

VOLUME 3 ISSUE 10 • OCTOBER 2025

# The CW Tea



Monthly Newsletter from CWT Training Academy

## Spooky Stormwater Awareness this October!

Last week was National Stormwater Week, and this week is Stormwater Awareness Week in Washington! Celebrate along with partners across the industry to: **Educate** the public about the harmful effects of stormwater pollution; **Empower** communities and practitioners with practical tools and knowledge to manage stormwater, and; **Encourage** policymakers, businesses, and residents to take meaningful action to protect waterways.

Here at CWT we want to recognize and invest in the people who make this work possible. Professional development and technical training are the backbone of effective stormwater management — ensuring that field staff, inspectors, engineers, and planners stay current on evolving regulations, best management practices, and new technologies. **Whether it's renewing a CESCL certification, attending a workshop, or completing continuing education in green infrastructure design, each opportunity to learn translates directly into cleaner water and healthier communities.** By prioritizing ongoing training and professional growth, we not only meet the challenges of today but also build the skilled, informed workforce needed to protect our water resources for generations to come.

This time is more than a reminder of the critical role clean water plays in our communities — it's a celebration of the professionals and programs that keep our rivers, lakes, and shorelines thriving. As we head into the wet winter season, it's a chance to prevent pollutants on streets and construction sites from washing into the nearest waterway, through effective planning, site stabilization, and preventative work. Thanks to the dedication of stormwater professionals, planners, and maintenance crews, countless gallons of runoff can be managed, filtered, and treated before reaching sensitive ecosystems — **if we plan ahead and are Stormwater Aware!**

There are numerous ways throughout this newsletter to raise your stormwater awareness, as well as opportunities to get involved, protect, engage, and understand how our efforts to manage stormwater runoff directly impact the health of the world around us.

*Nathan Hardebeck, Owner of CWT and CWT Training Academy*



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Events &  
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# WASHINGTON STORMWATER AWARENESS WEEK!

While stormwater might seem like a small part of the larger environmental picture, its impact is far-reaching. How we manage, protect, treat, and discharge stormwater plays a crucial role in safeguarding and restoring our environment, building economic opportunity, protecting human health, and mitigating risk. Whether you're a municipality striving to keep stormwater clean, a construction site managing erosion and sediment control, an industrial facility improving housekeeping practices to meet stormwater sampling goals, or simply someone passionate about environmental protection, we invite you to join us for the 2nd Annual Stormwater Awareness Week, October 6-11, 2025.

## Attend Training Events!

Field demonstrations, technical trainings, and accessible virtual sessions with leading researchers and practitioners – open to all!  
[Learn more and Sign Up Here!](#)

## Volunteer Opportunities!

Commit to citizen action during Stormwater Awareness Week by volunteering on Saturday, October 11th, or Sunday, October 12th, no matter where you live, work, or play!  
[Washington Opportunities Abound!](#)

## Coordinate a Storm Drain Clean-Up Day!

Engage your community, reduce pollutant loading in the storm system, and highlight the connection between daily actions and water quality.  
[Use this Handy Toolkit to Get Started!](#)

## Proclaim your Support!

Proclamations give official recognition to issues that might otherwise go unnoticed, helping to educate the public and bring attention to environmental initiatives.  
[Find a Template Here!](#)

# GET READY FOR THE RAIN!

## SAMPLE PREPARATION CHECKLIST



Stormwater monitoring is a critical part of permit compliance at your industrial, construction, or municipal sites. As we move into wetter, colder weather, sampling during the fall and winter is often very challenging for permittees. Preparing your facilities, staff, materials, and schedules to make sure you collect the right water at the right time can be a lot to handle. There are several things you can do to make sure your rainy season sampling goes smoothly and showcases the good housekeeping on your site!

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- ☐ **Watch the weather!**  
Many permits require samples to be collected from specific discharge events, which can often occur with as little as 0.10" of rain. Every site is different, so keeping an eye on the weather is vital!

