

THE RIVER RUNS

News from the Cowpasture River Preservation Association



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This stunning photo is of the swimming hole at Camp Mont Shenandoah. The camp is on the left, and George and Frances Phillips' property, Old Camp Farm, is on the right. Many thanks to Camp Mont Shenandoah and 323 Unmanned Flight Services for this beautiful photo. *Please send us your best photos of the Cowpasture River and the surrounding wildlife.*

Board of Directors (2017-2018)

Officers:

Richard Brooks, President

Stewart Hobbs, Treasurer

Directors:

Lucius Bracey

Caryl Cowden

Monroe Farmer

Marshall Higgins

Nelson Hoy

Dick Lynn

Kim Manion

Christopher Peters

Steve Van Lear

Ann Warner

Jeremy White

Staff:

*Lynne Griffith,
Executive Assistant*

Editor: *Lynne Griffith*

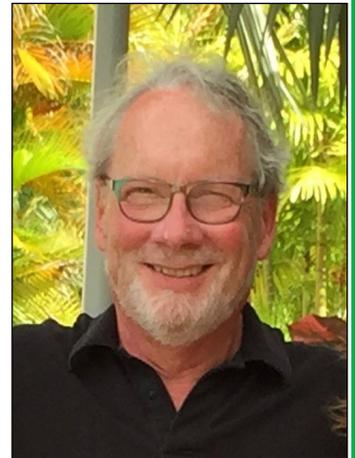
Photographer: *Kathy Farmer*

From the President

It must be spring in the Allegheny Highlands.

In the last week we've seen temperatures ranging from the low teens to nearly seventy, precipitation consisting of rain, sleet and snow, and winds clocked at more than sixty miles per hour. One consequence of the winds was that we had to postpone our quarterly board of directors meeting.

Past CRPA president Nelson Hoy and his wife, Lizzie, were planning to host our meeting, but his Highland County farm, Berriedale, lost power. As I write this a few days later, their power still has not been restored.



Here in Bath County, we just saw our first (brave) daffodil in full bloom. The river is now back to normal flow after months of drought. And the birds and critters are busily moving about. There's an abundance of wildlife in the Cowpasture watershed, and among my favorites is the majestic Blue Heron. I think you'll enjoy Keith Carson's piece on that waterfowl, starting on page 5.

We're also highlighting Ellen and Kent Ford in our first Member Profile by Lynne Griffith, beginning on page 9. This is a series that we plan to continue because our members—at least from what I observe—are interested, interesting and committed to our watershed preservation. As an organization, one of our key strengths is our history. Very few local conservation groups can trace their roots back 45 years.

Sadly, the proposed Atlantic Coast Pipeline is looking less proposed and more on-track, and the published estimate for this project is now north of \$6.5 billion. Government agencies continue to grant construction permits, and court judgments are allowing Dominion Energy to use eminent domain where landowners object to granting easements. Seeing photos of the acreage where Dominion has begun clearing trees is a heartbreaking reality.

Remember to keep current with us at www.cowpastureriver.org and on Facebook.

— Richard Brooks, CRPA President



Executive Assistant's Corner

We arrive at Spring after the whirlwind of the Winter season. We began the Winter by kicking off our new annual giving campaign which started on November 1, 2017. We are so grateful to the multitude of people who stepped up and donated to our organization during this new season of giving, and we are gratified to see that so many of you support the worthy causes of the CRPA. Thank you.



We have a lot to look forward to this Spring. Our Annual Meeting & Dinner is coming up on Saturday, May 19 at the lovely Camp Mont Shenandoah in Millboro. Please consider joining us for this event. In addition to a social hour, a wonderful catered dinner, our annual “State of the Union” address and a Silent Auction, we will also be nominating and voting on new prospective board members. In addition, be sure to save the date for our Annual Picnic being held on Saturday, July 28. We had a great turnout last year, and we hope to repeat the fun experience again this year.

