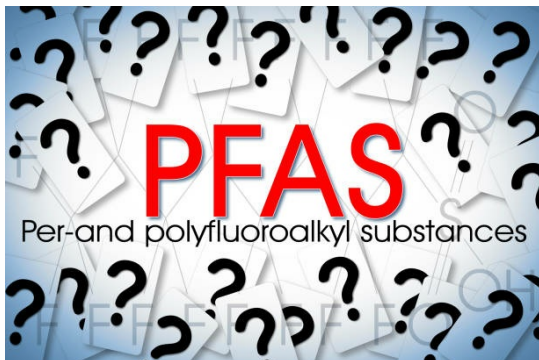


Hi Friends,

Please join us for a riverbank cleanup on Saturday, September 30, 9:00 am at the [Recreation Field](#) in Plainfield. The trees and banks along the Winooski River through Plainfield caught a lot (a lot!) of trash in the July flooding, and we want to help Plainfield get as much of it as possible cleaned up.

We started last week, with a crew of hard workers from Department of Environmental Conservation, and you can see below Heather Murphy, FWR, standing amid one of the mounds of trash that 15 people gathered in 3 hours.



### Questions about PFAS?

People often ask us about PFAS, and we haven't had a good answer, because they are complicated. FWR volunteer science writer, Jenny Blair, MD, has put together a very informative primer on the subject of PFAS, which you can read on our [blog](#) or [website](#). If you have other questions, please send them our way!

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### Tell a Friend, Help us Find Friends

We need your help! Please share this e-news with a friend, or share our posts on social media. If we're going to have a real impact on our watershed's health and resilience

(reduce flooding! increase biodiversity!), then we need to be able to do more projects. In order to do more projects, we need to hire more staff, and offer them decent quality jobs (salaried, with paid time off and a health care stipend, things current staff do not have).

This is a critical time for us to take on new projects, including some significant ones from the recent floods, and the key to our ability to rise to the occasion is unrestricted funding: individual donations. We receive about 150 donations each year, from a watershed population of nearly a quarter million people. In order to make our funding goal this year, we are going to need three times as many donations. It's ambitious, but we think it's achievable.

If you value our work, please share your appreciation with a few friends, neighbors, colleagues who might also be interested. If you need some handy 2023 facts, we are:

- Planting over 4,000 trees,
- Restoring fish passage to the Green Mountain National Forest in Fayston,
- Making dozens of home visits through Stream Wise, Storm Smart, and our flood response efforts,
- Installing a stormwater management and filtration system in Barre Town,
- Designing the removal of 5 dams for fish passage, habitat improvement, and flood safety,
- & more!

Thank you for your support, and thank you for taking a moment to share our organization with a broader audience.

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## Special Edition Totes

You can also show your support for FWR when you're out and about by carrying our new organic cotton tote bag! These bags are sewn in New Hampshire of sturdy 10 oz natural canvas. They are 18" wide x 15" high x 7" gusset with soft 25" spun poly handles, generous size for groceries and other toting needs.

Featuring our new 25th Anniversary design on one side, and our classic Friends of the Winooski logo on the other side.

They can be ordered from [the Shop page](#) on our website, along with our classic baseball caps.



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## 2023 Events Update & Volunteer Opportunities

[Plainfield River Cleanup: September 30, details at the top of the newsletter](#)

We always need volunteers to make the paddling and clean-up events possible. Please contact us if you're able to help out with jobs such as taking photographs, directing parking, shuttling paddlers between parking areas, selling raffle tickets, serving snacks: there is a job for everyone!

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**DONATE**

Friends of the Winooski River | [winooskiriver.org](http://winooskiriver.org)  
working together for a clean, healthy, resilient watershed



Friends of the Winooski River | PO Box 777, Montpelier, VT 05601

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