



Canal Current

A wave of information for Cape Coral's Canalwatch volunteers

Newsletter: 3rd Quarter 2022

Environmental News

Plogging; Good for You, Good for the Planet.

Plogging? What could that mean? Plogging started as a fitness trend and a community effort to pick up trash in Sweden. Individuals and groups organized to pick up trash and debris while jogging, walking, or other outdoor fitness activities to better themselves while cleaning up the paths and roadways they take.

Due to its popularity in Sweden, the craze has now become a global effort. Largely in part because of social media. Many Ploggers post photos or videos of themselves or others in their groups being active by jogging, but also being active in their community by picking up trash. This led to challenging others to do the same.

So, does plogging mean "picking up trash while jogging"? In a way, yes. "plogging" is a combination of two Swedish words. "plocka upp" (to pick up) and "jogga" (to jog). However, since its beginnings, it has now spanned many different forms of outdoor activities from simply picking up trash while walking a dog, to something more enthusiastic, such as collecting beach debris after swimming laps. Anything goes as long as a fitness activity is combined with litter pickup.

Since Hurricane Ian, the southwest coast of Florida has accumulated a lot of trash and debris. While many communities and agencies are doing their best to continue cleanup efforts since the storm, there is still much that needs to be done.

Consider plogging? If you have an outdoors workout, dog walking routine, or even enjoy a hike in one of the area's nature parks. Bring along a couple of plastic grocery bags to pick up trash along the streets, sidewalks, or trails. Keeping trash and debris off these areas will prevent it from entering our waterways. You may find that plogging is a rewarding, engaging way to help clean up the community while raising awareness about pollution.

The City of Cape Coral and Keep Lee County Beautiful encourages residents to take action and help with pollution prevention by cleaning up litter. This will benefit the community and the environment. We can all make a difference in reducing trash and debris by "plogging" in our local neighborhoods, parks, and waterways.

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Questions? Comments? Let us know!

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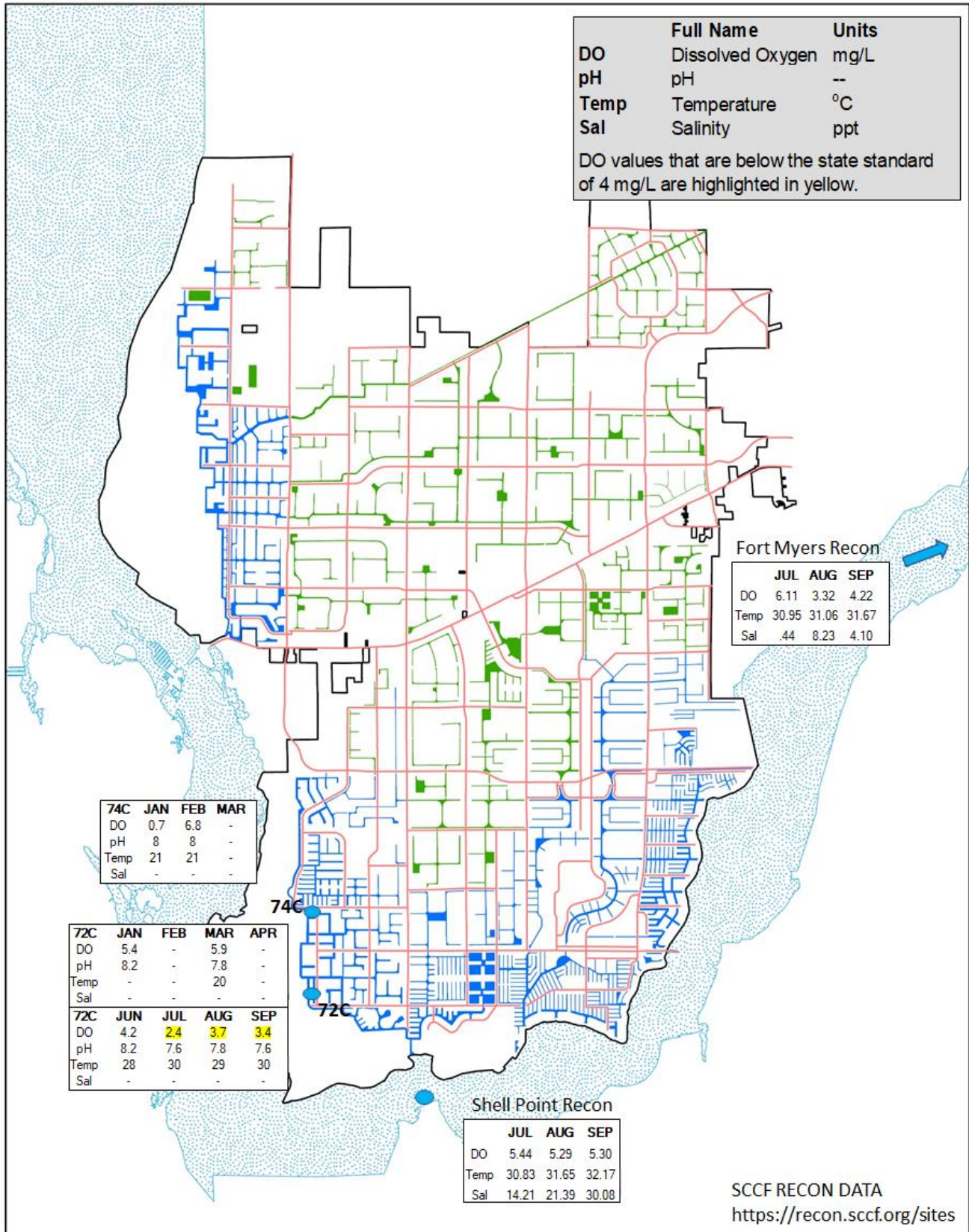


