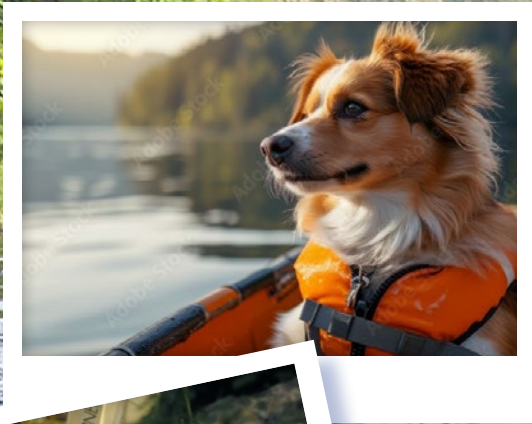


# Upper Farmington Wild and Scenic River



National Park Service U.S. Department of the Interior

## Junior River Ranger Activity Booklet



# Welcome to the Farmington River!

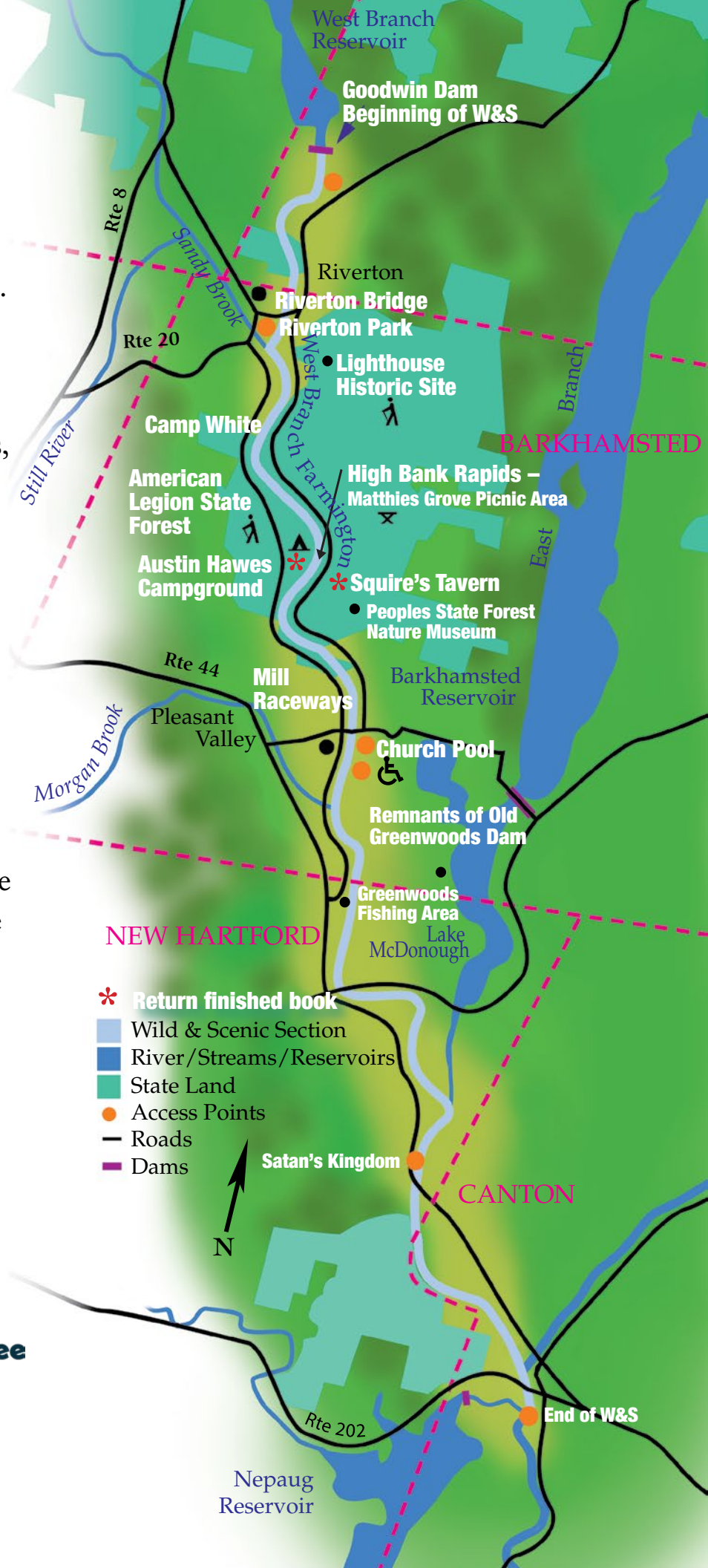


Our river provides clean water, wildlife habitat, and recreation. Every year, thousands of people canoe, kayak, and fish the waters of the Farmington and visit the state parks, forests and historic sites that dot the river's edge. Because the river is so special for many reasons, it was designed as a national Wild & Scenic River in 1994! The river is taken care of by a group of people and representatives as partners. It is called the Farmington River Coordinating Committee (FRCC). The FRCC brings people together to protect the 15.1 river miles that are Wild & Scenic. It's great that you're going to become a Junior River Ranger and learn how to help protect the river, too!

This map shows approximate locations of where activities can take place.



Front Cover Photo Credits:  
David Sinish: FRWA; Mossy Rocks: Tom Cameron



# Become a Junior River Ranger!



We're happy to see you visiting the beautiful Farmington River—and beginning the exciting adventure of becoming a **Junior River Ranger**.

To become a **Junior River Ranger** complete the number of activities in this booklet that equal your age. If you can do all 16 of the activities that's great!

