



WATERSHED
HERO

Shout Out to Watershed Heroes! Women¹⁰ Living Fit Inside Out

Women (to the power of 10) Living Fit Inside Out, are an association of mature women who come together under the inspiration of Harriett Madigan to socially connect and create a better quality of life, individually and collectively.

Through their individual and collective actions, “Women 10” contribute in a meaningful way to the social and environmental well-being of the North Bay community.



You might not see them at work, but you do see the fruits of their labour.

They are fostering another generation of environmental stewards when year after year they bring their grandchildren to join in the “Grandparents Planting Trees” event at the starter nurseries, planting seedlings for trees that will be planted throughout North Bay. These seedlings once grown, make their way to plantings on the waterfront, at the Community Waterfront Park and other public lands throughout the City. You know they’ve planted more than trees when they come back with their grandchildren who proudly point to the trees they’ve planted.

After the reconstruction and realignment of Chippewa Creek, they were there to assist with much needed weeding as the newly planted shoreline plants took root. They were there in 2012 at the Official Opening of the Chippewa Creek EcoPath. When volunteers were invited to “Adopt the Creek” along the EcoPath, they were there among the first to take up the invitation.

Integrated watershed management takes into consider the interconnectedness of the social and economic well being of a watershed in conjunction with the environment. The Women10 ladies have contributed to the Trinity Church Infant food shelf, the Gathering Place, Santa Fund and other family-related charities by raising funds through auctioning their crafts as well as their personal skills such as gardening help, home baked goods, boat rides, and kayak lessons.

NBMCA is proud to recognize Women¹⁰ Living Fit Inside Out for their commitment and dedication to our watershed by acknowledging them as Watershed Heroes.