Upper Farmington Wild and Scenic River

National Park Service U.S. Department of the Interior

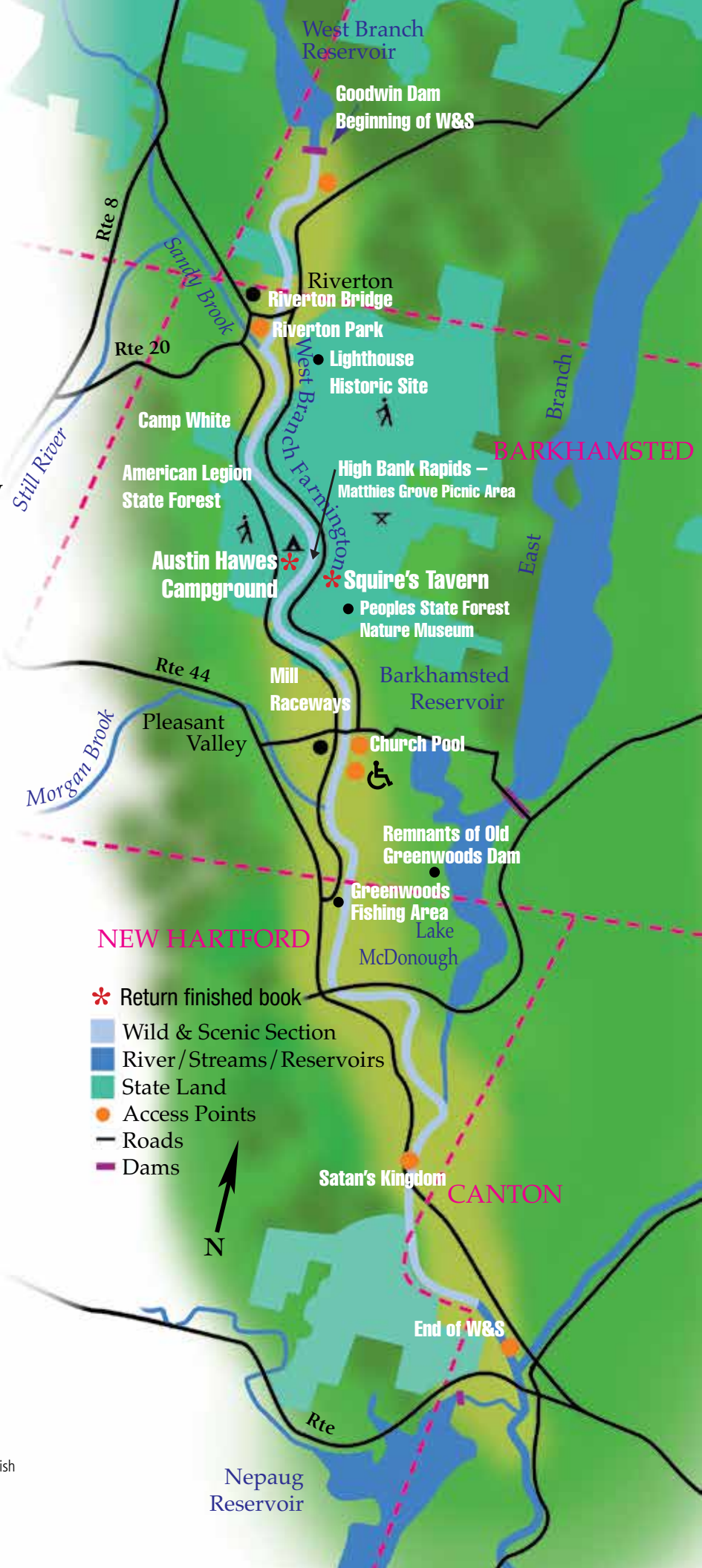
Junior River Ranger Activity Booklet



Welcome to the Farmington River!

In 1994, the upper 14 miles of the Farmington River were designated as Wild and Scenic. It was designated, or given this name, because it is free-flowing and has special characteristics including excellent bird and fish habitat, many recreational opportunities, and interesting historical sites. Because this river flows through public and private lands it is considered a Partnership River. This means that 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 river. 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.