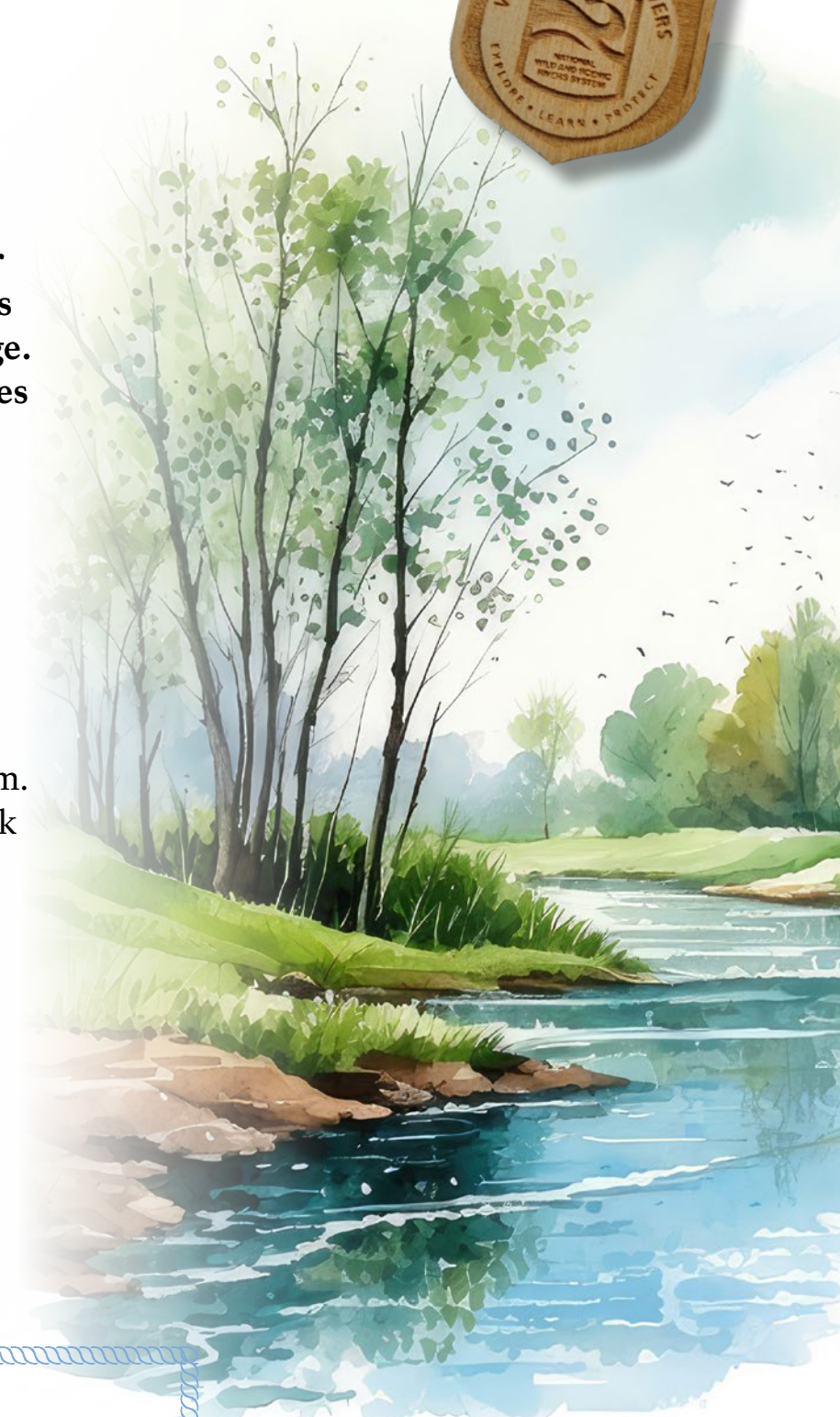
I am \_\_\_\_\_ years old and I will do \_\_\_\_\_ activities.

Once you have **completed** your activities, **go** to either the Austin Hawes Campground office or the Peoples State Forest Nature Museum. A River Steward will check your book and **reward** you with an official **Junior River Ranger badge**.

Your adventure doesn't end here! When you finish this book, explore more National Parks and Rivers at [www.nps.gov/kids](http://www.nps.gov/kids).

Now, let's start our journey along the 15.1 miles...

This book belongs to:



# Activity 1: Wild and Scenic Special Resources

## What is a Wild and Scenic River?

Rivers with special and rare wildlife, great recreation, and interesting history, that are free-flowing can become protected by the Wild and Scenic Rivers designation. (Free-flowing means not a dammed river).

## Why are there Wild and Scenic Rivers?

During the early 1900's many rivers became damaged by pollution, dams, and development. A lot of people became concerned. In 1968, a new law called the National Wild and Scenic Rivers Act was made by the U.S. Congress to protect free-flowing rivers that have special resources – like the Farmington's free-flowing water, fish and wildlife habitat, recreational activities, and history. The Wild and Scenic Rivers Act only protects less than 1% of all rivers in our country – so it really is quite special and rare!

## Check any of the ones you see

<p><b>Free-Flowing Water</b></p> 	<p><b>Birds (Great blue heron, bald eagle, mergansers, others)</b></p>		
<p><b>Fish (Trout, shad, eels)</b></p> 	<p><b>Historic Sites *</b></p> 	<p><b>Recreation (canoeing, tubing, kayaking, fishing, swimming)</b></p> 	

\*Circle site(s) you visited: Riverton Village, the Lighthouse Historic Site, Camp White, Squire's Tavern, the Peoples State Forest Nature Museum

Photo credit: Water (Tom Cameron); Wildlife (Rick Warters); Trout (Gordon Perkins)

# Activity 2: Safety

Pay attention to posted signs!