We have some other great field trips coming up! On Sunday, March 25, Michael Hayslett will lead a trip entitled “Vernal Pools of the Cowpasture River Valley” where participants will explore these special mountain wetlands and their accompanying aquatic wildlife. On May 18th, John F. Townsend, Staff Botanist from the Virginia Department of Conservation and Recreation Division of Natural Heritage, will lead a trip entitled “Shale Barrens of the Cowpasture River Valley.” This group will be exploring these rare habitats at the Ft. Lewis shale barrens. The final field trip of the year, also led by Michael Hayslett, will be Saturday, July 7 and is entitled “Purple Alien Invasion.” This group will go on a tour along the lower Cowpasture and Jackson rivers to explore a collaborative plant management project that addresses the invasion of this insidious plant.

Finally, please stay in touch. I would appreciate receiving your photos of the Cowpasture River and its surrounding wildlife. I would also love to hear your stories and memories surrounding the Cowpasture River. We are hoping to share some of these stories in the upcoming newsletters, so keep those cards, letters and emails coming in!

— Lynne Griffith, CRPA Executive Assistant



Photo courtesy of Nelson Hoy

STAY TUNED!!!

In our Summer issue, we're looking forward to an essay by Nelson Hoy and Elizabeth Biggs entitled “Swinging Bridges of the Bullpasture and Cowpasture Rivers.”

Community Service in Action!



Photo courtesy of David Peters

Left to right: Herb Hardbarger, Terry King, Will Keagan, Drew Harlow, Katherine Dupoise, Candice Dupoise

Katherine Dupoise is a junior member of the CRPA and a sophomore at Bath County High School. On December 21, 2017, she organized a bear litter cleanup at the old quarry green boxes (solid waste dumpsters) at the lower Cowpasture River Highway. Her effort was supported by the Bath County administrative staff and the Cowpasture River Preservation Association. Clean-up was needed because others had left the dumpster doors open and their garbage bags out on top, thus encouraging the bears to drag the trash up the hillsides on both sides of the highway. Trash had also been left in the creek bed where it could eventually end up in the river. And, in addition to the trashy highway appearance, the bear problem could also lead to other human-bear conflicts. The end result of approximately 12 volunteer hours by nine volunteers was the collection of 20 large bags of trash, recyclable aluminum cans and one Santa hat. Many thanks to the volunteers



Photo courtesy of David Peters

Our faithful organizer, Katherine Dupoise



Photo courtesy of David Peters

Foreground left: Katherine Dupoise; Foreground right: Herb Hardbarger; Background: Terry King, Will Keagan, Drew Harlow

The Great Blue Heron of the Cowpasture River Valley

By Keith Carson, Former Executive Director of the CRPA and
President, Bath-Highland Bird Club

Editor's note: The following essay is the 18th in a five-year series on water resources stewardship in the Cowpasture River Watershed, sponsored by the Cowpasture River Preservation Association and published by The Recorder. The goal of this series is to create awareness among students, citizens and officials of the critical need to protect our surface and groundwater resources and to stimulate interest in progressive stewardship.



Photo courtesy of Doug Rogers

Birdwatcher with a camera

One of our most striking local birds is the Great Blue Heron, which is often seen wading in shallow ponds or streams pursuing prey species that include fish, frogs, insects and even small mammals. They can be as much as four feet tall with a wing-span of up to six feet. The Great Blue Heron (scientific name *Ardea herodias*, the Latin word “ardea” and Greek word “herodias” both mean “heron”) is the most numerous and widely distributed heron in North America and is found from Florida to Alaska and from Baja, California to Newfoundland. It is usually described as

having a blue-gray body, a reddish-brown neck and white head with a black mask across its eye and extending back to black plumes on the back of its head. The long legs are yellow. Its long dagger-like yellow bill is quite distinctive as well. When it flies, the neck is bent toward the body in an “S” shape and the legs extend back well beyond the tail feathers.

Heron Family — Herons are in the Family Ardeidae, which also includes the bitterns and egrets. Other members of the heron group found in western Virginia include the Green Heron and Yellow-Crowned Night Heron, both of which are smaller and have quite different coloration than the Great Blue Heron.

