

THE RIVER RUNS

News from the Cowpasture River Preservation Association



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This photo, taken in 2014 by Harrison McVey, is looking upriver from his grandparents' property at Old Camp Farm, which is the old Wallawhatoola Camp. The bend in the river is just down from the dam on the Windy Cove Farm property. *(Please send us your best photos of the Cowpasture River and the surrounding wildlife.)*

Board of Directors (2018-2019)

Officers:

Richard Brooks, President

Kim Manion, Secretary

Stewart Hobbs, Treasurer

Directors:

Lucius Bracey

David Burnett

Caryl Cowden

Elizabeth Dudley

Michael Hayslett

Marshall Higgins

Nelson Hoy

Steve Van Lear

Nan Mahone Wellborn

Jeremy White

Staff:

*Lynne Griffith,
Executive Assistant*

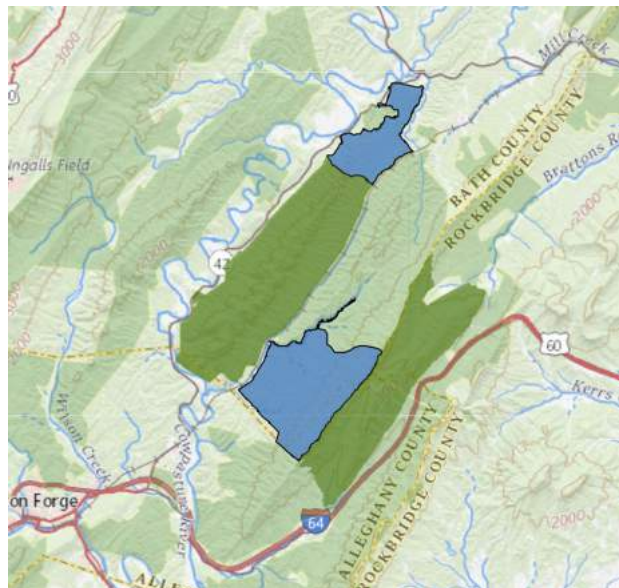
Editor: Lynne Griffith

Photographer: Kathy Farmer

From the President

I hope spring arrives soon so that I can get outside and away from this computer and the accompanying bad news that usually fills the screen. Deadly weather, dismal politics, and discouraging world affairs. Enough already!

To be honest, though, the news isn't all bad. Thank goodness for Lynn Cameron, former president of the Virginia Wilderness Committee, which has worked tirelessly to preserve wild lands. Their latest initiative has been to get Senator Tim Kaine to reintroduce the Virginia Wilderness Additions bill (S 247) to put additional land in our watershed into the George Washington National Forest. These parcels are in Rough Mountain and Rich Hole, as shown below.



This legislative effort to improve water quality on the lower Cowpasture River is completely within our charter and we'd like to see it happen. For more information, go online to <https://www.congress.gov/bill/116th-congress/senate-bill/247/text>. If you feel strongly about this, as I do, reach out to Senator Kaine's office and lend your support,

<https://www.kaine.senate.gov/contact/share-your-opinion> via email or phone (202) 224-4024. For more information about Virginia Wilderness, visit their website, <http://www.vawilderness.org/>.

Thanks folks. I needed some good news. If the weather clears, I may just go for a hike along the river.

Hope you enjoy this issue,

Dick Brooks



Executive Assistant's Corner

As we approach spring and look back over the winter season, we are so grateful to the people who stepped up and donated to our organization during the new Annual Campaign season that kicked off on November 1, 2018. Thank you for your support. We could not do any of this without you.

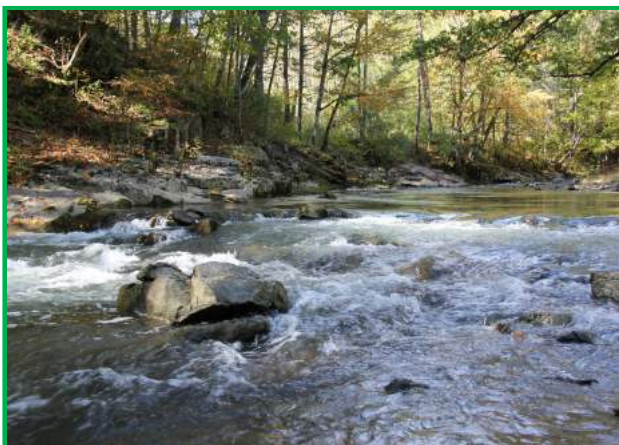


We have a lot to look forward to this spring and summer. Our Annual Meeting & Dinner is coming up on Saturday, May 18th at the lovely Camp Mont Shenandoah in Millboro. In addition to a fun social hour, a wonderful dinner catered by Chef Josh Elliott from Garth Newel, our annual “State of the Union” address and an enticing Silent Auction, we will also be nominating and voting on new board members. It is important that you participate and give us your input, so please join us for this members only event.