## Safety rules on or near the river

It's important to follow some safety rules when out on or near the river! Before you head out on an adventure, check the water levels and weather. Boaters and tubers wear life jackets.

## On the river's edge

**Poison Ivy** is commonly found around the river – try to avoid it. Its oils can give you a rash. “Leaves of three – let it be.”

**Ticks** are a mighty little pest that can cause rashes and Lyme disease. Stay on paths and always check for ticks after being outdoors.



## Trash and Litter

There is nothing like a day on the river – kayaking, fishing, or hiking along. But please remember to recreate safely. Our river steward team is out and about helping promote “no glass no trash” – join us in keeping our river protected for all – including wildlife!




Draw your own sign you believe would help raise river protection awareness! →



Water Safety Edition

**Plan and Prepare**



Life jackets save lives.

#RecreateResponsibly

Water Safety Edition

**Know Before You Go**



Learning to swim is the #1 recommendation for water safety.

#RecreateResponsibly

Water Safety Edition

**Respect Water**



Water can be powerful. Learn to read water conditions and remain alert.

#RecreateResponsibly

Water Safety Edition

**Build a Safe and Inclusive Outdoors**



People have different comfort levels with water. Designate a water watcher.

#RecreateResponsibly

## Activity 3: Help Us Finish a Story...

Below is a story about two children who were going out to the river for a trip with their family. Fill in the blanks with these safety-related words.

adult supervision  
water

protective  
etiquette

first aid kit  
life jackets

### Follow David and Carrie's River Adventure

David and Carrie were twins that were packing for a trip to the Farmington River with their family. They packed up bags with clothes and food, and made sure to pack a \_\_\_\_\_ (three words), just in case anyone got hurt. Their dad tied their canoe on top of the car, and packed four \_\_\_\_\_ for each person in the family to wear while on the canoe ride. When they got to the campsite, their parents reminded them to let one of them know where they were going, and when they should be back. They also reminded them not to go swimming or tubing without \_\_\_\_\_ (two words).

They had lots of fun playing in and around the river, and made sure to stay safe. When they went on a hike with their parents they remembered to bring extra \_\_\_\_\_ so that they didn't get dehydrated. It was a hot day, and Carrie wanted to wear sandals on their walk, but her mom said it's always best to wear \_\_\_\_\_ (one word) shoes, so that you don't get injured.

When David and Carrie took their canoe trip with their mom and dad, they saw many things in and around the river. They saw fish swimming, birds flying, animals looking for food along the shore, and other people using the river. Their dad made sure to steer clear of the other people, because this is part of river \_\_\_\_\_, which is another word for manners.

On their drive home David and Carrie were talking with their parents about their trip. "Did you both have fun on this trip?" Mom asked.

"Yes!" They both said.



## Activity 4: Exploring Rivers

Rivers are fun to explore. They are valuable because they carry water and nutrients to areas all across the earth. They play an important role in the food web.

Rivers also provide homes for all kinds of fish, wildlife, and plants. The Farmington River is very biodiverse with a lot of different plants and animals!

Biodiversity is good because it means the food chain is huge. Predators, like herons and otters, will hunt for fish. These fish are called secondary or tertiary consumers, and will eat smaller fish and bugs found in the water. Insects, such as mayfly nymphs, are primary consumers who eat algae and plankton. These are producers, because they use sunlight to create their own food; a process called photosynthesis.