FARMINGTON RIVER COORDINATING COMMITTEE

Front Cover Photo Credits:
FRWA, Duncan Somerville, Barkhamsted Historical Society, and Richard English

Become a Junior River Ranger!

We're happy to see you visiting this beautiful 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 of the activities that's great!

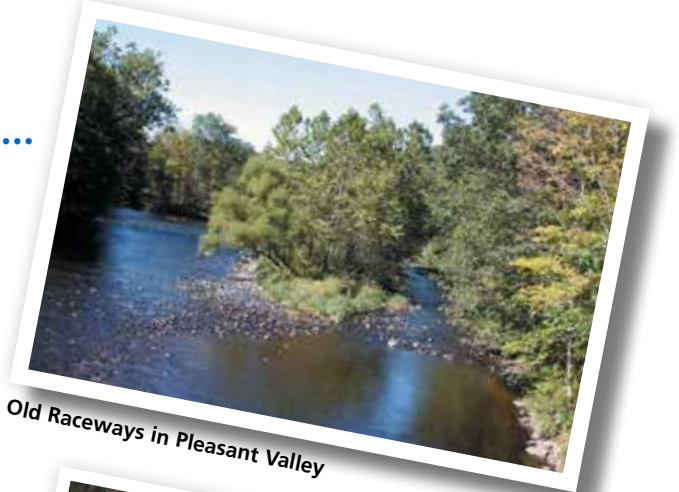
I am _____ years old and I will do _____activities.

Once you have **completed** your activities, **go** to the Austin Hawes campground office, Peoples State Forest Nature Museum (formerly called Stone Museum), or **call** 860–379–0282 to set up a time to **bring** the booklet to Squire's tavern. A River Steward will check your book and **reward** you with a certificate and **Official Junior River Ranger badge**.

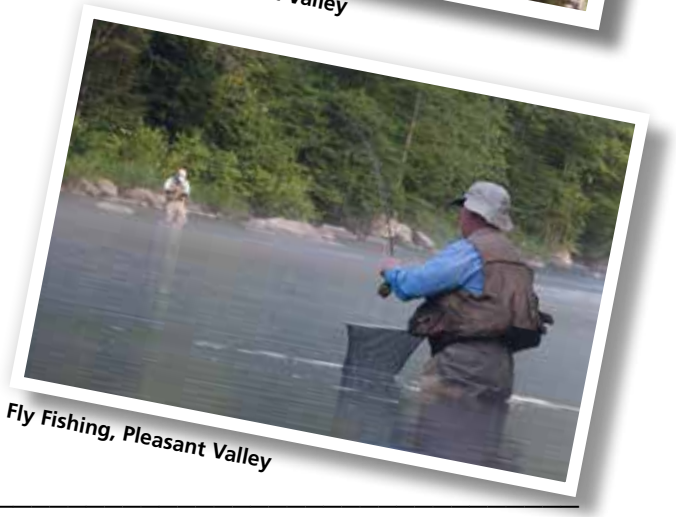
Your adventure doesn't end here! When you finish this book, explore more National Parks and Rivers at **www.nps.gov/learn/juniorranger**. Check out becoming a WebRanger at **www.nps.gov/webrangers**.

Now, let's start our journey along the 14 miles...





Old Raceways in Pleasant Valley



Fly Fishing, Pleasant Valley

This book belongs to:

_____

Activity 1: Wild and Scenic Special Resources

Are you wondering why a Wild and Scenic river is different from other rivers? During the early 1900's while our nation grew, many of our 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 free flowing upper Farmington River

Photo Credit: Tom CameronPhoto

Rivers that are protected under this Act are called Wild and Scenic Rivers. The Wild and Scenic Rivers Act now protects over 200 special rivers across the United States!

As you travel around the river **look** for these special resources that make the upper Farmington River wild and scenic.