Also, be sure to save the date for our Annual Picnic & River Float being held on Saturday, July 20th. This year, David and Kit Burnett have kindly offered up their river property for this fun event, and we are grateful to them both for their generosity. We had a great turnout last year, and we hope to repeat the fun again this year. Further details will be forthcoming. We’re also very excited about our new slate of interesting field trips coming up. Be sure to check out Page 12 for all of the details.

And finally, we encourage you to join us for our Bi-Annual Walton Tract Clean-Up taking place on Saturday, April 27th at 1:00 p.m. This is an ongoing event that is so vital to our mission in preserving the Cowpasture River and keeping it clean. We would appreciate any assistance you could provide. Thank you.

— Lynne Griffith, CRPA Executive Assistant



STAY TUNED!!!

In our summer issue, we’re looking forward to an essay by Nelson Hoy entitled “Special Places of Aesthetic and Recreational Value in the Bullpasture and Cowpasture River Valleys.”

Fishing on the Cowpasture — Getting Started

By Richard Brooks, CRPA Board President

The Cowpasture River offers excellent fishing opportunities, and that's a fact most of our members know very well. We enjoy a remarkably clean and productive resource, which is why we're committed to protecting it now and for generations to come.

If you're not familiar with what's swimming in the holes and riffles and runs and springs that comprise the Cowpasture River, here's a quick overview of what's out there—including trout, bass, rock bass, fallfish and bluegill in the upper river and muskellunge in the lower—and the gear you'll need to reel them in.

What to do with a fish once caught? Clearly, unless protected by regulations, it's the fisherman's choice. However, it's my practice to return them as gently as possible into the water, hoping to see them again another day.

FISH



Brook Trout

Native brook trout (*Salvelinus fontinalis*) can be found in the tributaries of Shaws Fork and Benson Run in Highland County, Dry Run, Jordan Run, Mare Run, and Lick Run in Bath County, and the North Fork of Simpson's Creek in Allegheny County. Additionally, Davis

Run and Crab Run, both Bullpasture feeder streams, are renowned for their native brook trout populations. This is the Virginia state fish, and some fishing areas have protective regulations.

Brookies can be very selective feeders, often eating only what is hatching and in abundance right near them. Natives rarely exceed 12 inches in length and are usually closer to 8 inches.



Rainbow Trout

Rainbow trout (*Oncorhynchus mykiss*) can be found along the length of the Cowpasture and are regularly stocked both privately and publicly in the main branch of the river. During warm summer months as the river temperature rises, rainbows will seek out springs and deep holes in search of

cooler water. It's common to see 10- to 14-inch rainbows, but every season we hear about a few trout longer than 20 inches.



Smallmouth Bass

Smallmouth bass (*Micropterus dolomieu*) are pound-for-pound one of the most exciting fish to catch in the Cowpasture watershed. Unlike trout, bass thrive in warmer water. They will hit surface and underwater lures and flies with surprising speed and force, and they eat almost anything smaller than themselves. One to 2-lb. fish are common; anything over 3-lbs. is a treat.



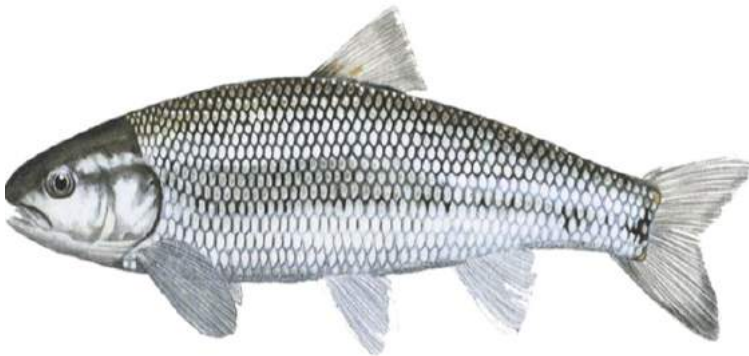
Largemouth Bass

Largemouth bass (*Micropterus salmoides*) inhabit areas of quieter water. Like the smallmouth, they are not particular feeders, but they generally prefer subsurface fare. They average 2 to 3 lbs. but occasionally exceed 5 lbs.