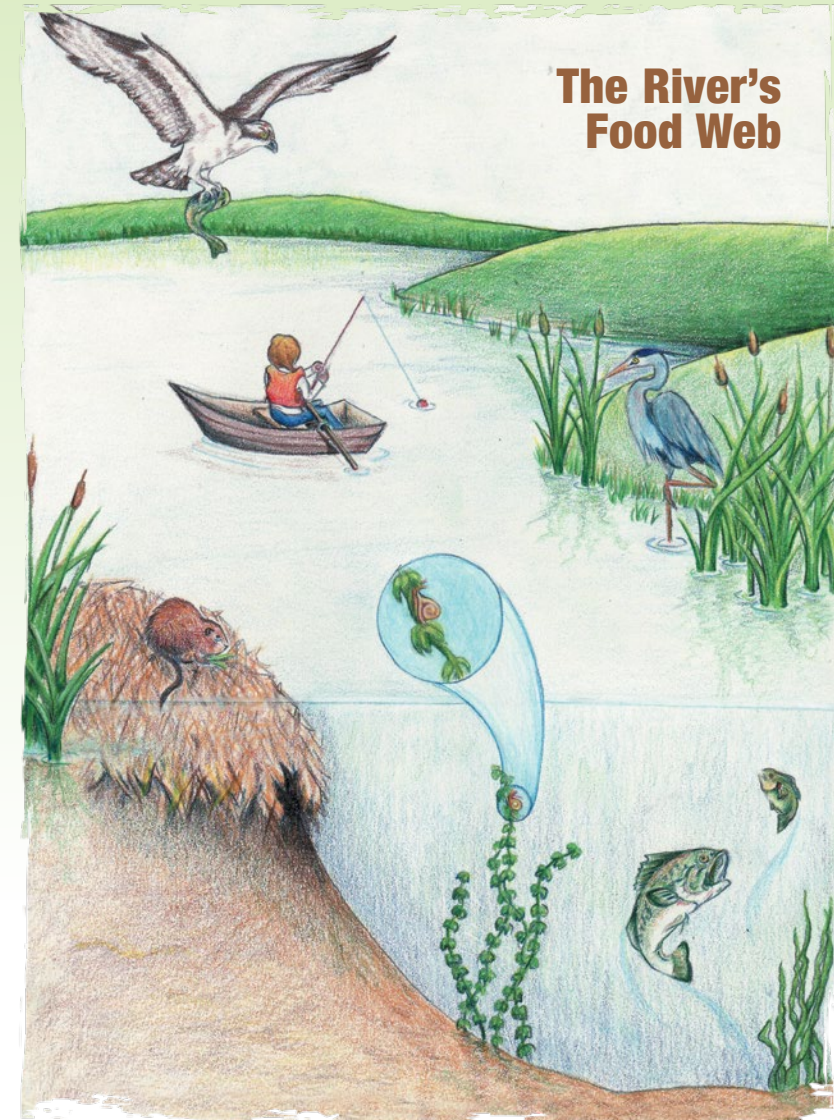


Illustration by Katrina Scheiner

Draw a Food Chain Example

## Activity 5: Free-Flowing Versus Dammed Rivers

Free-flowing means the river's water moves naturally. The river's water is not held behind a dam, is not diverted and caused to flow in a different direction or place, or changed in a way that spoils the river's special features.

**Look** at the water behind the Goodwin Dam in the reservoir and notice that the water is not flowing like a river. Then move downstream below the dam and see the water is again free-flowing all the way to Canton, 15.1 miles downstream.

Here is an example of a river that is free-flowing versus a river that is not free flowing.



Free-Flowing River



Dammed water flow

Illustrations by Katrina Scheiner

Think about how some fish migrate, or travel upstream, to lay their eggs. They need to be able to move up and down stream to live. These fish are often food for birds, wild animals, and humans all along the river.

Why do you think it is important to keep some rivers free-flowing instead of dammed?

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## Activity 6: Mill Raceways and River Power

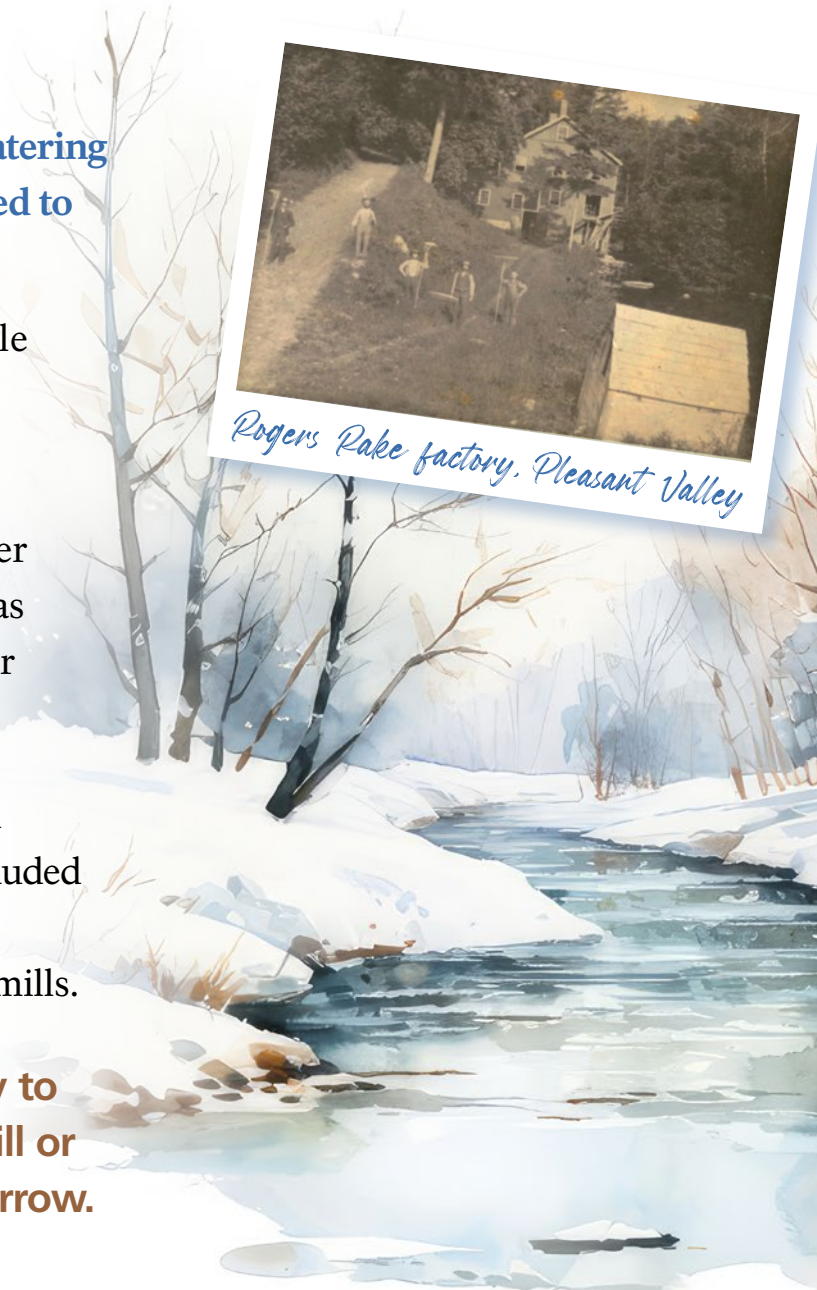
Rivers can be used for transportation, drinking water, to generate electricity, watering farms lands and livestock, and can be used to power a mill by turning its water wheel.

For thousands of years, Indigenous people used this river for transportation and drinking water.

After that, colonists, used the flowing water to power mills and factories. (Later, ice was even harvested from the river in the winter for refrigeration until spring or summer.)

There were many different types of mills and factories on the Farmington River. These included furniture factories, iron forges, sawmills, gristmills (for grinding grain), and textile mills.

Match the name of the mill or factory to the picture of the product that the mill or factory would make by drawing an arrow.



