



# STAND UP FOR YOUR RIVER IN A FEW EASY STEPS!

## LIGHTS, CAMERA, ACTION!

What do you know about your river? Watch Ottawa Riverkeeper's video at [www.ottawariverkeeper.ca/](http://www.ottawariverkeeper.ca/) and forward it to your friends. Learn how you can help our Riverkeeper Meredith Brown protect our river.

## DON'T SNOOZE: GET OUT AND USE

Go for a picnic or ride your bike along the banks. Encourage your family to go swimming, rafting, boating or fishing on your river or stream. The more you explore it, the more you will love it.

## HAVE ANY WEB- FOOTED FRIENDS?

Get all the latest news about the River Friends through our website. Read new facts and learn about upcoming events. Even better—share your own ideas, stories and make observations about a shoreline near you!

## JOIN THE PARTY

Help celebrate Canadian Rivers Day on the second Sunday in June. Enjoy paddling, food, and friends! Link to [www.ottawariverkeeper.ca](http://www.ottawariverkeeper.ca/) to find out where the party's at.

## LAP FROM THE TAP

Leave the bottled water on the shelf and drink from the tap or fountains. It is safe, clean, more energy efficient and it reduces waste. Learn more, check [www.insidethebottle.org](http://www.insidethebottle.org).

## SPOT THE WATER HOG

Use only the water you need. Give the river a break—turn off the tap while brushing your teeth, ask your family and neighbours to put away the sprinklers, and see how fast you can get out of the shower.

## CRASH SHORELINE TRASH

Help clean-up the waste that will end up in the river. Organize or participate in a shoreline, neighbourhood, park, or school yard clean-up. See [www.ottawariverkeeper.ca](http://www.ottawariverkeeper.ca) for details of how you can get down and dirty for the sake of the river. It's actually lots of fun!

## TURN MONEY BLUE

Choose Ottawa Riverkeeper as the charity of your family, school or club. Hold a fundraising event to support a healthy and clean river. Check out what other River Friends are doing and learn about great fundraising ideas!

## BE A WATER HERO

It's important to think about why the river matters to you and even more important to share what you know. Many people do not understand why rivers are important to our health and happiness. To be a water hero, you may describe the river in a future school project or talk to your family or school about responsible water use.

**There are many ways to improve the river's health. The decision is up to YOU.**



Ottawa RIVERKEEPER®  
SENTINELLE Outaouais

Ottawa Riverkeeper's youth education program engages youth to learn about the importance of the Ottawa River, their local waterbody. The initiative deepens students' understanding about the linkages between the community and watershed; how their actions are impacting the river; and how they can help protect and enhance its health.