skip Watson	26:35	77	Jonathan Cooper	31:24
6	Douglas Sayles	21:33	42	Timothy Coffey	26:36	78	Christian Clute	31:54
7	Diane Leith-Doucette	21:38	43	Andreas Ladas	26:47	79	Brain Gardner	32:17
8	David Cote	21:43	44	Jill Litman	26:51	80	Joanne Navilliat	32:31
9	Shawn Connel-Clarkson	21:50	45	Kreg Plako	26:56	81	Louis Sardelli	32:48
10	Jonathan Haisman	22:38	46	Greg Hindle	27:20	82	Deanne Capotosto	33:32
11	Michael Sever	22:41	47	Marc Belanger	27:34	83	Stephanie White	33:37
12	Jill Lancaster	22:51	48	Wayne Grover	27:37	84	Brenda Verdi	33:41
13	Tom Gleason	22:56	49	David Splaine	28:00	85	David Heskett	33:43
14	Angelica Spinazzola	23:03	50	Mary Phalan	28:14	86	Marc Lamson	34:06
15	Barrett Wright	23:17	51	Dawn Cheek	28:21	87	Ann Walsh	34:18
16	Joshua Sroka	23:20	52	Thor Johnson	28:41	88	Patrick Carr	34:22
17	Tim Morse	23:24	53	Shira Fuller	28:42	89	Meredith Collins	34:35
18	Richard Mack	23:32	54	Rick Nicastro	28:51	90	Cynthia Biantherne	34:59
19	Alan Hollenbeck	23:39	55	Michael Garr	29:07	91	Karen DeQuattro	35:14
20	Courtney Linville	23:41	56	Jeremy Collie	29:11	92	Jim Parham	35:33
21	Heather Weaver	23:43	57	Julie DiSilvestro	29:16	93	Thomas Uustal	35:43
22	Matthew Esposito	23:45	58	Peter Maturo	29:34	94	Dan Navilliat	35:53
23	Tracy Smith	23:49	59	Buddy Puerini	29:38	95	Stephanie LaPlante	36:01
24	Kristy Stephens	23:57	60	Justin Reid	29:48	96	Michael Cerillo	37:31
25	George Alexandre	24:07	61	Beth Rodewig	29:51	97	Jim Burden	37:35
26	Paul Dow	24:16	62	Leigh Delsesto	29:56	98	Brad Wanburg	37:51
27	Andrianna Disilvestro	24:24	63	Onne Vanderwall	30:05	99	Berry Hayley	38:13
28	Robert Nelson	24:25	64	Jeane Hindle	30:15	100	Lilly Wolfgang	38:18
29	Stephen Haughton	24:27	65	Rick Desesto	30:25	101	Rebecca Paquette	38:49
30	Frank McQuigga	24:36	66	Mike Zani	30:32	102	Carolyn Goodrich	46:07
31	Rob Wolfgang	24:42	67	Danielle Fournier	30:36	103	Carol Sarubbi	47:35
32	Megan O'Brien	24:57	68	Daren Ldivsey	30:41	104	Veronica Berounsky	48:14
33	David Fitzpatrick	25:02	69	Brian Sullivan	30:47			
34	Ellen Argo	25:05	70	James Gleason	31:01			
35	Donald Sorterup	25:15	71	Ezra Smith	31:11			
36	Page Morganti	25:18	72	Erica Sahlin	31:12			

Three Good Reasons to Join Now

Enclosed with this newsletter are three tickets for the 2011 Kayak Raffle, a special thanks to you for becoming an NRPA Member for 2011-2012. Enter the raffle when you mail in your contribution using the enclosed envelope. Write your name and phone number on the perforated ticket stubs and place the stubs in the envelope with your contribution. But send in your contribution and tickets now. The winning ticket will be drawn at the Annual Meeting on **October 4**.



Three Better Reasons to Join Now

Please consider renewing or starting your NRPA membership now so we can start our new year with your support. By joining now, you can help NRPA:

- ◆ Continue water-quality monitoring at 14 locations on Narrow River and other initiatives that protect the Narrow River Watershed.
- ◆ Fund the AWESome Education Program and our other watershed education activities.
- ◆ Demonstrate to foundations and other funding sources broad public support for NRPA’s mission and programs.

Thank you for your continued support!

NON PROFIT ORG
U.S. POSTAGE
PAID
NORTH KINGSTOWN,
RI 02852
PERMIT No. 3

Narrow River Preservation Association
P.O. Box 8
Saunderstown, RI 02874
Return service requested