Common Mergansers

Photo Credit: Tom Cameron

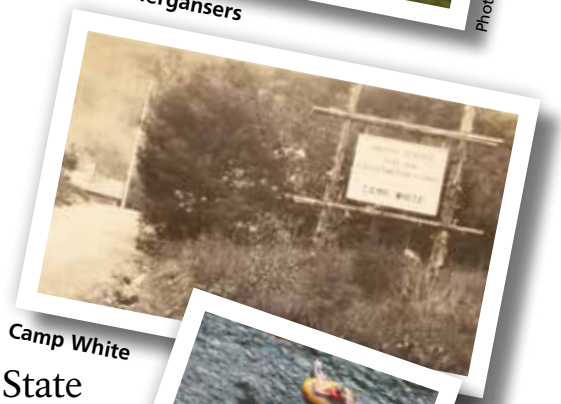
Put a check mark next to any of the ones you see:

☐ **Free-flowing water**

☐ **Birds**—Bald eagles, Great Blue Heron, Mergansers

☐ **Fish**—Trout, Atlantic salmon

☐ **Historic sites**—Riverton Village, the Lighthouse Historic Site, Camp White, Squire's Tavern, the Peoples State Forest Nature Museum (formerly Stone Museum)



Camp White

☐ **Recreation**—people in canoes, tubes, or kayaks, people fishing, people swimming



Tubing in Satan's Kingdom

Activity 2: Safety On and Along the River

While having fun on the river:

Life jackets save lives by keeping your head above water… (also known as PFDs) always **wear** one if you are boating or tubing on the river.



Life Jacket

Consideration... **be aware** of and respectful to others enjoying the river. Use "river etiquette."

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."



Poison Ivy

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



Tick

Trash and Litter:

Carry out what you carry in. Leave glass containers at home—they can break and cause injuries to people and animals in the river.



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	**Protective**	**First-aid-kit**
Water	**Etiquette**	**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.

"We are pleased you followed the rules of the river and had a great time," Dad said. "So are we!" said David and Carrie.

Activity 4: Exploring Rivers

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

They also provide homes for all kinds of fish, wildlife and plants. Rivers supply water for drinking, water for our farmers' crops, and waterways for boats.

Rivers also play an important role in our country's history. Famous explorers like Lewis and Clark used rivers as waterways to navigate from the central plains to the Pacific Ocean starting in 1804. Here on the Farmington River, in the olden days, people explored the river and found it useful for power to help make things in mills like furniture, brooms, and iron products and tools.

