

## GETTING STARTED IS AS EASY AS TAKING A WALK ALONG A STREAM BANK!

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**Litter pickups.** This is one of the most popular activities because all types of groups can participate. When planning a litter pickup, it is particularly important to make arrangements for trash collection/disposal. Some of the materials commonly collected from streams (tires, lead acid batteries, major appliances, and oil) are banned from landfills. You will need to make special arrangements to dispose of these items (contact us for details).

As a Stream Team member, you can participate in a wide variety of stream-improvement activities, but don't limit yourself to the activities listed here. Check out our *Channels* newsletter or an Activity Report for ideas — or just be creative! Let your streams needs, your personal interests, and your expertise guide your activities and involvement in Stream Team.

### WHAT ACTIVITY OPTIONS DO I HAVE?

Even if you are familiar with the stream, taking a closer look about stream health in general. Your first step is to take a closer look at your stream by completing a *Stream Team Inventory*. This is an evaluation process that documents stream conditions and uncovers problems. The easy-to-read *Inventory Guide* provides background information and guidance for assessing the condition of your stream, as well as a form for rating different components and determining stream quality. This process will allow you to become more familiar with your stream, identify problems that need attention, and learn more about stream health in general.

Inventories can be completed periodically to monitor the status and quality of your adopted stream. The *Stream Team Inventory Guide* can be found online at [mostreamteam.org/documents/Publications/inventory.pdf](http://mostreamteam.org/documents/Publications/inventory.pdf).

### WE'VE ADOPTED A STREAM—NOW WHAT?

**Water quality monitoring.** If your team is interested in monitoring water quality, you may want to become a Volunteer Water Quality Monitor. Through special training workshops, volunteers learn physical, chemical, and biological monitoring techniques and collect data. This data is used to establish baseline information and to locate water quality problems for more detailed studies and resolution. This information will help the Missouri Department of Natural Resources follow long-term trends in statewide water quality.

**Greenways.** Teams can work with city officials, such as the city council or local parks and recreation department, to establish natural areas along urban streams. Is this a possibility for your community?

**Education.** Spread the word about stream conservation and your efforts to protect streams. You may want to set up a booth at a county fair or other local event or help a teacher pass on Missouri stream facts to students.



Can you identify this organism?

Answer: This organism is an aquatic macroinvertebrate called a hellgramite, or dobsonfly larva. Hellgramites live a portion of their lives in the water and are an indicator of good water quality. If you'd like to learn more about aquatic macroinvertebrates as indicators of water quality, check out our water quality monitoring opportunities!

Since the program began in 1989, Stream Teams have—

- ◆ Picked up more than 10,000 tons of litter!
- ◆ Monitored water quality tens of thousands of times!
- ◆ Planted over 200,000 streamside trees!
- ◆ Reported over 2 million volunteer hours!

Any stream can be adopted. Adoption does not require you to stay with one stream. You can change your adopted stream at any time or adopt additional streams. Smaller creeks are safer for children; bigger rivers may require more experienced hands. Remember, landowner cooperation is required for projects on private property.

◆ Choose a stream that is meaningful to you or your group.  
 ◆ Choose a location that is convenient.  
 ◆ Choose an accessible area (streams on public lands or in areas where you will be able to obtain landowner permission for access).  
 ◆ Choose a small section that is representative of your stream but not too large for you to be able to accomplish your goals.

criteria to guide your choice: ways to address problems. If you decide to adopt a stream, use the following to help you assess your stream and learn with information and training opportunities adopt several streams. You will be provided can adopt the same stream, or one team Adoption is flexible; more than one team will help to give your team a focal point. but it is encouraged. Adopting a stream No, stream adoption is not a requirement, DO I HAVE TO ADOPT A STREAM?



## FREQUENTLY ASKED QUESTIONS

As a Stream Team volunteer, you now have many opportunities to learn about the problems facing Missouri streams and the actions needed to maintain or restore their health. Stream Teams can choose from a variety of activities to help clean up and protect Missouri's streams. How much your team commits to these efforts is limited only by your time, energy, and creativity.