Upper right: Plastic waste, some of the worst types of litter due to its longevity in the environment.

Above: Due to Hurricane Ian, trash is even more prevalent on vacant properties, along roadsides and canal banks.

Lower right: Picking up trash in a neighborhood while on an evening stroll.

Canalwatch Extra Field Data 3rd Quarter 2022



| | July 2022 | | | | | | August 2022 | | | | | | September 2022 | | | | | | Avg TSI |
|------|-------------|-------------|-----------------|-----|-------------|----------------|-------------|-------------|-----------------|-----|-------------|----------------|----------------|-------------|-----------------|-----|-------------|----------------|---------|
| | NO2 <1.0 | NO3 <1.0 | NH3 none set | TKN | T-N <2.0 | T-PO4 <0.46 | NO2 <1.0 | NO3 <1.0 | NH3 none set | TKN | T-N <2.0 | T-PO4 <0.46 | NO2 <1.0 | NO3 <1.0 | NH3 none set | TKN | T-N <2.0 | T-PO4 <0.46 | |
| 2-4A | | | | | | | | | | | | | 0.05 | 0.05 | 0.2 | 0.6 | 0.6 | 0.14 | 24.59 |
| 5D | 0.05 | 0.13 | 0.1 | 0.5 | 0.6 | 0.10 | 0.025 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | | | | | | | 43.91 |
| 5H | 0.05 | 0.10 | 0.1 | 0.2 | 0.3 | 0.10 | 0.025 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | | | | | | | 39.79 |
| 5I | 0.05 | 0.10 | 0.1 | 0.5 | 0.6 | 0.10 | | | | | | | | | | | | | 45.89 |
| 6F | 0.05 | 0.10 | 0.1 | 0.9 | 1.0 | 0.12 | 0.025 | 0.05 | 0.3 | 0.8 | 0.8 | 0.20 | 0.05 | 0.05 | 0.4 | 0.6 | 0.6 | 0.13 | 50.13 |
| 7E | 0.05 | 0.10 | 0.2 | 0.6 | 0.7 | 0.10 | | | | | | | 0.05 | 0.05 | 0.3 | 0.6 | 0.6 | 0.10 | 47.52 |
| 9H | 0.05 | 0.10 | 0.1 | 0.5 | 0.6 | 0.05 | 0.025 | 0.10 | 0.3 | 0.5 | 0.6 | 0.15 | 0.05 | 0.05 | 0.3 | 0.6 | 0.6 | 0.10 | 47.97 |
| 12H | 0.05 | 0.10 | 0.1 | 0.7 | 0.8 | 0.10 | 0.025 | 0.05 | 0.2 | 0.6 | 0.6 | 0.10 | | | | | | | 46.00 |
| 13B | | | | | | | 0.025 | 0.05 | 0.4 | 0.6 | 0.6 | 0.10 | 0.05 | 0.05 | 0.3 | 0.6 | 0.6 | 0.10 | 47.14 |
| 15G | 0.05 | 0.05 | 0.2 | 1.0 | 1.0 | 0.13 | 0.025 | 0.05 | 0.2 | 0.5 | 0.5 | 0.10 | 0.05 | 0.10 | 0.3 | 0.7 | 0.8 | 0.05 | 50.92 |
| 16E | 0.05 | 0.05 | 0.1 | 0.8 | 0.8 | 0.05 | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | 48.03 |
| 16H | | | | | | | 0.025 | 0.05 | 0.2 | 0.7 | 0.7 | 0.10 | | | | | | | 50.04 |
| 16I | | | | | | | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | 48.48 |
| 18K | | | | | | | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.2 | 0.6 | 0.6 | 0.13 | 34.91 |
| 18L | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.10 | 0.025 | 0.05 | 0.3 | 0.6 | 0.6 | 0.10 | 0.05 | 0.05 | 0.2 | 0.7 | 0.7 | 0.10 | 49.91 |
| 18M | 0.05 | 0.05 | 0.1 | 0.6 | 0.6 | 0.10 | 0.025 | 0.05 | 0.2 | 0.6 | 0.6 | 0.10 | 0.05 | 0.05 | 0.3 | 1.1 | 1.1 | 0.21 | 53.51 |
| 19D | 0.05 | 0.05 | 0.1 | 1.1 | 1.1 | 0.11 | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 55.58 |
| 21D | 0.05 | 0.10 | 0.1 | 0.6 | 0.7 | 0.10 | 0.025 | 0.54 | 0.3 | 1.1 | 1.6 | 0.10 | 0.05 | 0.10 | 0.3 | 0.6 | 0.7 | 0.11 | 55.47 |
| 21I | | | | | | | 0.025 | 0.05 | 0.2 | 0.5 | 0.5 | 0.10 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.05 | 42.08 |
| 24D | 0.05 | 0.05 | 0.1 | 1.1 | 1.1 | 0.12 | | | | | | | 0.05 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 53.41 |
| 30D | | | | | | | 0.025 | 0.10 | 0.3 | 0.7 | 0.8 | 0.05 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | 47.62 |
| 30E | | | | | | | 0.025 | 0.05 | 0.3 | 0.6 | 0.6 | 0.05 | 0.05 | 0.05 | 0.2 | 0.8 | 0.8 | 0.10 | 50.87 |
| 41B | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.05 | | | | | | | 0.05 | 0.05 | 0.2 | 0.7 | 0.7 | 0.10 | 50.29 |
| 44A | | | | | | | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.4 | 0.4 | 0.10 | 50.67 |
| 44B | 0.05 | 0.05 | 0.1 | 0.5 | 0.5 | 0.05 | | | | | | | 0.05 | 0.05 | 0.3 | 0.4 | 0.4 | 0.10 | 43.09 |