Rock Bass

Rock bass/redeye (*Ambloplites rupestris*) are common in the river; some might say too common. Redeye are opportunistic feeders that will attack anything shiny. Usually well under 10 inches, they can sometimes reach 12 inches.



Fallfish

Fallfish/chubb (*Semotilus corporalis*) are present throughout the Cowpasture watershed. They prefer still water, but can be found above and below fast moving rapids. Fallfish are opportunistic feeders both on the surface and below, and they can be strong fighters. They range to 20 inches, but much larger fish have been landed.



Bluegill

Bluegill (*Lepomis macrochirus*) are also known as bream, sunfish and perch. They are often found in still water sections of the river, near structures and in the cracks in the slate bottoms. At sunset and sunrise they can be active surface feeders, and they will hit almost anything. Rarely larger than 8 inches, bluegill are aggressive fighters.



Muskellunge

Muskellunge/Muskie (*Esox masquinongy*) can be found below the dam in Millboro and all the way into the James River. These toothy fish are prized for their strike, which is both hard and memorable, and their size. There are

reports of 40-inch fish taken in the Cowpasture, although 20– to 30-inch muskies are more common.

GEAR

On the Cowpasture River, a 4- to 6-wt. fly rod-and-reel outfit with 4x to 6x leaders is generally the right size. To pursue muskies, a 7-wt. outfit with either a wire leader or heavy mono leader is a better choice.

For dry-fly fishing, use any small bass bugs, terrestrials, imitators and stimulators in sizes ranging from 8 to 12. Choose subsurface or wet flies in the same size range as well. (Any good regional fly shop will gladly fill your tackle box with the appropriate flies.)

Lightweight spinning and bait-casting rod-and-reel combinations work best for all but serious muskie fisherman. A rod that is 6 to 8 ft. long and a reel that can take 4- to 8-lb. lines are right for most situations. For muskies, however, choose a medium-weight outfit with wire leader. Spinners, soft and hard bait and live bait all work well.



Photo by Britany Bennett

Rebecca Brooks, daughter of Dick and Mindy Brooks, casts a nice line in the Cowpasture River.

FOR MORE INFORMATION

[Brook Trout of the Cowpasture River and its Tributaries](http://www.cowpastureriver.org/sites/default/files/attachments/essay%20no.%209%20--%20brook%20trout%20of%20the%20cowpasture%20river%20and%20its%20tributaries.pdf)

[http://www.cowpastureriver.org/sites/default/files/attachments/essay no. 9 -- brook trout of the cowpasture river and its tributaries.pdf](http://www.cowpastureriver.org/sites/default/files/attachments/essay%20no.%209%20--%20brook%20trout%20of%20the%20cowpasture%20river%20and%20its%20tributaries.pdf)

[Cowpasture River Fish Community Assessment](https://www.dgif.virginia.gov/wp-content/uploads/Cowpasture-River-Report-2014.pdf)
<https://www.dgif.virginia.gov/wp-content/uploads/Cowpasture-River-Report-2014.pdf>

[Virginia Department of Inland Fisheries and Game](https://www.dgif.virginia.gov/fishing/)
<https://www.dgif.virginia.gov/fishing/>

Note: All fish photos are courtesy of the Department of Inland Game and Fisheries.

AUTHOR'S SIDEBAR

I learned to fish on the Cowpasture as a boy, using Rapala's, rubber worms and Metz spinners. Later, about the time I joined the Boy Scouts, I switched to flies and longer rods, following a time-honored family tradition.

I come from a long line of fly fishermen. My grandfather fished some of the best destinations in the world, including New Brunswick, Key West, Andros and Alaska. (Yet, the only fish he ever mounted was a trout from Wisconsin.) My dad won beer money during his college years by besting others in casting contests, and he too fished some of the finest spots in the world.

And it wasn't just the men. I would be remiss if I didn't mention that my grandmother knew her way around tackle and that my mother once landed a tarpon on a fly. So, with bamboo, fiberglass and graphite in my DNA, I was destined to take up the sport, and I did so right here on the Cowpasture.