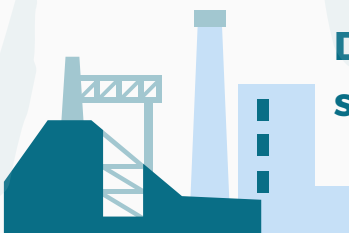
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- ☐ **Clean your site!**  
Performing good housekeeping on the property, including pavement sweeping, covering materials, disposing of refuse, etc. ensures you're ready for the results. Be sure to walk your site with an inspection form - keep a look out for and clean up any spills, debris, or other pollutants that you find.

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- ☐ **Maintain your infrastructure!**  
Your site has many best management practices (BMPs), all of which need maintenance and attention in order to perform properly. Sediment and erosion control devices may need to be reinstalled or adjusted; filtration mechanisms may need to be cleaned out or replaced, media or chemistry may need to be recharged or refilled. Check around your site and get ready!

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- ☐ **Ready your staff!**  
Nearly all permittees are required to have annual stormwater training - what better time than during the fall months, in preparation for winter weather? This training should cover sample collection protocols, health and safety information, spill response, and - of course - a review of the current stormwater plan including any revisions or updates that may be necessary.
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**Download this checklist to have on hand & share with your staff as you head into Q4.**

**Happy Sampling!**





## NEW TEST MEASURES TOXIN FROM TIRES IN MARINE LIFE, ASSESSES RISK TO MARINE SPECIES AND ECOSYSTEMS

NOAA scientists at the Northwest Fisheries Science Center have developed a new analytical method to measure 6PPD-quinone – a toxic degradation product of a common tire additive – directly in tissues of finfish, shellfish, and marine mammals. Previous monitoring had focused largely on measuring the chemical in water, sediment, road dust, and stormwater runoff, but not within living organisms. This new capability allows for more precise tracking of how 6PPD-quinone moves through aquatic food webs, how much accumulates in organisms, **and how exposure from stormwater runoff may vary across species.**

## Policy, Compliance, and Regulatory Corner



*Helping you navigate change in 2025*

This research is especially important because 6PPD-quinone is already linked to Urban Runoff Mortality Syndrome: **a phenomenon where chemicals in stormwater runoff causes mass die-offs of coho salmon in the Pacific Northwest.** By being able to measure the “body burden” of this toxin, scientists and resource managers can better assess risks to aquatic life, make informed decisions on mitigation, and choose the best stormwater BMPs for the issue.

### SPOTLIGHT ON: National Salmon Day

Every year on **October 8, National Salmon Day** shines a spotlight on one of nature’s most remarkable species – the salmon. These fish are more than a symbol of the Pacific Northwest; they’re a cornerstone of ecosystems, economies, and cultures across North America. Salmon spend their lives traveling thousands of miles between freshwater rivers and the open ocean, returning with astonishing precision to their birthplace to spawn. Their life cycle nourishes forests, wildlife, and communities alike – from eagles and bears that feed on their return, to forests enriched by the nutrients their migration brings upstream.

**National Salmon Day is also a reminder of the responsibility we share in protecting salmon habitat and water quality.** Urban development, stormwater runoff, rising water temperatures, and barriers like culverts and dams continue to threaten their survival. Across the country, tribes, conservation groups, and local governments are restoring streams, removing barriers, and improving water management to give salmon a fighting chance. Whether it’s supporting sustainable fisheries, volunteering for a habitat restoration event, or simply learning more about salmon-friendly practices, this day invites everyone to take part.

**By protecting salmon, we protect clean water, healthy ecosystems, and the enduring natural heritage that defines so many of our communities.**

See page 8 for  
a fun Salmon Day  
coloring page!



# SALMON, ORCAS, AND POLLUTION: A FRAGILE CHAIN OF SURVIVAL

In the Pacific Northwest, salmon and orcas are deeply intertwined — not just symbolically, but biologically. Chinook salmon, the largest of the Pacific salmon species, are the primary food source for the critically endangered Southern Resident orcas. **When salmon runs decline, orcas struggle to find enough to eat, leading to malnutrition, lower birth rates, and increased mortality.** Further, both species are facing mounting pressures from pollution that threatens the delicate balance of their shared ecosystem.