| | | | | | | | | | | | | | | | | | | | |
|---------------|-------------|-------------|-------------|-------------|-------------|------|-------------|-------------|-------------|-------------|-------------|------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|
| 45D | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.10 | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.05 | 53.72 |
| 48A | 0.05 | 0.05 | 0.1 | 0.6 | 0.6 | 0.05 | 0.025 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | 0.05 | 0.05 | 0.5 | 0.7 | 0.7 | 0.10 | 54.83 |
| 50B | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.05 | 0.025 | 0.05 | 0.2 | 0.9 | 0.9 | 0.10 | 0.05 | 0.05 | 0.3 | 0.4 | 0.4 | 0.10 | 49.61 |
| 58I | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.05 | 0.025 | 0.05 | 0.3 | 0.6 | 0.6 | 0.10 | 0.05 | 0.05 | 0.2 | 0.4 | 0.4 | 0.10 | 48.80 |
| 64H | 0.05 | 0.05 | 0.1 | 0.5 | 0.5 | 0.10 | 0.025 | 0.05 | 0.3 | 0.6 | 0.6 | 0.20 | 0.05 | 0.05 | 0.3 | 0.5 | 0.5 | 0.10 | 44.20 |
| 70H | | | | | | | | | | | | | 0.05 | 0.05 | 0.3 | 0.6 | 0.6 | 0.11 | 43.08 |
| 72C | 0.05 | 0.05 | 0.1 | 0.8 | 0.8 | 0.10 | 0.025 | 0.05 | 0.2 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.2 | 0.5 | 0.5 | 0.10 | 48.86 |
| 74C | 0.05 | 0.05 | 0.1 | 0.6 | 0.6 | 0.10 | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.3 | 0.7 | 0.7 | 0.12 | 43.21 |
| 74G | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.10 | 0.025 | 0.05 | 0.3 | 0.9 | 0.9 | 0.10 | 0.05 | 0.05 | 0.3 | 0.6 | 0.6 | 0.11 | 46.79 |
| 82A | 0.05 | 0.05 | 0.1 | 0.9 | 0.9 | 0.05 | 0.025 | 0.05 | 0.3 | 0.8 | 0.8 | 0.05 | 0.05 | 0.05 | 0.3 | 0.7 | 0.7 | 0.05 | 58.67 |
| 94C | | | | | | | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.20 | 0.05 | 0.05 | 0.3 | 0.8 | 0.8 | 0.10 | 53.58 |
| 96A | 0.05 | 0.05 | 0.1 | 0.7 | 0.7 | 0.19 | 0.025 | 0.05 | 0.3 | 0.1 | 0.1 | 0.20 | 0.05 | 0.10 | 0.4 | 0.7 | 0.8 | 0.10 | 45.58 |
| 96B | | | | | | | 0.025 | 0.05 | 0.3 | 0.7 | 0.7 | 0.10 | 0.05 | 0.05 | 0.4 | 0.7 | 0.7 | 0.10 | 56.41 |
| Median | 0.05 | 0.10 | 0.70 | 0.70 | 0.10 | | 0.05 | 0.28 | 0.65 | 0.65 | 0.10 | | 0.05 | 0.30 | 0.60 | 0.60 | 0.10 | 48.64 | |
| Max | 0.13 | 0.20 | 1.10 | 1.10 | 0.19 | | 0.54 | 0.36 | 1.07 | 1.60 | 0.20 | | 0.10 | 0.50 | 1.10 | 1.10 | 0.21 | 58.67 | |

| | | |
|---------------------------|---|--|
| NO2 = Nitrite (inorganic) | TKN = Total Kjeldahl Nitrogen (organic + NH4) | High levels of nutrients in our canals can indicate the presence of fertilizer runoff or effluent from wastewater or septic systems. Excessive nutrients can lead to nuisance plant growth and algal blooms. |
| NO3 = Nitrate (inorganic) | TN = Total Nitrogen (inorganic + organic) | |
| NH3 = Ammonia (inorganic) | TP04 = Total Phosphate | |

All nutrient concentrations shown in mg/L

TSI = Trophic State Index, a quick indicator of canal health. 38 sites this quarter scored as GOOD (<60). Zero site scored FAIR (60-70), and zero scored POOR (>70). Third quarter 2022 water quality continued to maintain good standing despite the stormwater influence. However, by June many canals needed the water. July, August and with Hurricane Ian in late September, significant rainfall fell on all of Southwest Florida. The inundation of storm surge may have decreased the chance for freshwater algae blooms in Cape Coral; though red tide remains an issue off the coast following Hurricane Ian.