Iron Forge

Sawmill

Furniture

Grist Mill

Textile Mill



Grain and flour



Chair



Fabric



Finished wood



Nails, hammers



## Activity 7: Visit Historic Sites

Look at the map on the inside cover of this booklet to find the approximate locations for the Lighthouse Site, Camp White, Squire's Tavern, and the Peoples State Forest Nature Museum

The Farmington River is famous for its rich history. A long time ago the members of the Civilian Conservation Corps (CCC) came to the Farmington River area and built bridges, Camp White, and the Nature Museum.

Use the information available at the sites and your own ideas to answer the following questions.

What was the Lighthouse Site used for?

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Who lived in Squire's Tavern?

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Why is it so important to preserve rivers and the sites around them that have lots of history?

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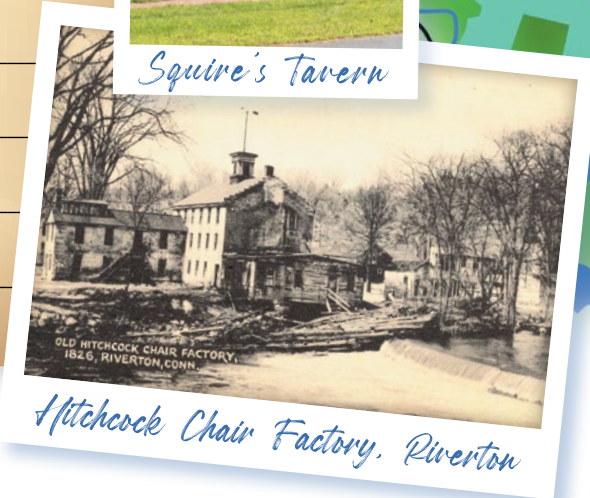


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Photo credit: Liz Lacy

Squire's Tavern



Hitchcock Chair Factory, Riverton

## Activity 8: A Nature Museum Stop

The Peoples State Forest Nature Museum, located on Greenwood Road in Barkhamsted, Connecticut was built in 1935 by the Civilian Conservation Corps. The purpose of the museum, then as now, is to educate visitors about local animals, plants, and history. The area surrounding the Museum is rife with natural treasures and interesting tales from the early settlers.



Peoples State Forest Nature Museum

### Wildlife Tracks

While you're doing observations by the river, look for tracks or other signs of wildlife. Tracking animals can be as much fun as seeing the animals themselves. The museum will have a great collection to help identify them.



Photo credit of the wildlife: Rick Warters.

Match each animal with its tracks. (Link animals and tracks. Write the animal number & name)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Otter • Black Bear • Bobcat • Wood Duck

## Activity 9: A Recreational River

The Farmington River is called a recreational river because it provides many easy ways to get into the river and enjoy it. It is also widely known for its trout fishing and for tubing in Satan's Kingdom.

The next activity has to do with recreation on the Farmington River, and about all the interesting things you can do while you're visiting and completing your booklet.

Unscramble the words at the bottom and place them in the puzzle to show a list of activities on the Farmington River.

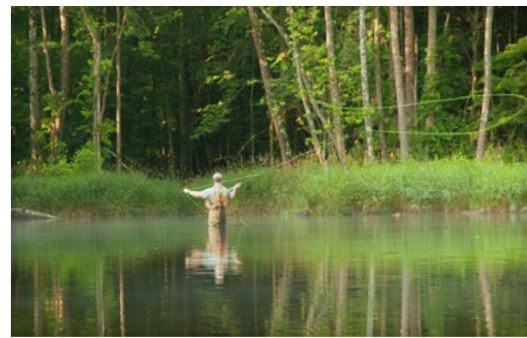


Photo credit: Tom Cameron

Learn to fly fish on the river



Photo credit: FRWA

Make friends

Go tubing!!!