**Polluted stormwater runoff is one of the most significant sources of contamination in Puget Sound and other coastal waters.** It carries oil, heavy metals, pesticides, and tire chemicals like 6PPD-quinone — a compound recently identified as lethal to coho salmon even in trace amounts. When salmon populations are weakened or wiped out by these pollutants, the effects cascade upward to the orcas that depend on them. Additionally, toxic contaminants such as PCBs and flame retardants accumulate in the food chain, concentrating in orca tissue and impairing their immune and reproductive systems. **Protecting both salmon and orcas means addressing pollution at its source — investing in effective stormwater prevention and treatment, green infrastructure, and habitat restoration.** Cleaner water is not just a goal; it's essential for the survival of two of our most iconic species.



## GET INVOLVED

- **Washington Stormwater Awareness Week**  
Trainings, Volunteering, & More  
October 6-11
- **National Salmon Day**  
Read more throughout this newsletter!  
October 8
- **Orca Recovery Day**  
Education, Restoration, & More  
October 18th



# Putting it All Together

## *The Connections Among Stormwater Contamination, Human Health, and Ecosystem Recovery*

**This newsletter has covered stormwater awareness, salmon struggles, pollution loading research, orca recovery, contaminant monitoring, and human and ecosystem health. But it's important - essential - to put it all together to see the big picture.**

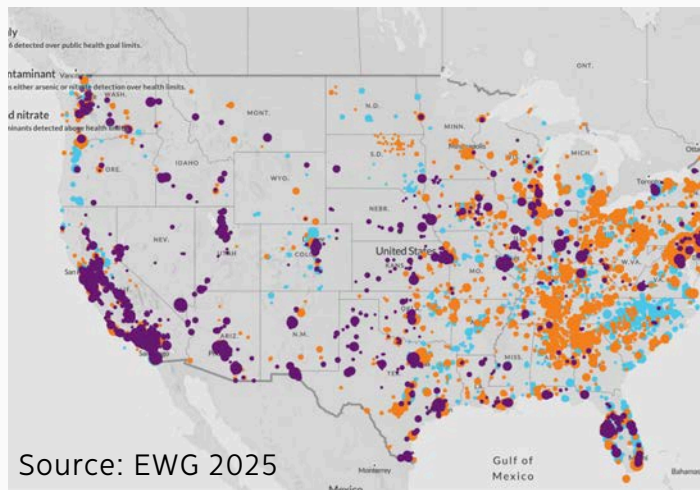
Stormwater pollution is one of the most pervasive yet often overlooked threats to human and environmental health. Uncontrolled stormwater pollution not only impacts wildlife and plants but also undermines human health and community wellbeing. Rain and snowmelt runoff pick up contaminants from roads, parking lots, construction sites, and agricultural lands, carrying oils, heavy metals, pesticides, sediment, and other pollutants directly into streams, rivers, and coastal waters, compromising drinking water sources, fishing areas, and recreational waterways. Many of these substances, including PCBs, dioxins, and certain plasticizers like BPA and phthalates, are known or suspected endocrine disruptors, carcinogens, or teratogens (negatively impact fetuses).

**High mortality, reproductive and developmental issues, and long-term damage to organs and tissues are well documented in the animal world; yet, the connection to human health is just as significant.**

Long-term exposure to these contaminants, even at low levels, can pose health risks, such as cancer, birth defects and liver damage. Communities near urbanized or industrial areas are particularly vulnerable, as stormwater runoff from impervious surfaces tends to carry higher concentrations of pollutants.

## ***Breast Cancer Awareness - and Environmental Pollution***

Because breast cancer is often hormone-sensitive, long-term exposure to endocrine-disrupting **contaminants regularly found in stormwater runoff that end up in drinking water, soil, or air, can elevate risk by altering normal cellular processes and promoting tumor growth.** This linkage underscores the importance of pollution prevention not only for ecosystem health but for human health as well. October is Breast Cancer Awareness Month, and its connection to stormwater quality, as well as the larger efforts for environmental protection and cleanup, cannot be overstated.