For up-to-date City of Cape Environmental Resources Division water quality data visit https://www.capecoral.net/department/public_works/quarterly_water_quality_reports.php

Upcoming Events and Classes

Florida Friendly Landscaping Class

March 25th 10am-12pm

Info at:

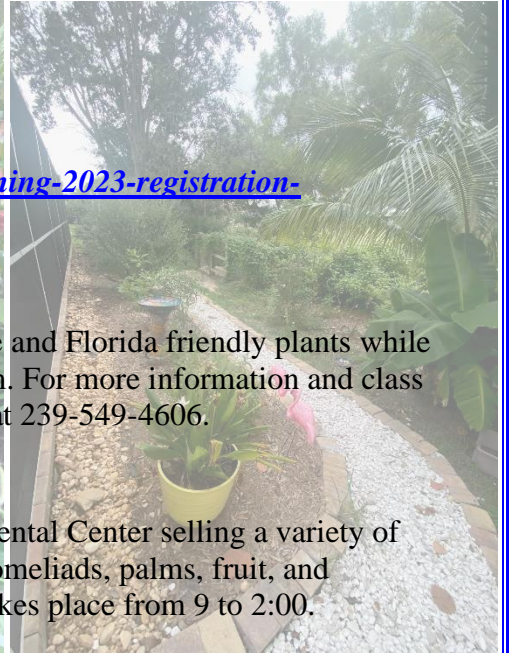
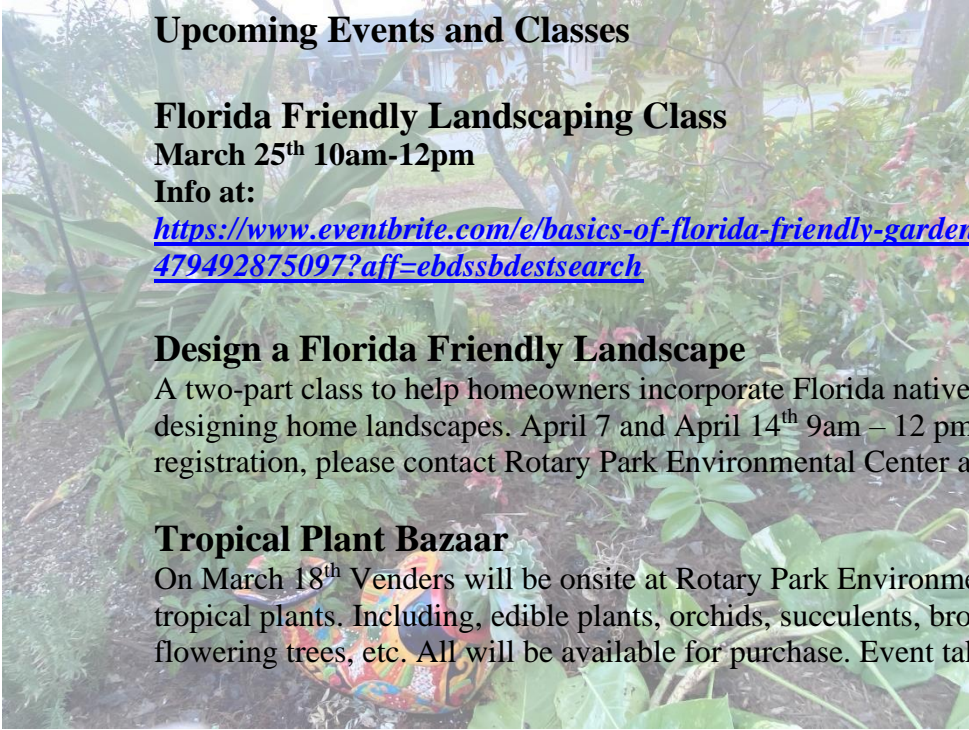
<https://www.eventbrite.com/e/basics-of-florida-friendly-gardening-2023-registration-479492875097?aff=ebdssbdestsearch>

Design a Florida Friendly Landscape

A two-part class to help homeowners incorporate Florida native and Florida friendly plants while designing home landscapes. April 7 and April 14th 9am – 12 pm. For more information and class registration, please contact Rotary Park Environmental Center at 239-549-4606.

Tropical Plant Bazaar

On March 18th Venders will be onsite at Rotary Park Environmental Center selling a variety of tropical plants. Including, edible plants, orchids, succulents, bromeliads, palms, fruit, and flowering trees, etc. All will be available for purchase. Event takes place from 9 to 2:00.



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