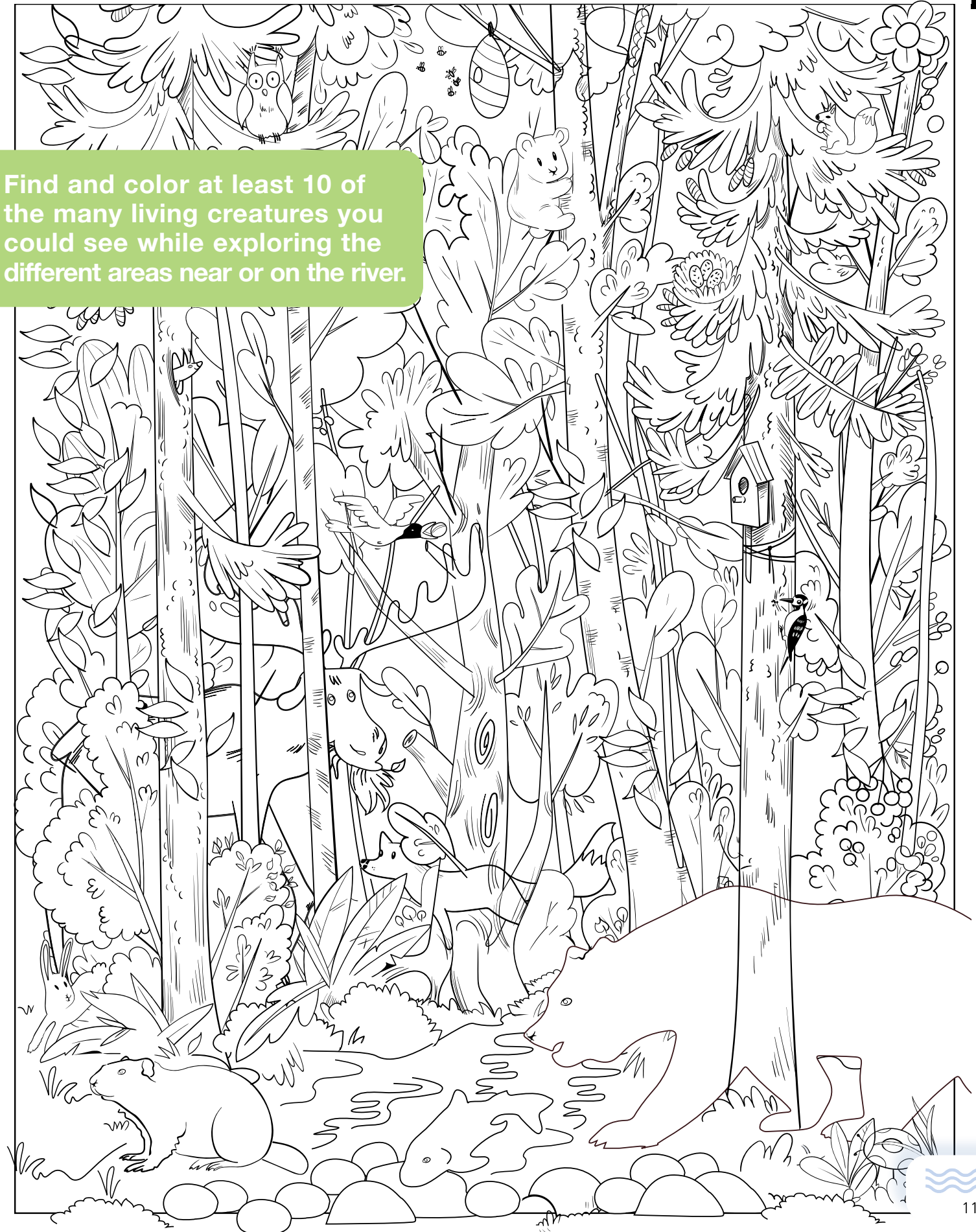


F \_ \_ \_ \_ \_  
 A \_ \_ \_ \_ \_  
 R \_ \_ \_ \_ \_  
 M \_ \_ \_ \_ \_  
 I \_ \_ \_ \_ \_  
 N \_ \_ \_ \_ \_  
 G \_ \_ \_ \_ \_  
 T \_ \_ \_ \_ \_  
 O \_ \_ \_ \_ \_  
 N \_ \_ \_ \_ \_

ihifnsg \_\_\_\_\_ inikbg \_\_\_\_\_  
 gnaykaki \_\_\_\_\_ pimangc \_\_\_\_\_  
 ngwiro \_\_\_\_\_ rtou \_\_\_\_\_  
 smnwiigm \_\_\_\_\_ tainflgo \_\_\_\_\_  
 ccnipi \_\_\_\_\_ kiihgn \_\_\_\_\_

## Activity 10: Wildlife Treasure Hunt

Find and color at least 10 of the many living creatures you could see while exploring the different areas near or on the river.



## Activity 11: Up Close to the River

At Matthies Grove Picnic Area, or a river near you, walk down to the river's edge and pick a good place to just sit and watch the river.

Get as comfortable as you can, but don't forget to **bring your booklet and a pencil**. For about 10 minutes just **sit and watch** the river. **Listen** for all the different sounds that are around the river.



Pick up some rocks and flip them over, what do you see? Make a list, or draw it.

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Draw a picture..

Sit on the river bank, close your eyes and listen. What do you hear?

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Now, describe what you experienced. Write a poem or a story, or draw a picture of what you have seen and heard.

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Draw a picture..

## Activity 12: Fishing on the Farmington River

The Farmington River is a very popular fishing area. How many people are fishing where you are today?

Now it's time for you to fish for some words. This pool has a bunch of words that have to do with fishing, plus it has a few different types of fish that are in the Farmington.

See if you can find some fish or really go fishing if you can.

Remember, **look up, down, diagonally, and backwards** for the words. Some are well hidden.



American eel	L	B	P	L	U	R	E	S	K	T	U	O	E	R	N	H
Brook trout	B	A	A	O	R	V	S	R	E	D	A	W	T	E	O	E
Catch	F	L	P	Y	R	Z	A	V	N	I	T	B	T	Z	A	O
Catfish	B	H	U	P	W	G	X	W	C	T	C	R	R	N	M	X
Cold water	M	O	T	T	O	B	Y	K	C	O	R	O	B	S	E	S
Eggs	M	C	B	L	X	Y	F	U	B	O	F	O	M	M	R	F
Fishing pole	P	P	B	I	O	N	R	M	G	J	L	K	E	K	I	I
Fly fishing	K	O	M	F	S	U	E	H	A	B	Y	T	S	Q	C	S
Life vest	M	E	O	E	M	M	T	S	B	N	F	F	G	R	A	H
Lures	Y	X	P	V	P	U	A	I	X	X	I	O	G	J	N	I
Mussel	O	U	M	E	M	S	W	F	E	Y	S	U	E	N	E	N
Net	X	M	C	S	B	S	D	T	N	D	H	T	P	H	L	G
Release	F	A	P	T	F	E	L	A	O	Z	I	M	T	C	L	P
Rocky bottom	T	T	T	B	D	L	O	C	F	X	N	Y	W	T	A	O
	Y	P	X	F	D	O	C	V	Q	I	G	T	J	A	Z	L
	V	O	P	E	S	A	E	L	E	R	I	Q	D	C	F	E





## Activity 13: River Users

Every park, river, lake, and forest is affected by humans and nature each day. In order to do your part in protecting these areas it is best to “take only pictures, and leave only footprints.”