JOIN US FOR OUR SPRING RIVER CLEAN-UP AT THE WALTON TRACT



Photo by Kathy Farmer

Saturday, April 27, 2019 — 1:00—4:00 pm

Please help us collect litter along the Cowpasture River at our adopted site in the national forest. Volunteers will meet at the Walton Tract lower public access point ("rope swing"). To sign up, email Lynne Griffith at directorcrpa@gmail.com or call 540-620-7795. Details will be provided upon your RSVP.

Other Dates To Remember

May 2-5, 2019 — "We're So Fly" Fly Fishing Festival. A fly fishing festival in Bath County. This will be a four-day event to celebrate all things fly fishing, and it will be co-hosted by a small group of businesses in Bath County. Part of the event will include a silent auction to benefit Project Healing Waters. The theme centers on gorgeous rivers, gourmet food, great activities and a good cause. For more information, see <https://www.facebook.com/weresoflyfest>.

May 18, 2019 (Saturday, 5:00 - 8:00 PM): **47th Annual Meeting** on the river at Camp Mont Shenandoah, including a social hour, silent auction, business meeting, catered dinner and special program! *See full-page advertisement on page 14.*

July 20, 2019 (Saturday, 3:00 - 8:00 PM): **Summer Picnic & Family Fun Day** on the river with water activities, games, a guided float on the Cowpasture River, social hour and cook-out dinner! *Don't miss the fun.*

Atlantic Coast Pipeline Update

By Dick Brooks, CRPA President

This winter has been quiet, certainly too quiet for the builders and owners of the proposed Atlantic Coast Pipeline. As of February 2019, the project is now two years behind schedule and at least 50 percent over budget, and that's according to the Dominion press release of February 1st. This is due in large part to legal challenges arising from permits that were rushed, incomplete and insufficient for the task. Additionally, we see mounting pressure from citizen groups and state and federal agencies. Here's what's going on:

FERC Certificate of Convenience and Necessity. The Federal Energy Regulatory Commission granted the permit to build the ACP based upon gas demand generated by “affiliate agreements.” In other words, Dominion and Duke agreed to buy most of the gas that is to be pumped through the pipeline. Does that mean that sufficient and growing demand exists for the gas? Not according to Appalachian Mountain Advocates and the Southern Environmental Law Center, who are our attorneys. They will argue later this year in the U. S. Court of Appeals for the Fifth Circuit that no objective forecast exists to support the growth in demand that Dominion estimates.

NFS Permit The National Forest Service issued a special use permit to allow the ACP to cross high hazard terrain in the George Washington and Monongahela National Forests and to tunnel under the Appalachian National Scenic Trail. This permit was vacated by the U. S. Court of Appeals for the Fourth Circuit in a decision handed down in December 2018. The court ruled that the NFS did not have the authority to permit a crossing of the Appalachian Trail. Additionally, they said that the NFS had not done sufficient analysis to determine if the project could be successfully built over mountainous terrain.

NPS Permit The National Park Service issued a permit for the ACP to cross under the Blue Ridge Parkway. The Fourth Circuit judges found this permit deficient in August 2018. A new permit was issued, but before it was heard by the court, it was vacated by the NPS. According to the Park Service, it needed to “consider whether issuance of a right-of-way permit for the pipeline to cross an adjacent segment of the Parkway is appropriate.”

US FWS Permit The Fish and Wildlife Service issued an “incidental take” statement for endangered species along the pipeline route. This permit was found deficient in May 2018 when attorneys for the FWS could not explain how many of each endangered species were to be taken. The permit was reissued and challenged again later in the year. Another hearing is scheduled for May.

US ACE Nationwide 12 In January 2019, the Army Corps of Engineers filed a motion with the Fourth Circuit to vacate its own permit to cross streams in West Virginia. The court agreed and consequently no stream crossings are allowed until this permit is reissued and heard. This is effective for the entire proposed pipeline route.

(continued on next page)

VA SWCB 401 The Virginia State Water Control Board approved the 401 certification required by the Clean Water Act for the ACP, but in December voted four to three to reconsider the 401 permit for the Mountain Valley Pipeline. In the special meeting held on March 1, the board was advised by counsel that they would overstep their authority if they did rescind the permit. They voted unanimously to reaffirm it.

