

THE RIVER RUNS

News from the Cowpasture River Preservation Association



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This photo, courtesy of Frank Hobbs, was taken just above Lynchburg Camp, which Frank's family has been a part of for generations.

Please send us your best photos of the Cowpasture River and the wildlife that accompanies it.

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Executive Assistant*

Editor: *Lynne Griffith*

Photographer: *Kathy Farmer*

From the President

Summer should be coming to a close, but as I write this just a couple of days before the Labor Day holiday weekend, you wouldn't know it from the temperature (90 degrees) or the color of the grass (green) or the river flow (10% above monthly average cfs). August, like the rest of 2018, has been wet. We're a couple of inches over our average for the month and well over a foot for the year to date. The net result of this is an additional cutting of hay, large counts of bugs both wet and dry, and healthy fish in the Cowpasture. In fact, I recently stole a day with daughter and wife to fish—with great results.



In this issue, we have a contribution from Steve Tanguay, District Biologist, U.S Forest Service, on the James Spiny mussel. This endangered species is being reintroduced to the area near the Walton Tract. Also, we have an update on the Plein Air Festival set for early October. Lynne Griffith profiles Glovie and Dick Lynn, who have done so much for the organization. We have new information regarding the proposed Atlantic Coast Pipeline. And, with Ann Williams' help, we highlight an area of the river that needs attention before this coming winter.

But most important, in this issue we recognize and celebrate each of you for your generous contributions. You make the work of the CRPA possible. You keep our mission alive. And you (yes, you!) help make the Cowpasture a place our current and future generations can love and enjoy.

Many, many thanks — Richard Brooks

MARK YOUR CALENDAR!

The Alliance for the Chesapeake Bay's 13th Annual Chesapeake Watershed Forum will be held this year at the National Conservation Training Center in Shepherdstown, WV (November 2-4, 2018). This year's conference will celebrate the diverse partnerships that have come together to restore and protect the Chesapeake Bay and its watershed (of which the Cowpasture River is a part). Registration begins in early September. For more information, visit www.allianceforthebay.org.



Executive Assistant's Corner

As we head into the fall season, we look back and appreciate the great summer that we had. On July 28, we had our annual picnic on the grounds of Nimrod Hall, thanks to the hospitality of owners and CRPA members Laura Loe and Will Loving. Seventy-one people showed up to feast on brisket, chicken and all of those wonderful homemade covered-dish items. Nelson Hoy served as our trusty bartender, Nan Mahone Wellborn organized the food table, Michael and Dorothy Hayslett set up the merchandise table and Kim Manion ran it, Jeremy White provided the background music, and Steve Van Lear picked up and dropped off a whole slew of tables and chairs for us. It was a team effort involving many folks, and we appreciate the help that everyone provided. Preceding the picnic, 21 people participated in the guided river float, which was once again led by Joe Wood. Many thanks to Dick and Glovie Lynn for allowing the floaters to take out on their river property. Be sure to check out the photos on page 4.



Looking forward, we will once again have our table at the Bath County Fair which will be held this year on September 15 at Millboro Elementary School. Come by and see us if you get the chance. Our next bi-annual clean-up at the Walton Tract will take place on the afternoon of Saturday, October 28 from 1:00 – 4:00 p.m. Please consider coming by and joining us. Believe it or not, picking up trash is also a great way to visit with others. I've had some of my best conversations with other CRPA members while we picked up trash together.

Finally, please consider sending your winter and spring photos of the Cowpasture River to me. We would love the chance to possibly feature one of your photos on the cover of an upcoming newsletter. When emailing in a photo (directorcrpa@gmail.com), please let me know where on the river your photo was taken. If we end up using the picture, we will be sure to give you the photo credit. And please don't hesitate to contact me if you have any questions or concerns. I would be happy to assist in any way that I can. Thanks, and I look forward to hearing from you.

MERCHANDISE UPDATE

Check out our new mugs at \$8 a piece.

We still have the popular Wallawhatoola t-shirts in the short-sleeve, long-sleeve and women's V-neck styles. Youth sizes are also offered. Photos of our merchandise can be found on our website (www.cowpastureriver.org).