Try to think of the river and how many people use it every day. Now imagine a few of the scenarios below and describe what would happen if these scenarios were true.



If each river visitor took 1 rock from the river...multiply that 1 rock by 1,000 visitors...



Equation

$1 \times 1,000 =$

If each river visitor picked 7 plants or flowers...multiply those flowers by 1,000 visitors...



Equation

If each month, 3 river visitors used a path other than the marked path...multiply those 3 new paths by 12 months...



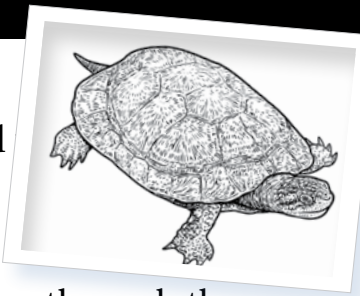
Equation

If each river visitor took home 8 fish they caught...multiply them by 500 fishermen...



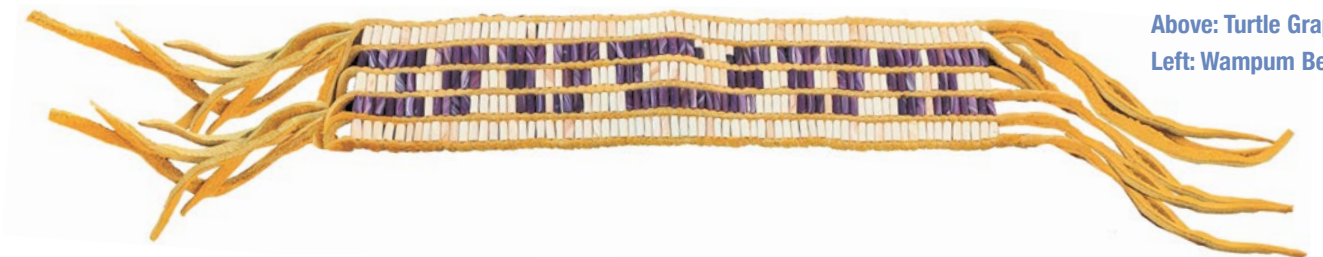
Equation

## Activity 14: Native Americans of the Farmington River Valley



For more than 12,000 years, Indigenous people have used and protected waters in what is now known as the Farmington River Valley. The river was once called Wattunkshausepo – “fast flowing and winding river.”

It was later shortened to Tunxis – “the beautiful river that ripples down through the hills.” At the time of European colonization in the 1600s, Algonkian speaking groups, such as the Tunxis and Mahican tribes, would have called this area home. Due to displacement and disruptions there are currently no tribal lands along the river, but Native American communities, including descendants of these groups, still live throughout Connecticut and all across the continent.



Above: Turtle Graphic  
Left: Wampum Belt

What could you do to ensure you limited your impact on the river?

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What could you find in or along the river to help you survive (food, shelter, water)?

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## Activity 15: Satan's Kingdom Tubing

The river is full of all different kinds of people and animals that use the river for play and survival. It is important that when we visit the river, we respect the wildlife. It is also important to be respectful to other people who are using the river, so we can all enjoy it.

Imagine you are tubing down the river. Can you find your way through the maze without disturbing the other users?

Photo credit Rick Warters

Photo credit: FRWA

**START** ↓

**FINISH** ↓

## Activity 16: Becoming a River Steward

Part of being a **Junior River Ranger** means being a good river steward, but what does a good river steward do?

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River Stewards help protect rivers—especially Wild and Scenic rivers. They work with local people to keep rivers clean and free flowing. They also help protect unique features and resources along a river.

**So what can you do?** (Pick a few-or all- and really commit to them)

- Pick up** trash with a friend or **organize** a trash clean up day.
- Learn** about 5 native plants or animals that live near your local river.
- Get your school **involved** in a river appreciation day.
- Try to **conserve** the amount of water you and family use at home.
- Keep a log** of how many different types of wildlife you see around your river.
- Share** what you've learned and what you've experienced with your friends, family, and teachers.



Why do YOU think it's important to protect rivers?

