



## Fountain Creek Chronicles

July 2023

*The monthly e-newsletter about your home watershed*

**Welcome! We're excited to share with you the latest updates and engaging stories about this crown jewel. Let's dive in!**



***The Fountain Creek Watershed District works from Palmer Lake to Pueblo to protect and enhance the health of the watershed.***

### Featured Project Update: Project Effectiveness

One of the District's projects this year is to evaluate the effectiveness of some of the restoration projects that have been completed to date. Matrix Design Group, Inc. will be conducting site visits at six project locations as a part of this effort. A conditions assessment will be completed including vegetative type and amount of cover and pre-project conditions will be evaluated against current. We will remeasure the sediment supply to the creek to determine the reductions post project. Matrix will also be providing recommendations for maintenance. However, the District does not have any maintenance dollars at this time. The information gained in this process will support and inform the District's current strategic planning process which includes researching funding options. The study will also advise future Capitol Improvement Projects. Projects included in this review are:

- [13th Street](#)
- [Barr Farm](#)
- [Highway 47](#)
- [Masciantonio Trust](#)
- [Overton Road](#)
- [Pinon Bridge](#)

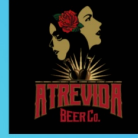
These projects were identified as highest priority by the District's Monetary Mitigation Fund Advisory Committee (MMF) after several years of research and studies. Some deciding factors in terms of prioritization were tons of sediment a year actively eroding in these areas, habitat loss, infrastructure at risk, and funding partnerships. These projects were funded by the \$50 million dollars provided by Colorado Springs Utilities to offset impacts from the Southern Delivery System's imported water. Those dollars are specifically earmarked for new projects and projects must provide a significant - not merely incidental - benefit to Fountain Creek within Pueblo County for improvement of water quality, flood control, or the prevention of erosion and sedimentation (Pueblo County SDS 1041 Permit).

---

### Liquid Lecture Series

# JULY TOPIC

## From Concrete Dump to Community Park: A Shooks Run Riparian Zone Restoration



July 19th, 6:00pm at Atrevida Beer Company  
204 Mount View Lane, Unit 3, CO Springs

Join Dr. Jorge Estevez, Program Director at Concrete Couch,  
to hear about the massive restoration effort that converted  
Shooks Run from an abandoned dump site into an innovative  
neighborhood park.

RSVP to [fcwdaa@gmail.com](mailto:fcwdaa@gmail.com)



Owners Jess and Rich Fiero



### Brewshed Alliance Featured Partner

#### Atrevida Beer Company

204 Mt View Lane, #3, Colorado Springs, CO

Atrevida is hosting this month's Liquid Lecture. This Female-forward Latin inspired brewery is an amazing place to enjoy a brew, live music, and order from the revolving food trucks. They have been the recipient of many awards, including most recently the 2022 Tourism Customer Service Award by Visit COS and Business Entrepreneur of the Year by Women's Business Chamber of Colorado Springs. Diversity, it's on tap!

Check out Atrevida on socials and stop in for this month's Liquid Lecture!

### Brewshed Alliance Hats for Sale

You can now represent Colorado's first and only Brewshed Alliance Program!

Buy Yours  
Now



### Upcoming Events

#### Kathleen Marriage Garden Work Days

Join the District and our partners with the Colorado Native Plant Society for volunteer work days every 1st and 3rd Thursday at the native garden in Catamount Institute, 5-7 pm. Park on Caramillo Street, dress accordingly, and bring gloves & hand tools. This is a great activity for families and any youth needing community service hours! 740 W. Caramillo Street, Colorado Springs.

[RSVP Here](#)

Please include your name and the date(s) you plan on attending.



#### 10th Annual Creek Week Cleanup

Over September 30 - October 8, we're hosting Colorado's largest cleanup event. Save the date!

We're seeking sponsors for this impactful event. Read our [sponsor](#)



[letter](#) or donate [here](#).

## Last Chance for Survey Input!

We are wrapping up our strategic planning effort, and value your opinions. Help shape the future of the District! Please scan or click the QR code to take the survey.



[Fill out the Survey](#)

## Past Events Rundown



### Manitou Springs Pollinator Party

The Pollinator Party in Manitou Springs was a major hit, bringing in 200+ people from all over the watershed to celebrate pollinators and Manitou becoming the first Municipal Pollinator District in the world. We are a proud partner in this effort since a healthy watershed supports lots of pollinators. Our outreach table featured seed bomb making, watershed education, and goodies. There was music from Tenderfoot Bluegrass Band, a HoneyPalooza honey tasting contest, local jewelers, beekeepers and more!



### Colorado Springs Bike to Work Day

Our co-office space, the Sustain-a-center, was one of 40 breakfast stations to participate in this city-wide event. We saw more than 150 happy riders, served pancakes, fruit, bacon and coffee, and had a special visit from Colorado Springs elected officials!

Pictured: Alli Schuch, Mayor Yemi Mobolade, Hannah Mooney, and Aidan Boyd.



### Kid's Fishing Derby

30 first graders from Queen Palmer Elementary School got to perfect their casts at Quail Lake last month. A 15 inch rainbow trout was caught and lots of fun prizes were given out, thanks to our generous sponsors. A special thank you and shout out to David Pullin, the ultimate fishing Santa Claus who has been organizing the derby for 10 years! Fishing is a great summertime activity, and there are many local places to cast. Visit Colorado Parks and Wildlife's [Fishing Report](#) and make a weekend out of it.