Summer Picnic Highlights at Nimrod Hall



Photo by Lynne Griffith

Chowing down on brisket, chicken and covered dish items!



Photo by Lynne Griffith

Kent and Ellen Ford, John Schmerfeld, Cindy Hall.



Photo by Kathy Farmer

Dick Brooks, Bucky Wells and Gilbert Ramey.



Photo by Kathy Farmer

Hanging out at the bar.



Photo by Lynne Griffith

Getting into the river for the river float led by Joe Wood.



Photo by Lynne Griffith

And there they go! The river float begins for 21 floaters.

Many thanks to CRPA members Will Loving and Laura Loe for allowing us to use the grounds of Nimrod Hall for our summer picnic. They were gracious hosts, and we are thankful for their hospitality.

Members Helping the Cowpasture

This is one in a series of member-reported pieces where our membership can help preserve and protect the watershed by taking simple actions. Ann Williams writes that one of the bridges at the double bridge on River Road (Route 625), about halfway between Route 39 and Fort Lewis, is completely clogged with debris and sediment. According to Ann, “the wood debris is of varied sizes and has developed into a very large mass of interlocked tree and brush parts - kind of like Crusher Run gravel. There is no longer a water flow on this fork of the river; it is blocked by the collection of wood debris.” This pushes the entire flow of the river to the other bridge.



This is the view looking up river. Ann states, “There are areas where the debris could be at least 20 feet deep. Imagine the pressure that the collection of dead wood will eventually bring to bear on the section of bridge whose water flow is currently blocked. Imagine what will happen downstream once the blockage is released and the water flow restored to that fork of the river: years of rehabbing the river and river banks as a result of the movement and distribution of debris mass.”



This photo illustrates how large trees get wedged into a position that creates a blockage. The width, depth and composition of blockages are strong enough to divert the river channel away from this fork.

Members can help by contacting the Virginia Department of Transportation (VDOT) at the Staunton office –

Staunton District: 540-332-9075

811 Commerce Road

Staunton, Virginia 24402-2249

Email: stauntoninfo@vdot.virginia.gov



This shows the height to which the water must rise in order to deposit the debris.

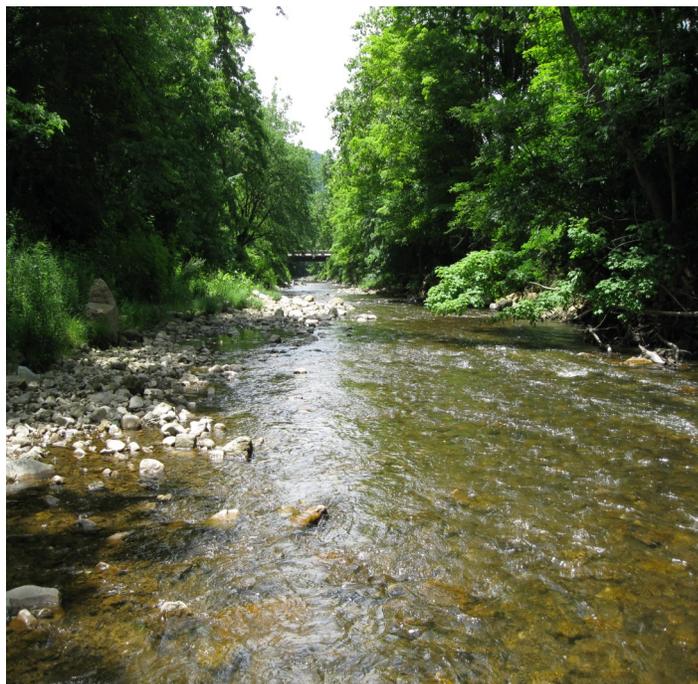


Guess the length of the debris field—perhaps 200 - 300 yards?