We see an increase in public awareness and disapproval of the ACP.

- The controversial ACP compressor plant slated for Union Hill in Buckingham County has drawn attention beyond the Virginia borders. On February 19, a community event held in Buckingham drew more than 500 attendees. Key speakers included the Rev. Dr. William J. Barber II and former Vice President Al Gore. (For our online readers, a video of the event can be seen here: [Moral Call for Ecological Justice in Buckingham.](#))
- Pipeline protests are now nearly a daily fixture in Richmond.
- The Environmental Protection Agency has begun a deep investigation of the MVP, and that scrutiny is likely to include the ACP as well.
- The State Corporation Commission has asked Dominion to reforecast the demand for natural gas. Their forecasts have been more than 10 percent high for the last four years.

James Spiny mussel Update

Restoration of the **James Spiny mussel** (*Pleurobema collina*), an endangered species of freshwater mussel found in the James River watershed, got a boost last fall in our own Cowpasture River. On October 24, 2018 an inter-agency team of personnel from the U.S. Forest Service, U.S. Fish & Wildlife Service, and the Virginia Department of Game & Inland Fisheries introduced hundreds of the James Spiny mussel into the Cowpasture at the Walton Tract on national forest land. These mussel stock were reared at the Harrison Lake National Fish Hatchery in Charles City, Virginia.

Overcoming scheduling challenges, dodging rains from Hurricane Michael, and coveting non-turbid waters, the team succeeded in hand inserting the young mussels into the river bed at one of several sites preselected for the quality of habitat needed by these bottom dwellers. Of the chosen release site, VDGIF's Brian Watson said, "as... the *constricta* (mussels) have remained at that site for years, the habitat must be stable and the mussels (should) not get washed away. There is enough habitat at that site to easily take 200+ JSM." Divers working in the chilly water also found about 10 of the *Villosa constricta* mussel species, which had been tagged previously by researchers. This special wildlife management activity is part of the Joint Chief's *Lower Cowpasture Restoration Project*, of which CRPA is an organizational partner. CRPA member, Ellen Ford, was on hand to observe this interesting event. — by Michael Hayslett



Photo by Brian Watson



Photo by Ellen Ford

Member Profile — Matt and Linda Cauley

by Lynne Griffith, CRPA Executive Assistant



Matt and Linda on their property in front of the Cowpasture River.

Seven generations – that’s how long the river property of Matt and Linda Cauley has been in the family. Matt’s family attained the property back in 1770. At that time, it was close to 10,000 acres. Today, Matt and Linda preside over 700 acres, which includes their home, their sawmill and their newly built “off-the-grid” cabin on the creek. And a mile of their pristine land runs along the beautiful Cowpasture River.

Matt and Linda started coming out to the property in the late 70’s, building fences and trying to figure out a way to make a living from the land. Matt’s great-grandfather had torn down the original log house and built the current house back in 1911. Many renovations have been made throughout the

years. The woodwork inside is absolutely stunning. All of the wood used in the renovations came from their own property — hence the need for the sawmill.

Matt and Linda joke that dirt brought them together. In 1976, they were both in graduate school at Virginia Tech. Matt majored in Soil Science and Linda majored in Environmental Science. A colleague who was teaching a soils lab threw a party. Both Matt and Linda were invited. They met at the party and hit it off right away. They have been together ever since. Matt had gone to work for the U.S. Department of Agriculture conducting soil surveys after receiving his bachelor’s degree, and he continued to work for them during graduate school. After Linda completed graduate school, she worked for a few years doing research on a grant at Cal Tech and Virginia Tech. She was actually paid to hike the Sierras! (Have her tell you the story.)

In March of 1980, Matt was offered a tempting job in Lesotho, located in Southern Africa, working for the Government of Lesotho under the auspices of USAID and was Lesotho’s representative to the Southern African Regional Commission for the Conservation and Utilization of Soil. They were willing to double his salary and provide him with a nice home (with staff) in an expat community. So he approached Linda with the question – “Would you like to get married and move to Lesotho?” She said yes, they married in August and off they went!

While in Lesotho, Matt helped the local people identify their soils and classify them. This helped them evaluate their land resources, enabling them to improve their farming methods and increase crop yields. In Lesotho, Linda worked for four years for the World Bank as a statistician and a computer programmer, as well as doing survey design and analysis. After that, she moved on to a fascinating two-year job doing statistical data analysis with a Dutch colleague who was conducting a study of prehistoric rock art in Lesotho. Once again, she got paid to hike in the mountains.