There are three egrets found mostly in eastern Virginia that have the same body shape as the Great Blue Heron. These are the Great Egret, Snowy Egret and the Cattle Egret, which have mostly white feathers and so are unlikely to be mistaken for a Great Blue Heron. The Egrets are mostly birds of coastal Virginia, although occasionally you may see them farther inland. If you travel to south Florida or the Caribbean you may see the “Great White” Heron, which is a subspecies of the Great Blue Heron and looks just like it except for the white feathers. Some researchers consider the “Great White” Heron to be a separate species.

All Seasons — Great Blue Herons can be found year-round in the Allegheny Highlands, but they seem to be more numerous here during the warmer months. However, any unfrozen body of water containing fish is likely to attract Great Blue Herons, even in January. They adapt their feeding

habits well to the presence of humans by hunting at open bait wells at marinas and begging for handouts at fishing piers. They can be a bane for owners of backyard fish ponds where they can sometimes remove all of the fish in a matter of days. Fish in small ponds can be protected by placing pieces of drain pipe on the bottom of the pond so the fish have places to hide when a heron comes looking for a meal.

Consummate Hunters — Great Blue Herons are consummate hunters able to slowly stalk prey and strike with their sharp bill at lightning speed. Their long legs allow them to pursue prey in a stealthy manner. They often stand frozen in place for several minutes while fish swim around their feet. They will hunt in water up to about 20 inches deep. They will often spear a fish with their bill, flip it up in the air overhead and catch it head first in their mouth and swallow it whole. They can also catch prey items by grabbing them in their bill. On rare occasions the heron's eyes are bigger than its throat, and they have been known to choke while trying to swallow a large fish or other animal.

While fish make up most of their diet, herons are known to also eat mice, voles, lizards, snakes, crayfish, insects, small birds and even hatchling alligators. Hunting Great Blue Herons can stand motionless in a pond or stream watching and waiting for an opportunity to strike. They will hunt in saltwater and freshwater wetlands, marshes, riverbanks, natural and backyard ponds. They will also forage in grasslands and agricultural fields.



Watching a heron walk, people are surprised that what appears to be the “knee” joint of the leg bends backwards instead of forwards like our knees. However, the joint that appears to be halfway down the heron's leg is actually not the “knee” but rather is comparable to our ankle joint which bends in a manner similar to that of the heron. The upper leg bone or thigh bone of the heron is held close to the body so the “knee” may not be visible because it is usually covered by body feathers.

Heron can hunt day or night thanks to light sensitive cells in their eyes that allow for very good vision in low light. One study of herons feeding at fish hatcheries found that many of the fish the birds picked off were actually diseased. The diseased fish tended to stay near the surface of the water and so were more vulnerable to herons. As with most of our wild birds, herons are protected by the Migratory Bird Treaty Act. Killing them or disrupting their nesting can be punished by heavy fines and even jail time.

Nests — Male Great Blue Herons are slightly larger than females and are active in nest building. They collect most of the nest material. The males gather sticks from the ground or trees and shrubs and then present them to the female who weaves them into a flattened or cup-shaped

nest. The nest cavity or depression is then lined with pine needles, moss, leaves, dry grass or small twigs. Nests typically measure from two to four feet across and can reach over three feet deep. Nests will often be worked on over a period of several years.

Most Great Blue Herons nest in trees but will sometimes nest on the ground or on nest platforms, channel markers or other structures near the water. Ground nests are often made of grasses or reeds. Breeding Great Blue Herons sometimes nest in a colony or “heronry” of several hundred nesting pairs where they build stick nests in trees. Several nests may be built in the same tall tree. Nesting pairs of herons are mostly monogamous during a given breeding season, but they choose new partners each year.

If you visit a colony during breeding season, look for herons engaged in pair-bonding behaviors such as clicking their bill tips together and erecting their plumes. Herons defending territories or nests will often confront each other with wings spread and bills pointing skyward. The female heron will lay two to six pale blue eggs that are about two inches long. Eggs are incubated 27-29 days and the nestlings require another 65 days to mature to the point that they can leave the nest. Both parents feed the nestlings by regurgitation of food. In the north, Great Blue Herons typically produce just one brood, but in the southern states they will sometimes produce two broods in a single breeding season. Young birds that survive their first winter can live to 15 years of age.