Atlantic Coast Pipeline Update

by Dick Brooks, CRPA President

Since August 10, all pipeline construction except stabilization activities has been halted on the Atlantic Coast Pipeline (ACP). On that date, the Federal Energy Regulatory Commission ordered the complete work stoppage based upon the Fourth Circuit ruling vacating two important permits. On August 6, the court ruled unanimously against the Fish and Wildlife Service and the National Park Service. This ruling effectively threw out the permit granting incidental take of endangered species as well as the permit granting a right of way under the Blue Ridge Parkway (and the Appalachian Trail.) Similarly, the court ruled that the Mountain Valley Pipeline (MVP) could not cross the Jefferson National Forest, which is a part of the George Washington National Forest.



Additionally, as of this writing, neither the Virginia State Water Control Board nor the Department of Environmental Quality (DEQ) has approved the Erosion and Sediment Control (ESC) or stormwater plans for Virginia. These were both conditions for Clean Water Act approval. They have held up the needed 401 water quality certification, halting construction in Virginia, though prior to the overall stoppage, work has commenced in West Virginia and North Carolina.

In September, additional cases will be heard by the courts, and our DEQ will continue to review the plans submitted by ACP. It is unclear what steps are needed to restart construction on the ACP, but just last week, Governor Northam asked the MVP to resume construction, even after all of the failures of earlier this summer. The governor recommends stronger enforcement by DEQ.

Yet, by all accounts, this action alone won't be enough to protect our waters. The ACP crosses the Cowpasture and tributaries many times as it wends southeast to North Carolina and now South Carolina. The Compliance Surveillance Initiative (CSI) is still looking for volunteers to be first responders – people to qualify reported incidents of violations. CSI also needs water quality monitors for every stream crossing as well as incident review folks to dig into individual potential violations in a desktop environment. If you can help, please contact me directly at drabrooks@gmail.com or register at <https://docs.google.com/forms/d/e/1FAIpQLSdfDRRYF1tMMxwAStR3bGcsJkYCYZwqIiX-JsRr9OZvtsjGwg/viewform>.

Your help is greatly appreciated.

James Spiny mussel (*Pleurobema collina*) Restoration Project

by Steve Tanguay, District Biologist, U.S. Forest Service

James River & Warm Springs Ranger Districts — George Washington & Jefferson National Forests

At the end of June, I had the pleasure of helping Dawn Kirk (Forest Fisheries Biologist, USFS) and Brian Watson (state malacologist, VDGIF) identify the sites of our future reintroduction of James Spiny mussel (JSM) into the Cowpasture River at Walton Tract as part of the “Joint Chiefs” project (Lower Cowpasture Restoration Project). We found some good JSM sites as well as some previously studied, tagged, and propagated freshwater mussels called the *notched rainbow*, seen here.



We will be using propagated James Spiny mussels from a brood stock out of Mill Creek by Camp Accovac for the project. These are in the same major watershed (Upper James), and are assumed to be the closest genetic stock available. DNA studies are being performed at VA Tech now (to be completed this fall) to see if there is a genetic difference between the Mill Creek strain and other strains of JSM in the Appalachians. If genetically the same, we will have many more sites and populations to hatchery-produce young from, and reintroduce into its former range.

Sedimentation, agricultural runoff, and invasive nonnatives are still a major concern in the conservation of this endangered mussel. If you go to the Cowpasture River, you will see many dime-sized shells of dead Asian clams throughout the river. This alien

Notched Rainbow (*Villosa constricta*). Photo by Steve Tanguay.

species is mentioned in a short JSM article I've clipped for your edification (see box feature on the next page).

In addition to having the colored number tags shown in the photo above, our mussels will also have *Passive Integrated Transponders* or PIT tags glued to the shell. The **PIT** tag is an electronic tag the size of a grain of rice. It can be coded with one of 35 billion unique codes and can be automatically detected and decoded in situ (in its original position, in or on the body of a tagged animal), eliminating the need to sacrifice, anesthetize, handle, or restrain animals during data retrieval. Basically, by passing the tagged animal through a radio frequency emitter – or waving an emitter

wand over a tag – electromagnetic energy powers the PIT tag, which then transmits its unique information back to the emitter and is recorded.