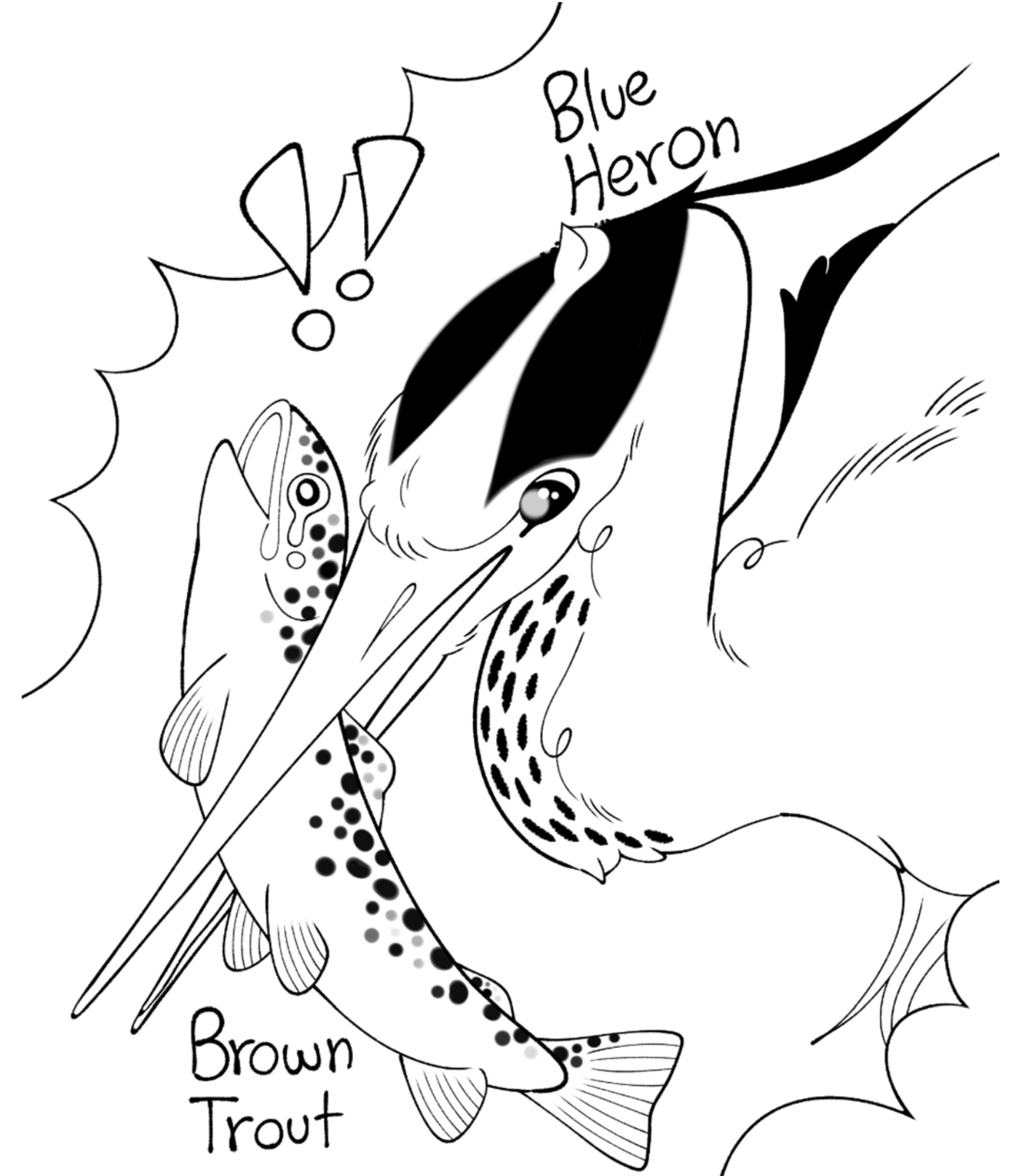
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Did you know that white tailed deer can see ultraviolet light? Along with their ~310° fields of vision, little escapes their gaze.

Heron form communal nesting sites along the water, known as heronries.

Coloring page by assistant river steward Juniper!

Coloring page by assistant river steward Juniper!



# Congratulations!

You've just completed your Junior River Rangers activity booklet for the Upper Farmington Wild and Scenic River.

What were some of your favorite places on the river?

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What was your favorite animal or bird you saw?

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Now, bring your booklet to either the Austin Hawes Campground office or the Peoples State Forest Nature Museum, (or make a copy of your booklet and send it to our mailing address is P.O. Box 395, Pleasant Valley, CT 06063 – please enclose a self-addressed stamped envelope) and a River Steward will check your book and award you with a Farmington Wild and Scenic River – Junior River Ranger badge!

Thanks for spending time to enjoy and learn about protecting the Upper Farmington Wild and Scenic River!



*Austin Hawes Campground*

Photo credit: Carl Favata



*Marsh Marigolds*

Photo credit: Laura Hart



This Certifies that

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has completed the requirement to become a

# Junior River Ranger

on the Upper Farmington Wild and Scenic River



*Stella Bartol.*

Junior River Ranger Signature

River Steward Signature

Date





## River Stewards

This booklet is published in fond memory of three of the Farmington River's best river stewards ever!



Photo credit: Liz Lacy

*Pat Keener*

Pat Keener was a teacher by training and a team builder by nature. She was a “Pied Piper” and brought in many volunteers to help protect the Farmington River. Pat lived right beside the river in Pine Meadow and enjoyed sharing her love for it. She was the leader of FRCC for many years.

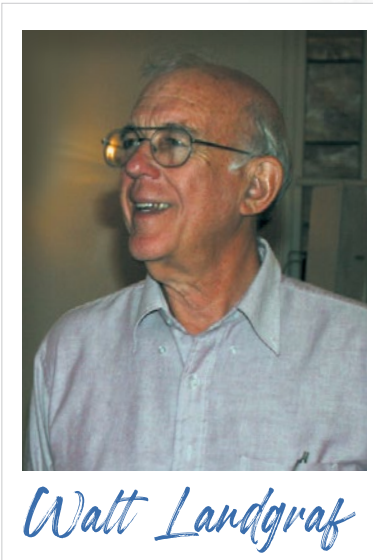


Photo credit: Fred Jones

*Walt Landgraf*

Walt was the go-to person for learning about the Farmington River and its surroundings. In his work life, he taught biology at Regional 7 High School in Winsted. In every day life, Walt was a teacher of the cultural and natural history around us. He was an inspiration to all who knew him to learn more and work hard to get things done.



Photo Credit: FRWA

*David Sinish*

David Sinish was a true champion of the Farmington River, and one of the main people to help get the Upper Farmington River designated as Wild & Scenic. Many accomplishments of the FRCC would not have happened without his vision, guidance, deep knowledge, and understanding of the river. His generosity, gentle spirit, sense of humor, and persistent advocacy made him a wonderful conservation partner. The impact David Sinish had on the river and watershed was profound and will continue to inspire us.



**Farmington River  
Coordinating Committee**

Upper Farmington Wild and Scenic River  
Farmington River Coordinating Committee  
100 East River Road  
PO Box 395  
Pleasant Valley, CT 06063  
[www.farmingtonriver.org](http://www.farmingtonriver.org)

**With your help, the Upper Farmington  
River will be protected forever.**