Hunting — Great Blue Herons were hunted to near extinction in the late 1800s and early 1900s because their long plumes were prized by ladies’ hat makers. Since killing these birds was outlawed, their numbers have increased across North America but there was a setback in their recovery due to DDT exposure. The use of the pesticide DDT after World War II reduced the populations of many birds causing them to produce very fragile egg shells.

Following the ban on use of DDT, populations of herons and other birds that eat fish, like eagles and ospreys, have continued to recover. In some northern parts of North America, recovering beaver populations have benefitted herons by increasing the number of ponds and wetlands, providing more feeding opportunities.

In recent years, Great Blue Herons have had to face new challenges. Loss of nesting sites to development, and deterioration of water quality and wetland habitat are issues of concern for heron survival. Natural generation of new nesting islands, created when old islands and headlands erode, has decreased due to artificial hardening of shorelines with bulkheads. Poor water quality reduces the amount of large fish and invertebrate species available in wetland areas. If suitable feeding and nesting areas are not maintained, populations of Great Blue Herons will eventually

decline. Toxic chemicals that enter waterways from runoff and industrial discharges pose yet another threat. Although Great Blue Herons currently appear to tolerate low levels of pollutants, these chemicals can move through the food chain, accumulate in the tissues of prey and may eventually cause reproductive failure in the herons.

Migration — Great Blue Herons are considered to be partial migrants, but their migratory behavior is different for various parts of North America. Some birds leave the northern parts of their range during the winter and move south or to lower elevations where they are more likely to find open water for feeding. In winter, the range extends south through Florida, Mexico, and the Caribbean to northern South America. Birds east of the Rocky Mountains in the northern part of their range are typically migratory and winter in the coastal areas of the southern United States, Central America or northern South America. During the winter they are found in greater numbers in the southern part of their range. Starting in March some of these southern birds will move back north into the northern states and southern Canada. Some Great Blue Herons are permanent residents in southern states and coastal regions where the waters rarely or never freeze.

Predators — Due to their large size and formidable pointed bill, Great Blue Herons are not commonly attacked by predators. However, on occasion they have been killed by eagles or large hawks. In southern parts of North America, herons are sometimes grabbed by alligators. An injured Great Blue Heron should be handled with great care because it can cause a nasty wound by striking out with its sharp bill. Covering its head with a towel or t-shirt is one way to protect yourself if you come across a sick or injured bird and need to pick it up for transport to a wildlife rehabilitation center.

Prospects — The outlook for the Great Blue Heron in western Virginia is quite good at this time, as long as water quality and fish populations in our streams and rivers can be maintained. When you are out hiking near streams, rivers and ponds, look for the Great Blue Heron. Being able to watch them in action stalking prey or nesting is an experience you will long remember.

Internet URLs:

- ◆ Great Blue Heron, All About Birds, The Cornell Lab of Ornithology.
https://www.allaboutbirds.org/guide/Great_Blue_Heron/id
- ◆ Great Blue Heron, Wikipedia, The Free Encyclopedia.
https://en.wikipedia.org/wiki/Great_blue_heron



Member Profile — Kent and Ellen Ford

by Lynne Griffith, CRPA Executive Assistant

Some of the most faithful and longest serving members of the Cowpasture River Preservation Association are Kent and Ellen Ford. Kent and Ellen became involved in CRPA many years ago through the influence of Ed Walters. Ed, along with several others, was one of the founders of CRPA back in 1972 at a time when Kent and Ellen were living out in Tucson, Arizona. Kent was on sabbatical at the time from his job at the Carnegie Institution of Washington. Kent's field was in Physics, working on astronomical instrumentation (image intensifiers and spectrographs) at the Department of Terrestrial Magnetism at the Carnegie Institution of Washington. Ellen was a History major from Mt. Holyoke College, and she and Kent married in 1961.

Kent grew up in Clifton Forge, as did his father. In the 1960s, Kent and Ellen vacationed with their children on the Cowpasture River. Ed and his wife, Rita, originally from Texas, had moved to their farm in Bath County, and Kent's mother, a University of Texas graduate, was one of the first people to greet her new neighbors. Kent and Ellen joined the CRPA. After they returned back to their Maryland home at the end of their sabbatical in Tucson, Kent served on the CRPA Board, and missed only one board meeting in three years!