Matt’s contract ran out after six years, so they moved back to Virginia and moved into their McClung home, which at that time had no running water. In fact, the electricity consisted of a single light bulb in each room. They lived there for only three months when Matt received the call to go and work in Indonesia for USAID on an upland management project. Matt accepted the offer, and off they went to this very crowded country. Indonesia is the most populated of all of the Islamic countries, so

they were never out of sight of other people, quite unlike their home in McClung. Linda ended up working on another Dutch project while they were there, again doing survey analysis and statistics. They stayed in Indonesia for two years.

Afterwards, they again came back home to Virginia. They were only home for a couple of weeks when Matt took off again to Sri Lanka for four months, working on a soils contract in conjunction with Oregon State University. But this time around, Linda stayed home. She had started a job at Dabney Lancaster Community College teaching biology and the summer Governor's School field ecology courses and doing analysis for their assessment report. After that job, Linda went on to serve as the Director of the Shenandoah Valley Governor's School in Fishersville for 20 years, a school designed to serve gifted and highly motivated students in the field of Science, as well as in the Arts & Humanities field.

After Matt's career in soil science came to an end, he shifted his focus to growing and selling vegetables, while Linda continued working at the school in Fishersville. They had initially begun growing vegetables on their McClung property, but Matt later bought an additional 20-acre vegetable farm and ended up moving the growing operation to Augusta County. Then they rented an additional piece of land, ending up with a total of 50 acres of vegetables. They sold their vegetables to the likes of Harris Teeter, Food Lion and various farmers markets in the area.

All and all, the vegetable growing operation took place from 1992 to 2003, coming to an end when Matt and Linda sold the farm to a family who used to work on the land. The operation continues on today under the name of "Singing Earth Produce." Linda continued working at the Shenandoah Valley School until she retired in 2011. They had been splitting their time between Staunton and McClung, but Matt moved back to the McClung house in 2008 to continue on with the renovations that initially began back in 1992. Linda came home on the weekends to help. After she retired, they both moved back into the McClung home full-time.

Matt and Linda have many fond memories of the Cowpasture River throughout the years. As a kid, Matt spent many of his youthful days hunting and fishing on their river property. Linda recalls going down to the river on hot, sweaty days and taking a bath, remembering how refreshing it felt. She says that being in the Cowpasture River Valley is a magical place – "You either catch the disease or you are immune. If you catch the disease, there's no other place for you."



Matt standing at the bar in his home — one of the coolest bars you'll ever see!

With Matt being a former CRPA Board member, and both Matt and Linda serving as former river monitors, they are pleased that the CRPA continues to monitor the river's water quality and participate in the river clean-ups. They feel it's very important to stay vigilant against individual and industrial polluters. They are also happy to see all of the educational opportunities provided to the local school children, as well as to adults. They would like to see even more unity in fighting the Atlantic Coast Pipeline. They believe we need to stay vigilant against government intrusion and greed from developers who want to use the river solely to make money. And finally, they would like to see a continual outreach to all of the people who own land on the Cowpasture River.

Field Trips—Don't Forget to Sign Up!

- ◆ **Sunday, March 24, 2019 — Mountain Wetlands of the Cowpasture River Valley, 1:00—5:00 pm**
Led by Michael Hayslett, Principal of VA Vernal Pools, LLC

Explore rare *montane* wetlands and their fascinating aquatic wildlife. These special habitats are known as “vernal pools” and were featured in the 2016 Spring issue of *The River Runs*. (\$10 per person; limit of 20 people). We will be visiting different sites than in 2018.