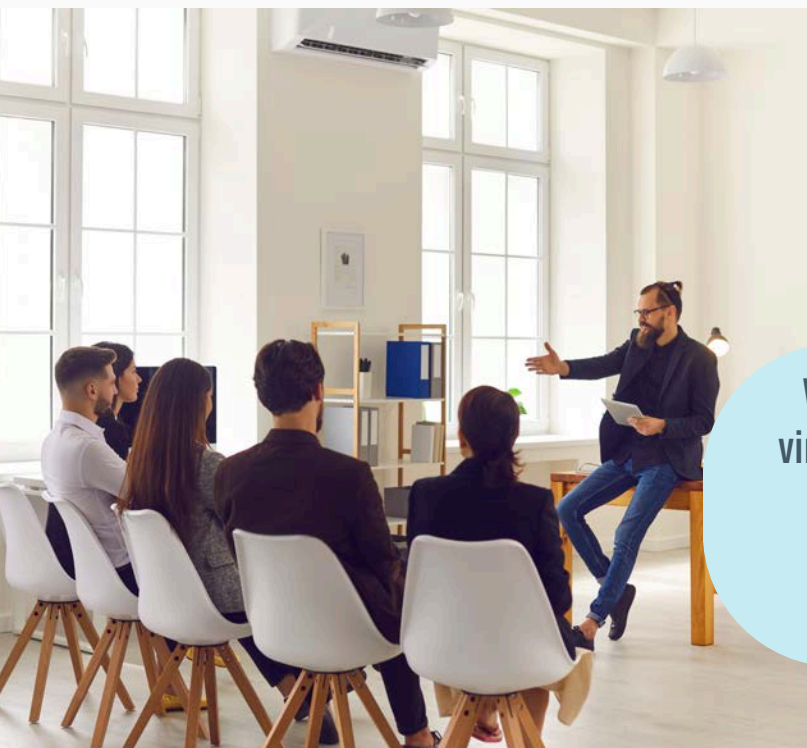


The health nonprofit the Environmental Working Group ([EWG](https://www.ewg.org)) found that many water supplies around the country have higher than acceptable levels of numerous contaminants at the same time - not just one. Water treatment plants do their best to remove known contamination, but even the best technologies cannot remove all pollution and associated health risks. **Recognizing this connection highlights why stormwater management - and thus, pollution prevention - is a major public health priority.** By investing in green infrastructure — rain gardens, permeable pavements, vegetated swales, and filtration systems — communities can minimize the flow of toxins into local water supplies, reduce the burden on treatment plants, and limit human exposure. Similarly, stricter monitoring and source control programs help identify and remove harmful chemicals before they reach the environment.

**Clean water, after all, is not just an ecological goal — it is essential to preventing disease and ensuring healthier lives for future generations.**







# UPCOMING EVENTS

Trainings, conferences, fun, and other happenings to keep you in the know in 2025

We are booking our public, private, in-person, and virtual courses and trainings for October - December 2025 now! Reach out to [info@cwttacademy.com](mailto:info@cwttacademy.com) or visit [cwttacademy.com](http://cwttacademy.com) to check out all of our event offerings

## Come See the Academy!

- Washington APWA Fall Conference  
October 15-16, Yakima, Washington
- WEFTEC Tech Expo and Conference 2025  
September 27-October 1, Chicago, Illinois
- WaterSMART Innovations Conference  
October 7-9, Reno, Nevada
- IECA South Central Conference  
October 7-8, Oklahoma City, Oklahoma
- IECA Mountain States Conference  
November 2-4, Denver, Colorado
- IECA Northeast Conference  
November 3-5, Boston, Massachusetts

## Other Events and Happenings



**Celebrate  
National  
Salmon Day  
with some cool  
new swag from  
[PuddleGear.com](http://PuddleGear.com)!**



“Did you know that salmon are nature’s water quality indicators? If the water’s too polluted, they disappear!

Healthy salmon mean healthy streams - and that means clean water for everyone.”



-Spectro  
Stormwater Defender