Like most everyone else, they were looking for ten acres along the Cowpasture River. And just like most everyone else, they were unable to find such a piece of property. However, one day they spotted a tiny ad in "The Recorder" regarding a house plus 400 acres being for sale, and they jumped on it! The farm was a bit of a "diamond in the rough." It was not directly on the Cowpasture River, but it was on one of its tributaries – Stuart Run. There was a big

rambling farm house and further down a long gravel farm road there was a ramshackle hunt camp. Initially there was no plumbing in the hunt camp and there were holes in the floor. (They had to put desk drawers upside down over the holes so as not to step into them.) But through the years they transformed this camp and property into the lovely sanctuary that it is now – Indian Draft Farm. So much for buying just ten acres!

In the late 1980s, as the three Ford children left home for college, Ellen was able, in the summer and fall, to spend more and more time on the farm with her horses. Kent retired from Carnegie in 1990 and joined her. They sold their house in Maryland and became full-time Bath County residents.

Kent became interested in monitoring the water quality of the river after watching Dave Peters give a demonstration at a CRPA picnic at the Lynchburg Camps. The monitoring protocol involved taking a timed sample of the aquatic larvae in a riffle with a net, sorting and counting them, and then deriving a score based on the count in various categories. The scoring system was worked out by Dr. Reece Voshell and a graduate student at Virginia Tech and was adopted as the Virginia Save-Our-Streams method by Jay Gilliam over in Rockbridge County. To learn more, Kent took one-week classes on

monitoring and on identification taught by Dr. Voshell at the National Conservation Training Center in Shepardstown, West Virginia.

Kent has served for many years on the CRPA river monitoring team. Co-chairman of the CRPA Monitoring Committee, Puggy Farmer, stated that “Kent started monitoring the Cowpasture River around 25 years ago when there were just three people doing it because of their interest in benthic macroinvertebrates as they relate to water quality. He is the quintessential monitor – dedicated, reliable, precise and patient. He is one of the kindest men I have ever met. His dedication to the CRPA monitoring program is legendary and to have been trained by him is an honor.”

For many years, Ellen has served CRPA by overseeing our post office mailbox in Millboro. She picks up our mail on a regular basis, sorts through it all and sends it off to the appropriate parties. She gathers, documents and tallies the many donations that come through and then takes the checks to the bank for depositing. Ellen continues to fulfill this role to this day. In the early days of the CRPA, the mail was sent to whomever the current Board president was at the time. In fact, there was no consistent mailing address for years until then President Jean Howell began overseeing the mailbox in Millboro. Ellen has done a great job ever since, and we are deeply indebted to her for her many years of faithful service.



In terms of the future of CRPA, Kent and Ellen stressed the need of recording and preserving the history of the organization. Kent feels it's especially important to remember who the founding members are and why the organization came into being in the first place. In terms of other things CRPA could be doing in the future, they feel it's important to focus on conservation, better water access, as well as water sports. They brought up the sensitive topic of “paddling” on the river. In the early days, they said that many of the farm owners did not want anyone trespassing on “their river.” There was often friction between those who desired public access to the river, such as canoe clubs and paddlers, and those who did not want there to be any public access to the river. This was especially true for those who own land on both sides of the river. But finding a way to accommodate both the land owners and the paddlers is an important and ongoing concern for Kent and Ellen.

Kent and Ellen are one of a kind! Between two sons, one daughter, four grandchildren, two horses and one adorable rescue dog, Buddy, they have made a lasting impact on this world. And their continued dedication to CRPA has gone beyond measure. We will always be grateful that we have been fortunate to have them within our fold.

Thank you, Kent and Ellen. You are both a true gift!

Update: Atlantic Coast Pipeline

By Richard Brooks, CRPA President and Pipeline Ad Hoc Committee Chair

The Cowpasture River Preservation Association, along with 60-plus other conservation, environmental, outdoors and concerned citizens groups, has worked for four years to halt construction of the proposed Atlantic Coast Pipeline. This has always been an uphill battle, but it became even more difficult last year when the ACP was ranked number 20 of the current administration's top 50 infrastructure projects.