- ◆ **Tuesday, May 14, 2019 — Shale Barrens of the Allegheny Mountains, 9:00 am—1:00 pm**
Led by John Townsend, Staff Botanist for the Virginia Department of Conservation and Recreation—Natural Heritage

Shale barrens are unique environments that are endemic to the Allegheny Mountains and harbor some of the state's rarest plants. Explore these rare habitats and their unique wildflowers at Douthat State Park in Bath County. Pack a picnic lunch. (\$10 per person; limit of 20 people)

- ◆ **Sunday, May 19, 2019 — Spring Birds of the Cowpasture River Valley, 7:00 am—12 noon**
Led by Terry Flaherty (formerly, U.S. Forest Service) and Michael Hayslett, CRPA Board Member

Join us at the Fairview Community Center (US 39 & VA 625, West of Millboro Springs) to caravan to birding destinations up the Cowpasture River Valley in the Williamsville area. The first stop will be at the Wallace Tract on the national forest at approximately 7:40 am. Birding stops may include: Wallace Tract (USFS) and the public access point to the Cowpasture River; Coursey Springs Hatchery (VDGIF); Bullpature/Cowpasture confluence (swinging bridge); Bullpasture River Gorge (USFS; swinging bridge); and the Highland Wildlife Management Area (VDGIF). Rain date: Monday, May 27th. Pack your lunch for an optional picnic together. We may tour the operations of the trout hatchery afterwards. Dress for the weather, especially with the appropriate footwear for walking outdoors on various terrains and ground conditions. (\$10 per person; limit of 20 people)

- ◆ **Saturday, July 13, 2019 — Purple Alien Invasion, 9:00 am—1:00 pm**
Led by Michael Hayslett, CRPA Board Member

Purple Loosestrife is a lovely but invasive alien plant that is invading the James River headwaters region. This auto/walking tour will examine a collaborative plant management project to address these infestations, with multiple stops along the lower Cowpasture and Jackson rivers. (\$5 per person; limit of 25 people — carpool needed.)

- ◆ **Saturday, October 5, 2019 — Griffith Knob Ascent, (hours to be determined)**

Hike guided by Dave Peters (with geology/forest ecology discussion along the way); hike rating is strenuous. (\$5 per person)

Registration by email for each field trip will open up 30 days prior to the trip date. Check our website and Facebook page for updates. Questions? Contact directorcrpa@gmail.com.

Meet Our New Board Members

Two new members joined our Board of Directors on March 3, 2019 — David Burnett and Elizabeth Dudley. We are thrilled to have them join us.



David and his dog, June.

David Burnett — I am the fifth generation to grow up and live on a farm in Lynchburg that has been in my family since 1880. I learned a love of the land from my grandfather, who also had a passion for his hunting dogs and was an avid angler. In the summers, Granddad would take me and my twin brother fishing just about every day at one of the two ponds on the farm. In the fall, it was either bird hunting or running his beagles every Saturday throughout the season. He was a master gardener who passed on to me a love of planting and watching things grow. I'm never bored while gardening and have never felt it was work. I intend to transfer all of what I learned growing up to our farm in Bath County.

This brings us to my joining the Hobbs family at Lynchburg Camp on the river. When Kit and I were dating in college and after getting married, whenever possible, we would go to stay with her parents at the river. You can say that from 1975 on, my devotion to the wonderfully clean waters of the Cowpasture has been captivating. I love the limited access of the river and the amount of national and state forest that protect the river from development. Kit and I have been looking for a farm on the river for years, and we have been blessed with where we have settled. The move from Lynchburg to the Cowpasture River Farm was an easy decision. This is where being a good steward and giving back becomes so important. The Cowpasture is a jewel, and I want to help to insure that future generations will be able to enjoy the river as I have for the past 40 plus years.



Elizabeth Dudley — I was born and raised in Lynchburg, Virginia, where I began a lifelong love of the countryside and the "natural" world. As a child, I managed to spend as much time as I could in the country, riding and caring for horses. After graduating from Randolph Macon Women's College, I taught riding at Sweet Briar College and in the late '80s, at a private equestrian facility in Manakin-Sabot, Virginia. In an attempt to have a better paying job, I also worked towards and received a Master's degree in education from UVA. I was then hired by the government to interpret psychological tests.

In the meantime, I had met my husband, Witcher, in a barn - he is also an avid horseman. We were married in 1990 and spent the next 23 or so years on our farm in Goochland County, raising cattle and tending to our brood of "four-legged children" — horses, dogs, cats. In 2011, we purchased a vacation home in Bath County. It wasn't long before we realized how much we were "tolerating" living in a rapidly developing area. We were fortunately able to "wrench" Windy Cove Farm from George and Frances Phillips, and in 2013 moved ourselves and our animals/pets to live full time in Bath County. Windy Cove Farm is such a magical place, in part due to the Cowpasture River, which runs through and around the property. I have come to realize that the river has a life of its own. I am constantly amazed by the river's beauty, ability to soothe and comfort, and by its awesome power. Witcher and I will often ask each other the question - What's the river doing today?

