



In this newsletter:

- Volunteer for SSCW's [Winter Waterfowl Survey](#)--starting November 15
- Read about pharmaceuticals in our drinking water in this month's "[Ask Salem Sound Coastwatch](#)" (SSCW)
- Encourage state employees to designate SSCW in [COMECC](#), the State Employee Charity Campaign
- And don't miss several presentations by Barbara Warren, SSCW Executive Director, listed in [Upcoming Events](#).

Close Encounters of the Avian Kind.....



Volunteer Now for SSCW's Winter Waterfowl Survey

Sunday, November 15

2010 is a census year in more ways than one. For the first time since 1988, SSCW will be conducting a census of the migratory ducks and geese that winter in our coastal waters, some of which come from as far away as the Arctic.

For this project, teams of volunteers will go to designated locations in the Salem Sound watershed and record the types and numbers of observed birds. Surveys will be conducted on Sunday, November 15, January 17 and February 21, 2010.

SSCW's winter waterfowl census is being held in conjunction with the group "Take a Second Look" (TASL). Since 1980, TASL volunteers have been monitoring Boston Harbor to see if improvements in wastewater treatment would be reflected in the winter waterfowl populations.

This year, working with Mass Audubon, SSCW will be extending the TASL survey north. Volunteer birders will be collecting data from Nahant to Rockport and the findings will be compared to those from 1988.

Ask Salem Sound Coastwatch.....

.....Pharmaceuticals in our Drinking Water

This question came from a concerned member:

Q: Can you tell us about pharmaceuticals and other endocrine disruptors in our drinking water? What can we do as private citizens to help get this stuff out of our household water?

A: This is a very complex issue. Endocrine disruptors are chemicals that when absorbed by the body act like, and can interfere with, the work of natural hormones. They are widely used in consumer goods, medicines and agribusiness.

These chemical compounds are pervasive. They are found in products ranging from pesticides to cosmetics: toiletries, fragrances and other personal care products such as soaps and shampoos; medicines including hormones, birth control, antidepressants and over the counter drugs; plastic bottles; plastic bags; vinyl products; industrial detergents, and more.

Trace amounts of these compounds are found in our water resources. They get there through residential and industrial waste water. They can be washed down the drain (personal care products), or passed through urine (non-

metabolized pharmaceuticals). Waste water is treated and filtered before it finds its way into our drinking water supplies, but so far mechanisms do not exist to remove everything.

Is this a hazard? At this time, scientists have not been able to directly link exposures to impacts on human health. However, there is documented evidence that fish and frogs are becoming "feminized." Male fish have been found with excess female hormones and are developing female sex organs.

Scientists agree that more research needs to be done. EPA lists many of these compounds on the [CCL \(Contaminant Candidate List\)](#), which is created under the Safe Drinking Water Act as a priority list of compounds that need more study to document if regulation is needed. MA DEP refers to them as "[emerging contaminants.](#)"

What can we do? One thing is that each of us can dispose of unused or expired medicines properly. Keep them out of the waterways by putting them in sealed containers in the trash. [Click here](#) to see Federal guidelines for disposal of prescription drugs.



Drugs in the drinking water

Tests have detected minute concentrations of pharmaceuticals in the drinking water supplies of at least 46 million people in two dozen major American metropolitan areas, an Associated Press investigation has found. The federal government does not regulate prescription drugs in water.

If you know anyone who works for the Commonwealth of MA, please let them know that SSCW is participating in COMECC, the State's version of United Way. This is an easy and painless way to support SSCW.

Our number is 793522.

(page 56 of the brochure under "Unaffiliated Individual Organizations")

Spread the word. Help support Salem Sound Coastwatch.

ps--we have posters if you can use them.

Thanks!

Upcoming Events--Mark Your Calendars

Sunday, November 15 - 4:00 pm

"Woodlands to Wetlands: a story of coastal water quality"

Join Barbara Warren, Executive Director of Salem Sound Coastwatch, for a presentation at the Manchester-Essex Conservation Trust Annual Meeting.

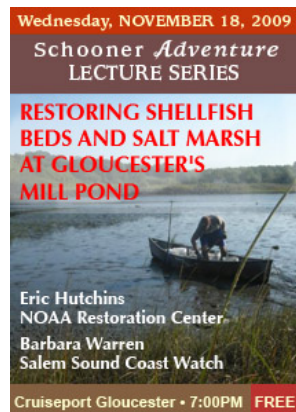
Using examples from Manchester-by-the-Sea and Essex, Barbara will tell the story of how the conserving upland forests can protect coastal salt marshes and beaches.

First Universalist Church,
59 Main Street Essex, MA 01929
Free Admission



Wednesday, November 18 - 7:00 pm

"Restoring Shellfish Beds and Salt Marsh at Gloucester's Mill Pond"



As part of the Schooner Adventure Lecture Series, Barbara Warren (SSCW) and Erick Hutchins (NOAA) describe how a pond that didn't know if it was a salt water system or a fresh water pond is now teeming with marine life--including soft shell clams.

Eric is Gulf of Maine Habitat Restoration Coordinator for the NOAA Restoration Center located in Gloucester.

At the Cruiseport Gloucester (downstairs)
6 Rowes Wharf, Gloucester, MA 01930

Free Admission. For more information call 978-281-8079

Follow Salem Sound Coastwatch on [Facebook](#)

And remember to send in your membership donations if you received a notice that they are due!

Thanks so much.
Barbara Warren Executive Director