The River's Food Web

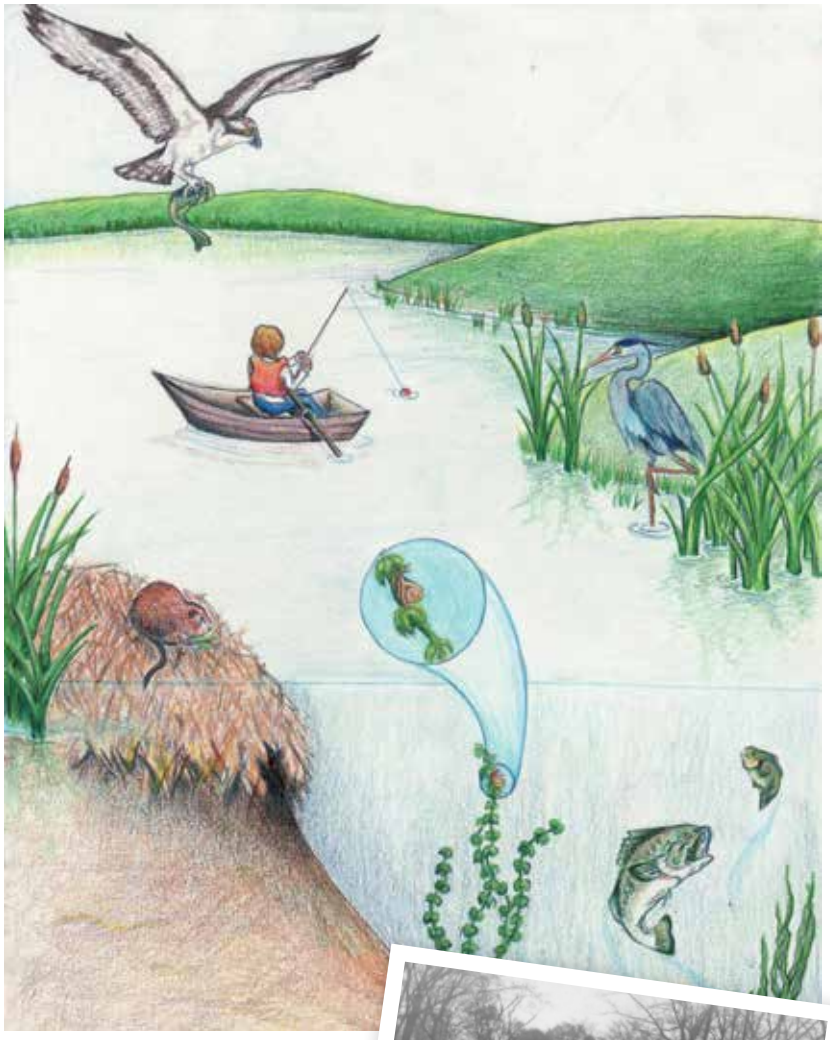


Illustration by Katrina Scheiner



Broom Mill, Pleasant Valley



Explorers on an Expedition

Why do you like exploring rivers? _____

_____

_____

_____

Activity 5: Investigating Free Flow of the River

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.

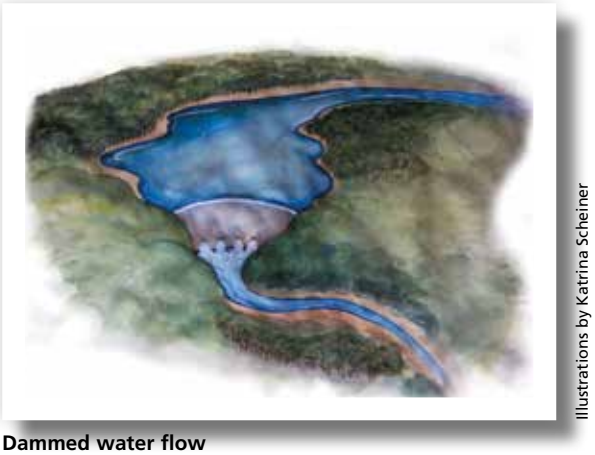
Look at the water behind the Goodwin Dam in the reservoir and notice that the water is not flowing like a river. Then **look** below the dam at Riverton Bridge—after the water leaves the dam it is again free-flowing all the way down to Canton 14 miles downstream.

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



Illustrations by Katrina Scheiner

Free Flowing



Illustrations by Katrina Scheiner

Dammed water flow

Do you think fish can pass by the dam?

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?

Activity 6: Mill Raceways and River Power

Rivers have been great resources for thousands of years. They can be used for transportation, drinking water, water for crops and livestock, and can be used to power a mill by turning its water wheel.

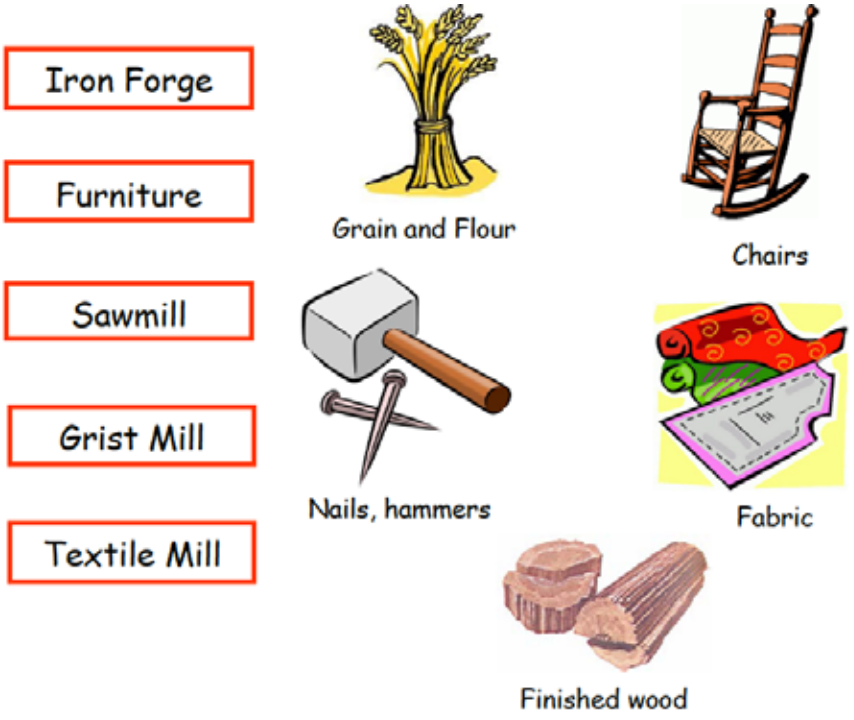


Rogers Rake factory, Pleasant Valley

Before steam engines and electric motors were used, many people used the river to power their mills and factories. They even harvested ice from the river to keep their food cold.

