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**From:** [Christine Holland](#)

**Sent:** Wednesday, March 29, 2006 4:23 PM

**Subject:** water quality monitoring, walk this way, walkable communities, public transit survey

Are you looking for a chance to volunteer and make a difference in our community? Here's an opportunity to work with River Keepers to monitor the health of the Red River. You'll learn about the Red River, the process of gathering river samples and how to report the information. Volunteers must be available occasional weekdays 8 a.m.-2 p.m. Join us on Monday, April 17 from 1-3 p.m. at the S.S. Ruby landing. To register go to:  
<https://communityed.moorhead.k12.mn.us/wconnect/wc.dll?acecode~GroupCatalog~>

Please help us promote the 2006 Walk This Way program. Please post and distribute the attached poster, and of course, participate in at least one walk.

A public forum to address the benefits of building walkable communities and provide examples of how people can work to influence change in their neighborhoods will be held 7-9 p.m. on Thursday, April 6 at the Hjemkomst Center in Moorhead.

Attend the Walkable Communities Workshop "Streets, Neighborhoods & People: Developing a Connected Community" at the Hjemkomst Center in Moorhead on Friday, April 7, 2006 from 9 a.m. - 3:30 p.m. The day long workshop is aimed at local government staff, interested agencies and organizations and the general public. Attendees will be given a tool box of ideas and approaches to increase walkability. Register by Friday, March 31 at [www.fmwalkthisway.com](http://www.fmwalkthisway.com) or call Joan at FM COG at 701-232-3242 ext. 31.

The North Central River Forecast Center has a good Website to follow basin flood forecasts:  
<http://www.crh.noaa.gov/ahps2/index.php?wfo=fqf>

Please take a few moments to fill out the 2011 Metro Transit Plan survey at [www.fmcommuter.org](http://www.fmcommuter.org). The survey is oriented to community members who are not regular users of public transit. The survey findings will be used by Metro COG to assist in the developing of policies and programs aimed at enhancing the local public transit system. The survey is completely confidential; however, if you provide your email address at the end, you will be eligible to win one of three \$50.00 gift certificates to area businesses.

If you would like to be taken off this e-news list or have comments, please respond to this e-mail.

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"Promoting a renewed vision for the Red River of the North."