CRPA Annual Meeting & Dinner



SAVE THE DATE!

SATURDAY, MAY 18, 2019

Join us for good company and excellent food at our Annual Meeting and Dinner.

5:00—6:00 pm

Social Hour with Silent Auction

6:00—7:00 pm

Catered Dinner by Chef Josh Elliott (from Garth Newel)

7:00—8:00 pm

Presentation and Business Meeting -

Voting for New Directors

WHERE:

**Camp Mont Shenandoah
218 Mont Shenandoah Lane
Millboro, VA 24460**



COST:

\$25 per person

RSVP: Email directorcrpa@gmail.com

or call Lynne Griffith, CRPA Executive Assistant, at 540-620-7795.



Proceeds from the Silent Auction will support the CRPA and the participating artists.

Registration deadline is May 11, 2019 (or, AT LEAST email your intentions by that date — we have to guarantee the number attending to the caterer).

IF YOU CANNOT BE PRESENT at the CRPA Annual Meeting, please return this proxy vote by April 30, 2019 along with any unpaid dues* to: **CRPA, Box 215, Millboro, VA 24460**

I am unable to attend the 2019 Annual Meeting and do hereby name the following Director (circle one) to be my/our Proxy. I authorize him/her to vote for up to three (3) directors.

Lucius Bracey	Richard Brooks	David Burnett	Caryl Cowden	Elizabeth Dudley
Michael Hayslett	Marhsall Higgins	Stewart Hobbs	Nelson Hoy	Kim Manion
Steve Van Lear	Nan Mahone Wellborn		Jeremy White	

Signed _____ Date _____ Signed _____ Date _____

Signed _____ Date _____ Signed _____ Date _____

Please note: Unsigned proxies will be void. Unpaid dues will disqualify your vote. If you contributed to the 2018 annual campaign, or have sent dues in 2019, you are in good standing with respect to the vote.

But, in case you're behind in your dues ...

* Membership Categories (check one):

<input type="checkbox"/> Member (\$25 minimum per individual)	Name _____
<input type="checkbox"/> River Guardian (\$50)	Address _____
<input type="checkbox"/> Headwaters Circle (\$100)	_____
<input type="checkbox"/> Watershed Stewart (\$250)	Phone _____
<input type="checkbox"/> Wallawhatoola Society (\$500)	Email _____
<input type="checkbox"/> Bedrock Patron (>\$500)	

The CRPA Nominating Committee has chosen the following individuals to fill the expiring board member terms:

- ◆ Linda Cauley (3-year term)
- ◆ Norwood Morrison (3-year term)
- ◆ Catherine Manner (3-year term)

Nominee Biographies:

Linda Cauley – Environmental Science specialist; statistician; former Director of the Shenandoah Valley Governor's School; riparian landowner along the Cowpasture River.

Norwood Morrison – Lifelong family membership/vacations at Lynchburg Camp, and former President; Blue Ridge Parkway and James River volunteer; retired HR Director.

Catherine Manner – CRPA River Monitor; Stream Restoration Specialist; raised on the Cowpasture River.

Thank you for being a part of the CRPA annual elections process!





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\$25 Adult Membership (minimum annual dues per individual)

\$50 River Guardian Donation

\$100 Headwaters Circle Donation

\$250 Watershed Steward Donation

\$500 Wallawhatoola Society Donation

\$1,000 Bedrock Patron Donation

Memorial Donation \$ _____
in memory of _____

\$12 Junior Membership Dues

I am a NEW member!

I am RENEWING

This is a gift membership from _____

NAME(S): _____

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CITY — STATE — ZIP

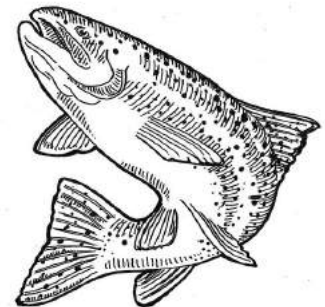
PHONE

E-MAIL: _____

I prefer to NOT have my name published as a contributor.

Please send my newsletter by email version only.

I am interested in becoming a volunteer and/or river monitoring.



(Note: A financial statement is available upon written request from the Virginia Department of Agriculture and Consumer Services — Office of Charitable and Regulatory Programs.)