

Volunteer for the Sound

WORKING TOGETHER TO RESTORE AND PROTECT THE SOUND



August 14, 2015

DO YOUR PART! VOLUNTEER FOR THE SOUND!



There are many organizations in Connecticut and New York that need your help protecting Long Island Sound! Here are some of the events happening in the near future.

Upcoming New York Volunteer Events

Saturday, August 15, 2015 at 10:00am-12:00pm: Trail Clean-up at the Nissequogue River Stewardship Area. Give back to your park and help maintain the trails and learn a few cool things along the way! Bring pruners/clippers if you have them – gloves provided. Meet in field 4 at 10 am at Sunken Meadow State Park, Kings Park, NY. If you have any questions, contact Sara Kulins, Park Naturalist, at sara.kulins@parks.ny.gov.

Saturday, September 12, 2015 at 9:00am: 6th Annual Underwater and Beach Clean-up and Clam Bake. Join the Scuba Sports Club and Captain Mike's Diving, Island Diving, Northeast Dive News, Scuba New York, Ski & Scuba Connection, Oceanblue Divers, Pristine Azul Dive Club, Beneath the Sea, Divers Alert Network, and other organizations for an underwater and beach clean-up at Glen Island Park, New Rochelle, NY. Divers who help clean are invited to the clam bake at 2:00pm. Collect 2 bags of trash in beach area, get a free entry to the clam bake. Clams, hot dogs, and bottled water provided. Bring a dish to share for the potluck BBQ. Prizes will be given out for the most trash collected. Bring your family to comb and clean the beach. For more information,

please [click here](#).

Saturday, September 12, 2015 at 9:00am-12:00pm: Cedarmere Pond Clean Up Day. Join the Friends of Cedarmere and the Nassau County Soil and Water Conservation District to remove invasive plants from the pond. Meet at the pond at Cedarmere, 225 Bryant Avenue, Roslyn, NY. Bring waterproof gloves, rubber boots, water shoes, or old sneakers. For more information and to register for the clean up day, visit www.nassauswcd.org.

Saturday, September 19, 2015 at 8:00am-12:00pm: Oyster Bay Harbor Cleanup/ International Coastal Cleanup Day.

Upcoming Connecticut Volunteer Events

Saturday & Sunday, September 25 & 26, 2015: Connecticut River Watershed Council's 19th Annual Source to Sea Cleanup. For more information, please [click here](#).

VOLUNTEER SPOTLIGHT

Article by Amy Mandelbaum, as featured in the [fall 2014](#) issue of Sound Update:



Credit: Carlos Martinez

According to **Laura Alvarez**, living near Long Island Sound feels like home. Born in Spain by the Mediterranean Sea, Laura thought she would miss the sea when she came to live in the Bronx. To her, "having the Long Island Sound nearby has been a great experience, and being able to organize different activities in the area, coordinate projects and feel the water nearby, it really makes me feel like home." Laura has been volunteering along the Bronx River and the Sound at Soundview Park for the past few years.

Laura was instrumental in the creation of a mural in the sprinkler area of the Soundview Park playground in 2012. Coordinating her efforts with Carlos Martinez of Friends of Soundview Park, their goal was to improve the

park for the community while creating awareness of the rich marine life in the area. To accomplish such a project, she researched the aquatic life found in the Bronx River and incorporated them into the mural. As she simply states it, "It's like the bottom of the river is under your feet." Laura traced the animals onto the floor and then invited local volunteers to assist her in painting the mural. With 40 volunteers in attendance, a wide range of members of the community helped her transform her sketching into a work of art.

In 2013, a year after her mural project at Soundview Park was unveiled, Laura started a Summer Art and Nature program for teens at the park. As part of this program, Laura invited organizations to come and teach the participants about the different aspects of the Bronx River, and the nature, birds, composting, trees, insects, and history of the area. Using the information that they learned as part of the program, the participants created pieces of art based on the lessons. According to Laura, "It was a great experience for all of us, because if you get the young people to understand the importance of nature, of parks, of the waterfront, they will be [better able to] take care of it when we are not around. They need to take charge of what they have in their neighborhood, and for that, education is key."

Laura also volunteers her time by helping to organize the Annual Soundview Park Summer Festival. At this festival, there are family-friendly activities that aim to connect the community to the waterfront and the park. Activities include canoeing, face painting, and live music.

The mural at Soundview Park is now two years old, and Laura hopes to get back to the sprinkler area for touch-ups.

If you would like to share your story of how someone is making a difference around the Sound, please contact me at 631-632-9216 or acb328@cornell.edu.

If your organization would like its volunteer event advertised on this volunteer e-newsletter, our [Volunteer Opportunities web page](#), or our [Facebook page](#), please send me an [email](#).

FURTHER INFORMATION

- [Long Island Sound Volunteer Opportunities](#)
- [Long Island Sound Study Website](#)

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