PIT tag (L) used for tracking; JSM (R) – note the spine (not a PIT tag) near the red tag. *Google Images*

Brian Watson, Aquatic Resources Biologist/Malacologist with the Virginia Department of Game and Inland Fisheries, explained the history of the 2 tagged mussels from the photo above (which were propagated, released, and recaptured) with these details:

*The tagged *Villosa constricta* (Notched Rainbow) we found were produced in March/April 2009 and released on 6/28/2012, so they were 3+ years old. Here is their info:*

G083, 36.5 mm male; 31.5 mm and ID as male on 1/31/12

G066, 30.5 mm female; 24.0 mm and ID as male on 1/31/12

Not a lot of growth but 3+ year-old individuals would be reproductively mature and not grow that fast – a length I would expect and a bit smaller than other *constricta* populations we see.

Dawn Kirk, Fisheries Biologist with the U.S. Forest Service, added:

I was very pleased to find several good sites at either end of the Walton tract, both currently supporting mussels. The released mussels will be an augmentation to the population within the Cowpasture River, since there are known James Spiny mussel occurrences both upstream and downstream (albeit a long way away from the Walton Tract release site).

The cooperative wildlife team (USFS/VDGIF) plans on placing JSMs in the Cowpasture River by the end of the 2018 summer season.

For more cool mussel info see: <https://www.dgif.virginia.gov/wildlife/freshwater-mussels/>

Editor's Note: The article on the next page was assembled from internal emails with USFS permission by CRPA board member Michael Hayslett, who has been working for the Forest Service this summer.

James Spinymussel

by Anna Salzberg, Outreach Intern for the James River Association



Google Image

Since July 1988, the James Spinymussel (*Pleurobema collina*) has been listed as a federally endangered species. This freshwater mussel is living in the upper regions of our very own James River!

The James's Spinymussel is slightly less than three inches in length. Adults have a dark brown shell with prominent growth rings and occasionally, short spines on each valve. Young mussels have a shiny, yellow shell with or without spines.

The species has declined rapidly during the past two decades and now only exists in small, headwater tributaries of the upper James River basin in Virginia, the Dan River basin in Virginia and North Carolina, and in only one county in West Virginia. The habitat for this Spinymussel includes slow, free-flowing

streams that are relatively free of sediment. A filter feeder, the James Spinymussel feeds on plankton collected from water that passes over its gills. Too much silt or sediment in the water can clog the mussel's siphon (feeding tube), resulting in death.

Clean water is essential for the Spinymussel throughout the stages of its life because the larvae, called *glochidia*, rely on a healthy population of native fish to survive. The larvae are released into the water and must attach to a fish host to survive. Once they grow out of the larval stage, the juvenile mussel releases itself from the fish host and settles in on the stream or river bottom.

Water pollutants, such as excess sediment and agricultural runoff, disrupt the natural flow regime and are a major factor in the reduction of the James Spinymussel populations. Another threat to this species is the invasion of the non-native Asiatic clam (*Corbicula fluminea*). Attempts are being made to reintroduce the endangered Spinymussel back into its native waters.

DATES TO REMEMBER

September 15, 2018 (Saturday, 10:00 am—4:00 pm)— CRPA will have a table at the Bath County Fair at Millboro Elementary School, 411 Church St., Millboro, VA. Stop by and see us!

October 1—7, 2018 — Plein Air Festival, Warm Springs Gallery, 12 Katydid Trail, Warm Springs, VA — 540-839-2985. The Cowpasture River Preservation Association is the festival honoree!

October 28, 2018 (Saturday, 1:00—4:00 pm) — Walton Tract Autumn River Clean-Up — Please sign up at directorcrpa@gmail.com or call 540-629-7795.

Bath County Plein Air Festival

This year, the Bath County Plein Air Festival (bathcountypeinairfestival.org) will celebrate the Cowpasture River watershed, and the Cowpasture River Preservation Association is their nonprofit recipient. The festival will run from October 1 – 7. Each day, artists will be painting scenes around the county. The public is invited to watch.