## LEARN MORE, CHOOSE YOUR ACTIVITIES, GET INVOLVED

# Now that I'm a Stream Team member, WHAT'S NEXT?

Missouri Stream Team — promoting citizen awareness and involvement in river and stream conservation

## Education Stewardship Advocacy





**MORE ACTIVITIES FOR YOUR TEAM TO CONSIDER!**

**Zebra mussel monitoring.** The invasion of zebra mussels can harm our native mussel populations, disrupt aquatic food chains, and cause problems at utility and industrial water intakes. Zebra mussel larvae can easily be carried from one body of water to another on boat hulls, bait buckets, or personal equipment! How can you help? Ask for our guidelines on where and how to monitor for zebra mussels.

**Advocacy.** This involves speaking out on behalf of Missouri streams. Stream Team is a grassroots effort to protect and improve Missouri streams. By working together, teams can remind federal, state, and local policy makers and officials that our streams are one of the state's greatest resources.

**Storm-drain stenciling.** Storm drains are sometimes misused for the disposal of paint, motor oil, antifreeze, pesticides, and other wastes. Many people are not aware that storm drains lead directly to nearby streams, rivers, and lakes. After obtaining permission from the proper authorities, you and your team can stencil the message, "Dump No Waste, Drains To Stream," near storm drains as a visible reminder of the consequences of improper waste disposal in storm drains. This could become a project for your entire community. Stencils are provided; your Stream Team will need to provide paint and other supplies.



**Watershed mapping.** By following our watershed-mapping guide, you'll learn to use local sources of information to map landmarks and land use near your stream. Potential water quality impacts will be included in your research. This will give you a better understanding of what's happening in your stream.

**Tree Planting.** Trees are extremely important to maintain a healthy stream. They reduce erosion, provide habitat, moderate water temperatures, and filter sediment and runoff. Interested in planting trees along your adopted stream? Contact your Stream Team Coordinator to find out how to obtain free native tree seedlings.



**Association building.** Because there is strength in numbers, Stream Teams around the state are joining together to work as larger groups to accomplish bigger goals. These groups are called associations. Usually associations are established regionally or within watershed boundaries. Contact us about existing associations in your area.

**Mentoring.** What is a Stream Team mentor? It's someone who becomes an advisor and a supporter, willing to share knowledge and give encouragement. Do you think you or your team would benefit from having a mentor or becoming a mentor to others? If so, contact your Stream Team coordinator today.

**Adopt-An-Access.** Would you like to adopt a river or lake access? Access managers are looking forward to working with Stream Teams and will appreciate assistance with access maintenance.

**Photo-point monitoring.** One of the best ways to track changes to a site through time is by taking periodic photos. You may be surprised at the differences you see. We can help you get started.

**REMEMBER TO REPORT YOUR STREAM TEAM ACTIVITIES!**

It's important to report your activities so we can track the program's progress and plan for the future. Complete a *Stream Team Activity Report* online after each activity. Don't forget to request your T-shirt and other free "thank you" items!

Don't hesitate to contact the Missouri Stream Team if you have any questions. We would love to hear from you!



**VOLUNTEER ENGAGEMENT SPECIALISTS** can be reached at our Stream Team email and phone number.

- Northwest, Northeast, Kansas City, & Central Region
- St. Louis & Southeast
- Southwest & Ozark



**WHERE CAN I GET MORE INFORMATION?**

**Call Us**  
800-781-1989 (voicemail) or  
573-751-4115, ext. 3591

**Write Us**  
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**Email Us**  
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**Visit our Website**  
mostreamteam.org

**Follow Us on Facebook**  
facebook.com/mostreamteams

Stream Team is jointly sponsored by the Missouri Department of Conservation, the Missouri Department of Natural Resources, and the Conservation Federation of Missouri.