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**.



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 Farmington River ran through lands where Native Americans lived and hunted. The river was also used by English settlers for power to run mills. In the 1930s, members of the Civilian Conservation Corps (CCC) came to the Farmington River area and built bridges, Camp White, and the Nature Museum.



The Peoples State Forest Nature Museum, Pleasant Valley

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

What was the Lighthouse Site used for?

_____

_____

Who lived in Squire's Tavern?



Squire's Tavern, Pleasant Valley

_____

_____

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

_____

_____

_____



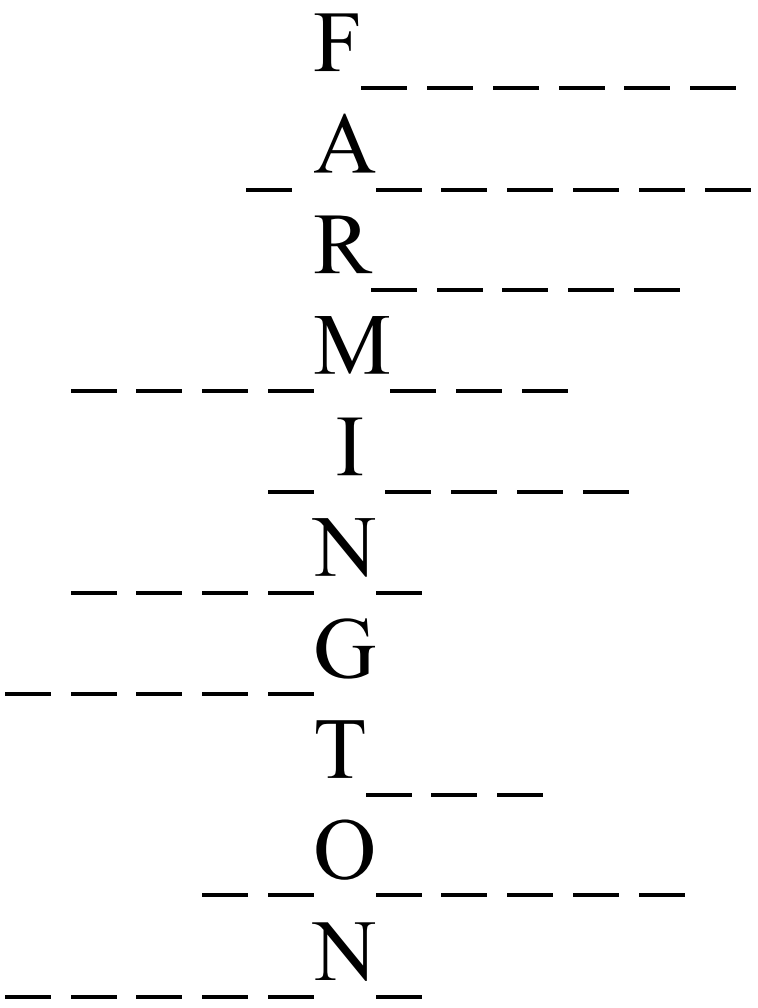
Old Hitchcock Chair Factory, Riverton

Activity 8: 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 close to buildings, roads, and people. 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 below, and place them in the puzzle to show a list of activities on the Farmington River.



pimangc _____ ihifnsg _____

rtou _____ ngwiro _____

gnaykaki _____ ccnipi _____

smnwiigm _____ kiihgn _____

inikbg _____ tainflgo _____

Here's a bonus activity for you and your family to do.

When you're out here visiting and exploring, **take some pictures** of you doing your favorite activities on and around the river. You can do lots of things with these pictures like **make a scrapbook, create a story, or hang them on your wall** as a reminder of how much fun it is to get outside and play.