We continue to try to stop this pipeline from crossing under the Cowpasture River at Fort Lewis and several tributaries. It's unlikely that pipeline construction can be done without causing significant damage to our watershed. Some damage might be temporary (up to three years) and some permanent (3+ years.) *No amount of damage to the Cowpasture River is acceptable.* You can read more about this at cowpasture.org.

While not decreasing our pipeline opposition, we realize that there must also be a Plan B, which in this case is a way to ensure that if the pipeline is built, its construction and operation will do as little environmental damage as possible. As such, we have allied with the Allegheny-Blue Ridge Alliance, Dominion Pipeline Monitoring Coalition and other groups to form the *Pipeline Compliance Surveillance Initiative (CSI)*.

We launched this endeavor formally on March 3, 2018 to a broad group of affected landowners, citizens' organizations and media. During the run-up to the launch, we met with many of the agencies responsible for pipeline oversight: The West Virginia Department of Environmental Protection (DEP), The Virginia Department of Environmental Quality (DEQ), The United States Forest Service (USFS), and the United States Army Corps of Engineers (USACE.) The purpose of these meetings was to develop a partnership approach to land, air and water stewardship. These agencies share in the responsibility, accountability and authority to protect our environment during and after construction. They all have precious few people and resources to carry out their duties. And, they all want the best possible outcomes.

So, we proposed that CSI collect, qualify, and report on construction issues. Then, CSI would be in a position to provide agencies with a carefully vetted incident report whenever a problem occurs. Here's how the system works. CSI can accept incident reports from any source – citizen, student, CSI



Photo courtesy of Kathy Farmer

member, etc., and these reports can come in via phone, text, email or on the web. At CSI Central, the staff will qualify each of these incident reports using technology and also by dispatching a first responder to make sure that the information is accurate. Once a staff member has determined that the incident is valid, CSI will dispatch a qualified field observer to fetch samples and/or call for air support for pictures and further assessment. This incident file will then be posted to the website and further enhanced by our wide-ranging incident review team. In other words, CSI will do the legwork to assure that the reports we send to the various agencies is accurate and merits agency attention.



Photo courtesy of Steve Van Lear

A fuller description of this is available at <http://pipelineupdate.org/csi/>. We believe that by working with agency partners, citizen participants and other conservation and citizen groups, we can make this project adhere to what Virginia governor Ralph Northam pledges: that the pipeline will “be held to the highest environmental standards.”

Any CRPA member who would like to contribute time, energy or money to this effort, please contact me via email at drabrooks@gmail.com or via phone at 414.899.6221. We are seeking volunteers for all aspects of this initiative, including water quality monitoring and education.

Dates To Remember

March 25, 2018 Vernal Pools of the Cowpasture River Valley **Field Trip**. *Registration opened February 23, 2018.*

April 28, 2018 (Saturday, 1:00 - 5:00 PM): **Spring River Clean-Up** at the Walton & Evans Tracts. Please sign up at directorcrpa@gmail.com or call 540-620-7795.

May 18, 2018 (Friday, 9:00 AM - 1:00 PM): Shale Barrens of the Cowpasture River Valley **Field Trip**. *Registration opens April 19.*

May 19, 2018 (Saturday, 5:00 - 8:00 PM): **46th Annual Meeting** on the river at Camp Mont Shenandoah which includes a social hour, silent auction, business meeting, catered dinner and special program! *See full-page advertisement on page 14.*

July 7, 2018 (Saturday, 9:00 AM - 12:00 PM): **Purple Alien Invasion Field Trip**. *Registration opens June 8.*

July 28, 2018 (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.*

Board Nominees

A few members of the Board of Directors will rotate off of the Board, and at the upcoming Annual Meeting, new members will be elected. Nan Mahone Wellborn and Michael Hayslett have been nominated for the open seats on the Board.



Photo by John Berry

Nan Mahone Wellborn is a landscape painter whose home base is in the Blue Ridge Mountains of Virginia. Primarily she paints in oils outside, along the banks of Cowpasture and Bullpasture Rivers or ponds that offer reflections and movement. Observation is at the root of her work.