Artists' Demonstrations:

- October 3 — Doug Clarke, 3:00—5:00 pm in Hot Springs
- October 4 — Natalia Andreeva, 10 am—noon at Fort Lewis Lodge
- October 4 — Lena Thynell, noon—2:00 pm at Fort Lewis Lodge
- October 5 — Alison Leigh Menke, 10 am—noon at Windy Cove Farm
- October 5 — Many artists at Fort Lewis Lodge all day
- October 6 — Charles Newman, 1:00—3:00 pm, Old Germantown Road Warm Springs

Events:

- October 3 — Paint Out/Nocturne, 3:00—6:00 pm and 7—10:00 pm, Hot Springs
- October 5 — Artists Panel Discussion, 3:00—5:00 pm, Camp Mont Shenandoah
- October 5 — BBQ and Music, Cleek Schray & Friends, 6:00 pm to ?, Camp Mont Shenandoah*



- October 6 — Festival Judge Larry Moore Talk, Demo, Book Signing 10 am—noon, Bath County Public Library
- October 6 — Exhibition, Awards, Sales 6:00—8:00 pm, Warm Springs Gallery*

Painting sales benefit CRPA and the watershed. We hope you can attend!

* = Events with a charge. See www.bathcountypeinairfestival.org/2018-schedule.html

Member Profile — Dick and Glovie Lynn

by Lynne Griffith, CRPA Executive Assistant



Dick and Glovie Lynn have been devoted members of the Cowpasture River Preservation Association for many years now. Dick served on the Board of Directors for six years and just recently exited the Board this past June when his second term expired.

Dick first started coming to the Cowpasture River Valley with his parents when he was a child and the family would stay at Nimrod Hall, a very special place for them and their friends. Back at that time, Nimrod Hall was more like a guest ranch, and people would come from all over to stay there. Dick's parents eventually allowed him to stay there for a few weeks by himself, and Dick's brother would attend the nearby Boys Camp.

In 1950, Dick's parents bought the current river property that he and Glovie now own. There was an old house there at that time, but it was leaning over so far that they tore it down and put up a pre-fab cabin in its place. The family's main home was in Roanoke, but they would come out to the Cowpasture River and spend their summers at the river cabin.

Glovie was originally from California, and following in her mother's footsteps, she attended Hollins University in Roanoke. On April 4th of her senior year, Glovie first met Dick on a blind date at the Homestead. She immediately noticed how much fun Dick was and that he was a good dancer to boot! The next day, they ended up floating down the river together, and she appreciated his natural affinity for the water. Dick and Glovie's relationship quickly became serious and he proposed on June 10 of that year. Glovie's parents were so stunned they decided that Dick would have to join them on the family fishing trip before any wedding would take place. Dick made the trip to Wyoming in July where he met her parents, two brothers, her sister and her sister's husband. They teased him mercilessly because he rode horses English style, not their preferred Western style. Fortunately, he was an excellent fisherman and an enthusiastic camper, thus passing the family test with flying colors. Dick and Glovie married on September 12, 1970 and the rest is history!



Eugene Scott, Harry Lowen, Bob Lynn (Dick's father), Charles Lunsford and Virginia Lynn (Dick's mother) at Nimrod Hall.

In 1984, they bought the pre-fab cabin on the Cowpasture River from Dick's mother. They initially added onto the house, and then did so once again. They would visit frequently in the winter when the children started skiing at the Homestead resort. They spent every Thanksgiving there, and both of their children celebrated their 18th birthdays there at the river. In 1998, they hired an architect and once again added onto the house, while also tearing down the pre-fab portion of the house. The final result is the beautiful river home they are living in today. The irony is that once they finally got everything done on the house, both of their children ended up moving to South Carolina and getting married. However, the children and grandchildren still gather at the river house every July, as well as every Thanksgiving and Christmas. It continues to be the main hub for the family get-togethers.

Dick and Glovie started becoming involved with the CRPA back during the time period when a proposed controversial dam was going to be built on the river. Their friend and neighbor, Kirk Lunsford (Read's father) was against it, so through his lead, they became more involved in the CRPA meetings. After a few years, Dick was asked to be on the Board.