Activity 9: Up Close to the River—High Bank Rapids

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



High Bank Rapids, Pleasant Valley

Photo Credit: Fred Jones

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?

_____

_____

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

_____

_____

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

_____

_____

_____



Activity 10: Fishing at Church Pool

One of the most popular spots for anglers to fish is the Church Pool in Pleasant Valley right by the metal arched bridge. Do you see many people fishing there today?

_____

_____



Church Pool, Pleasant Valley

Photo Credit: Richard English

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 when you are done.

What is your favorite kind of fish that lives in the Farmington River?

_____

_____

Remember, **look up, down, diagonally, and backwards** for the words. They're hiding in some pretty cool places.

Atlantic salmon
Brook trout
Catch
Catfish
Cold water
Eggs
Fishing pole
Fly fishing
Life vest
Lures
Mussel
Net
Release
Rocky bottom

L B P L U R E S K T U O E R N H
B A A O R V S R E D A W T E O E
F L P Y R Z A V N I T B T Z M O
B H U P W G X W C T C R R N L X
M O T T O B Y K C O R O B S A S
M C B L X Y F U B O F O M M S F
P P B I O N R M G J L K E K C I
K O M F S U E H A B Y T S Q I S
M E O E M M T S B N F R G R T H
Y X P V P U A I X X I O G J N I
O U M E M S W F T Y S U E N A N
X M C S B S D T N D H T P H L G
F A P T F E L A O Z I M T C T P
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 11: Greenwoods Fishing Area

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 thousand visitors...



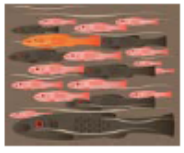
If each river visitor picked a plant or flower ...multiply that 1 flower by 1 thousand visitors...



If each river visitor used a path other than the marked path...
multiply that 1 new path by 1 thousand visitors...



If each river visitor took home a few fish they caught...multiply them by 1 thousand visitors...



Activity 12: Remnants of Greenwoods dam

If you were living in the olden days, how would you use the river?

Write or draw about it here.



The Old Greenwoods Dam, New Hartford

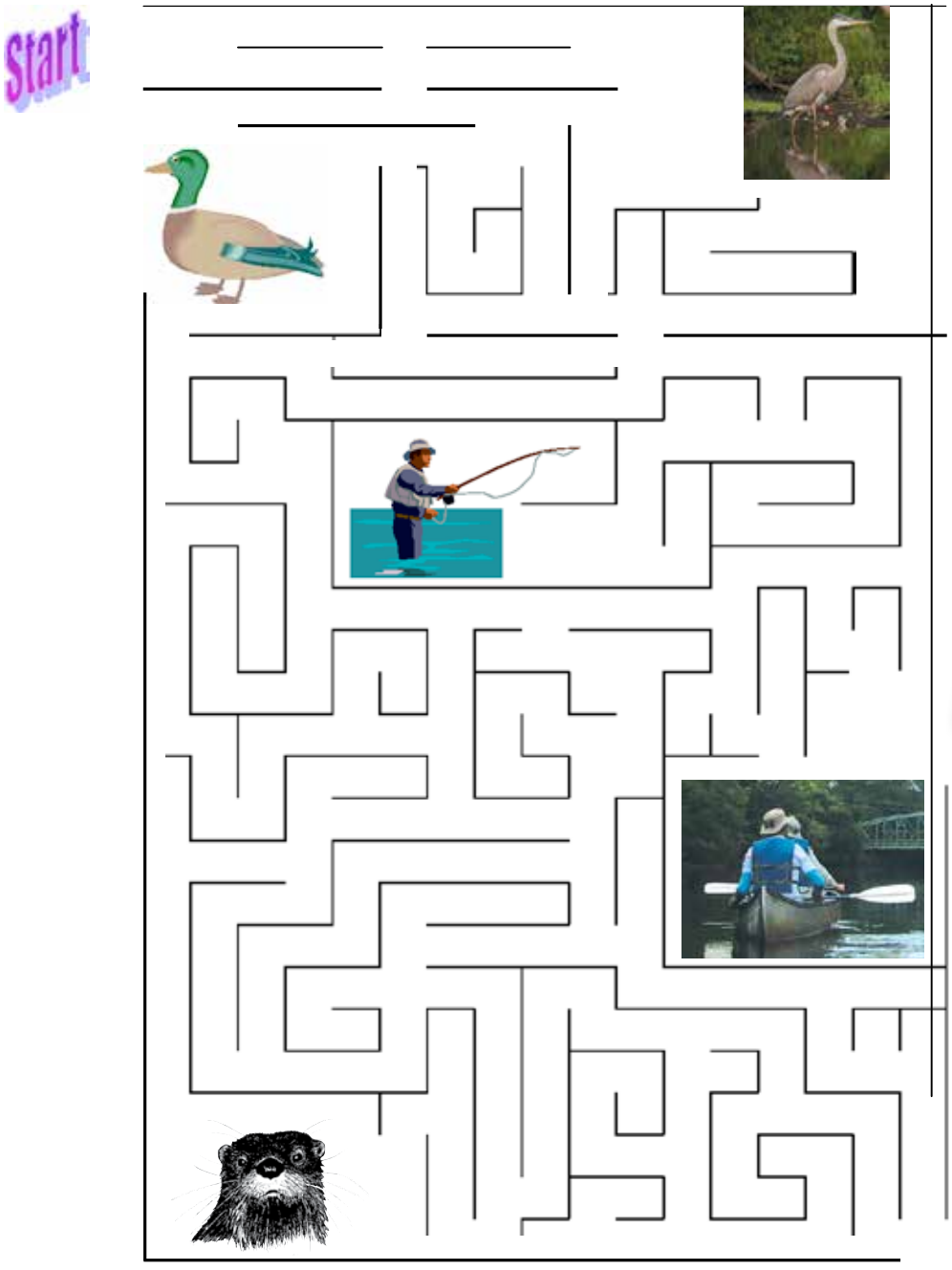
Now, think about how your use of the river would affect the river. Would the fish or animals be affected? Would the river's course (the natural path it takes) be changed?