### Outreach Presentations

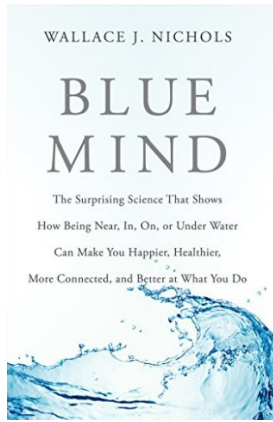
The month of June was busy for our Outreach educators. Hannah and Aidan traveled all over the watershed to present about water quality and conservation using fun demonstrations. In the month of June, the Outreach Team at Fountain Creek Watershed District reached 1,031 people through presentations, tabling events, and outreach programs. Thank you to Catamount Institute, Fountain Creek and Bear Creek Nature Centers, Cheyenne Mountain Zoo, and D11 schools for being friends of the watershed.

## Conservation Corner

Many of us already know to reduce use of disposable plastics like water bottles and grocery bags to cut down on our plastic waste. But microplastics can come from a wide array of products some we may not know about! Here are five hidden sources of microplastics from [Simple Ecology](#) and ideas on how we can reduce their presence in our watershed:

- Clothing:** Many synthetic fabrics, threads, and detailing on clothes leech microplastics into the water supply every time they are washed. We can reduce our impact by buying clothing with all natural fibers, using a microplastic filter on our washing machine, or using a special washing bag which collects microplastics.
- Cookware:** Non-stick pans are coated in "forever chemicals" that spread into our waterways. Many silicone and rubber labeled products actually contain large amounts of plastic that can melt into microplastic when used in cooking. Avoid this by cooking with cast iron rather than chemically-coated non-stick pans and paying attention to the proper temperature range of kitchen utensils so their upper limits aren't exceeded.
- Tea Bags and Coffee Strainers:** Many tea bags and coffee strainers - even those that may market otherwise - are made of plastic that melts into microplastic right into our drinks! Avoid this by purchasing tea and coffee in bulk and using natural fiber or metal strainers.
- Pet Supplies:** Pet food bowls, toys, leashes, and harnesses are often made of plastic which can have dangerous health effects when chewed or shredded by our furry friends. Try subbing in metal bowls, natural fiber rope leashes, and checking out a growing market of natural material pet toys.
- Gift Wrap and Decoration:** Most wrapping paper is actually coated in plastic (think anything shiny, metallic, or glittery), but still is often recycled as paper. Even worse, most ribbons, bows,

tape, tags, and even greeting cards are also made of cheap plastics that degrade into microplastics quickly. Try to reuse gift wrap and decorations or use other household materials like newspaper, or even reconsider the need to gift wrap!



## Watershed Words

### Get into Your *Blue Mind* This Summer

A note from Executive Director Alli Schuch

The power of water is undeniable. We have seen this in our region with the recent storms: the rushing water racing along our streets and parking lots, into storm drains and culverts, and into our creek systems. Over 20,000 cubic feet per second (CFS) of water was measured on Fountain Creek south of Fountain, a flow rate we have not seen since 2015. Land along waterways has eroded, trails were washed out, and trees were uprooted. Water can truly move mountains, and our restoration work continues.

Another power that water possesses is its restorative impact on humans. Just being in, on, or under water has far-ranging positive effects on us. Have you experienced a sense of peace while listening to the ocean? Felt rejuvenated after a creekside stroll? In his book *Blue Mind*, marine biologist Wallace J. Nichols explores the neurological, psychological, and emotional effects of being near water.

From reducing stress and anxiety to enhancing creativity and promoting a sense of connection, Nichols presents compelling evidence from his scientific research. One of the book's key ideas is the concept of a blue mind, a state of calm and clarity that emerges when we are in proximity to water. By tapping into our blue mind we can harness the power of water to improve our mental health and overall happiness.

If you're looking for a great read this summer, *Blue Mind* is my recommendation. It is a thought-provoking journey that explores the profound connection between humans and this life-sustaining element. Dive in and emerge with a deeper understanding of the blue mind and perhaps discover a newfound appreciation for the transformative power of water in your own life.

Of course there are many ways to get into your blue mind this summer thanks to the creeks, rivers, lakes, hot springs, and reservoirs we are fortunate to have in our region. Fishing, kayaking, hiking, biking, birdwatching, swimming, wading - all of these water-connected recreational activities add to our quality of life. And according to Nichols, and yours truly, water in our life contributes to our mental wellness too.

*"Water is medicine, and water is magic.  
Our brains and bodies are hardwired to react positively to water."  
Wallace J. Nichols, *Blue Mind**

~Alli Schuch



#### Feature Watershed Warriors: check out this great email we received...!

Hello! I wanted to share this photo of my team from Pikes Peak State College's Zookeeping Technology program after we cleaned up a section of Fountain Creek at the south end of FCRP (Hansen Nature Park area). We had a lab for our Avian Conservation class today and spent a few hours picking up trash along a section of floodplain that was hit especially hard during the recent floods. There is much more to do but we were happy to make a dent in the trash and help make our waterways a little cleaner for wildlife! Thank YOU for all that YOU do for our creek and all its life! Sincerely, Jenyva Fox , Instructor- Zoo Keeping Technology , Pikes Peak State College

## STAY CONNECTED

We'd love to have your watershed pictures, ideas, and feedback.

Email  
Us

Visit our  
Website



Fountain Creek Watershed District | PO Box 8100, Colorado Springs, CO 80933

[Unsubscribe creekweeksoco@gmail.com](mailto:creekweeksoco@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent byfcwdaa@gmail.com powered by



Try email marketing for free today!