One of the things they most appreciate about the CRPA is the educational activities for the kids in the schools. They credit Puggy Farmer with bringing this to the forefront. In addition, they are also



Photo by Lynne Griffith

very thankful for the vital role that the river monitors play within our organization. They enjoy the yearly events, which include the annual meetings and the summer picnics. In fact, Dick and Glovie graciously hosted the summer picnic on their river property last year which resulted in a turnout of 85 people. Dick, with his ever-faithful mule, drove folks back and forth from the parking area down to the river. He once again served as our "Uber" driver at this year's picnic, as well.

In terms of the future, Dick and Glovie feel it's important to consult with the CRPA members who are river property owners to discuss how to keep the river clean and pure. They realize what a gem the Cowpasture River is and that we are the flagship organization in terms of protecting it. One thought is to possibly collaborate with the Chesapeake Bay Foundation, perhaps in terms of seminars and other activities.

Dick and his son Garland recently floated the river and saw red-tailed hawks, eagles and otters, while his daughter Julia saw beavers and wild ducks on her recent river float. It never ceases to amaze them that every single time they float on the Cowpasture River, it is such a memorable experience. Their hope is that the CRPA will pass this legacy of memorable experiences onto the younger generation.



Photo by Julia Lynn

The Cowpasture River property of Dick and Glovie.

Thank You To Our Loyal Watershed Members

The following list includes dues and gifts received since Nov. 1, 2017 during our 2017-2018 Annual Campaign season. Thanks for your continued support, and welcome to our new members who are highlighted in bold. **Total donations for the current campaign = \$37,940.00.** (Note: Some donors have asked that their names not be published.)

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(Continued)

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George Wood

Junior Members

Evie Grist

Abe Hardbarger

Jaxson Hardbarger

Baron Leitch

Bryce Leitch

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by Andrew Knapp

In Memory of:

Garrett Gooch, IV

by Todd and Ann Nugent

Claiborne Gooch Hammond

by Ann Winfrey Gooch

Donna Thomson and Betsy Owen

by Allan and Rebecca Howerton

Maybela Paxton Payne

by Jim and Katherine Morriss

Donna Thomson

by Don Thomson

The CRPA's current annual campaign runs from Nov. 1, 2017—Oct. 31, 2018. This campaign is nearly through its cycle. Dues and gifts received during this campaign are essential to the CRPA being able to carry on its mission of stewarding the Cowpasture River. Your support makes the difference! Please consider sending us your support if you have not already done so. Thank you.

If we overlooked anyone or made an error, please let us know. We would like to correct any errors in the next newsletter. Please contact Lynne at directorcrpa@gmail.com.

Goodbye to Our Departing Board Members

We want to recognize and thank our four former directors who recently departed our board. Each has contributed so much to the watershed and to our members, and they continue to do so.

Ann Warner—Ann has shared both Camp Mont Shenandoah to the organization for annual dinner events and her home for other meetings. She has raised needed funds for the important work of the organization, and she's been an integral part of the leadership.

Dick Lynn—Dick and his wife Glovie have shared their home and grounds for the annual picnic. Even when not directly hosting, they have been a float destination and have ferried floaters and visitors alike. Dick has been an energetic board member providing ideas, critical thinking and counsel.

Puggy Farmer—Puggy and his wife Kathy carry the CRPA flag at the Boys Home. At one point, CRPA was close to losing one of its crown jewels. Puggy helped ensure that this program continued and grew larger. And Kathy's wonderful photography continues to grace the pages of our newsletter.

Chris Peters — Chris served on the board for three years and grew up on the family farm along the Cowpasture River. He has worked as a librarian for Virginia Tech's University Libraries since 1984.



Puggy Farmer



Dick Lynn



Chris Peters



Ann Warner



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- \$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 _____
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- I am a NEW member!
- I am RENEWING

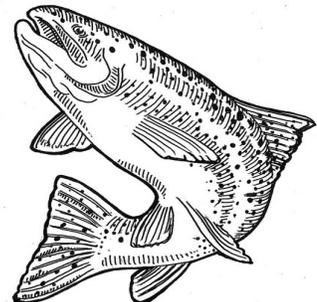
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- I prefer to NOT have my name published as a contributor.
- Please send my newsletter by email version only.
- I am interested in becoming a volunteer and/or river monitoring.



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