Write about what might happen here:

Activity 13: Satan's Kingdom

The river is full of all different kinds of people and animals that use the river for play and survival. It is best to try to get along with the others using the river and practice good manners. This is called using river etiquette.

Can you find your way through the maze without disturbing the other users?





Satan's Kingdom, New Hartford

Photo Credit: Fred Jones



Activity 14: 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?

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?

Here are some ideas:

- **Pick up** trash with a friend or **organize** a trash clean up day.
- **Learn** about five 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 your 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.



River Clean up volunteers

Photo Credit: FRWA

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

Congratulations!

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

What were some of your favorite places on the river?

_____

_____

What was your favorite animal or bird to see?

_____

_____

_____

_____

Now, **bring** your booklet to the Austin Hawes Campground office, Peoples State Forest Nature Museum, or **call** 860-379-0282 to set up a time to come to Squire's Tavern (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 certificate and badge!**

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



Austin Hawes campground

Photo Credit: Carl Favata



Squire's Tavern, Pleasant Valley

Photo Credit: Liz Lacy

River Stewards

This booklet is published in fond memory of two 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.

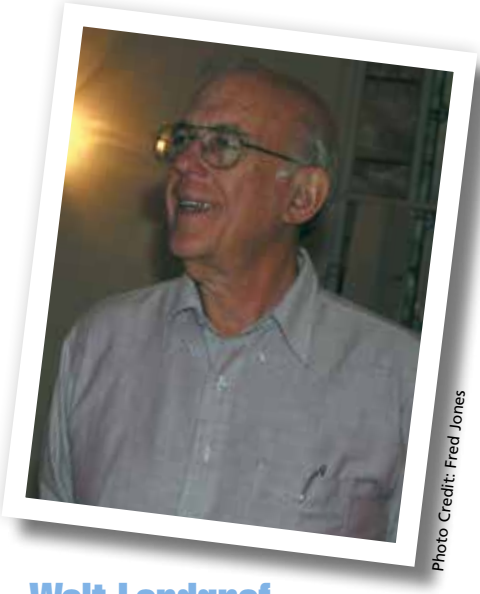


Photo Credit: Fred Jones

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 everyday 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.

Design by GoldsmithCommunications.com

National Park Service
U.S. Department of the Interior



Photo Credit: Tom Cameron

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

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
(860) 379-0282
www.farmingtonriver.org