Her land conservation work at Conservation Partners and in association with the Blue Ridge Land Conservancy have inspired Nan's interest in open space land conservation. A "sense of place" holds a strong meaning for her and she identifies with landowners' keen interest in preserving their farms, forests and watersheds. Capturing conserved spaces is a painting priority. For eight years Nan has painted the Victor Thomas Environmental and Land Saver Awards for BRLC.

Nan has been coming to the Cowpasture and Bullpasture Rivers since she was born. Her father, Bill Mahone, instilled a love for the region. He taught riding at Camp Wallawhatoola and later became engaged to Nancy Hopkins along the Cowpasture River. Her mother's association went back even further, and she reminisced about Cowpasture River fishing with her father in the 1930's and how often they stalled out in the river fords. For the past 20 years, she has rented the Carter Camp on the Bullpasture River.

Nan participates in her communities by directing the Open Studios Tour Roanoke, and participating on Hollins University E. D. Wilson Museum Advisory Board and Rodes Farm Property Association Board, and she is a member of Beverley Street Studio School, Taubman Museum of Art, BRLC, and TNC.



Photo by Brian La Fountain

Michael Hayslett — After serving as Executive Director from 2015-2017, I would be honored to have the opportunity to serve the CRPA as a new board member. My family had a summer camp on the lower Cowpasture at "Circle H," and I developed a deep love for the river during those boyhood years. After a 30-year career in environmental and higher education away, I returned to my home area (Clifton Forge) in 2014. I routinely seek outlets to promote conservation of the precious natural resources that make the Allegheny Highlands' headwaters so special. I enjoy and study many aspects of nature, and I pursue numerous outdoor activities. I also continue my research and mission to champion wetland habitats known as "vernal pools" and their wildlife as a private consultant around Virginia. I cherish the Allegheny mountains that are watered by

the Wallawhatoola, and it would be my privilege to help protect the watershed through service on the CRPA Board of Directors.

CRPA Annual Meeting & Dinner



SAVE THE DATE!

SATURDAY, MAY 19, 2018

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
7:00—8:00 pm	Presentation and Business Meeting - Voting for New Directors

WHERE:

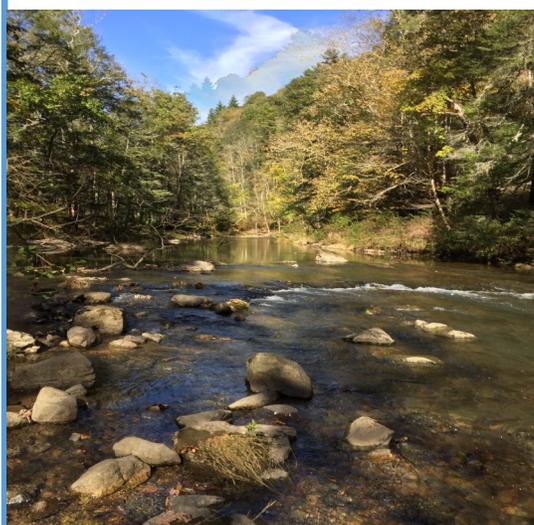
**Camp Mont Shenandoah
218 Mont Shenandoah Lane
Millboro, VA 24460**

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 artists.

Registration deadline is May 12, 2018 (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, 2018 along with any unpaid dues* to: **CRPA, Box 215, Millboro, VA 24460**

I am unable to attend the 2018 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 two (2) directors.

Lucius Bracey	Richard Brooks	Caryl Cowden	Puggy Farmer	Marshall Higgins
Stewart Hobbs	Nelson Hoy	Kim Manion	Christopher Peters	Steve Van Lear
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 2017 annual campaign, or have sent dues in 2018, you are in good standing with respect to the vote.

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

* Membership Categories (check one):

____ Member (\$25 minimum per individual)

Name _____

____ River Guardian (\$50)

Address _____

____ Headwaters Circle (\$100)

____ Watershed Stewart (\$250)

Phone _____

____ Wallawhatoola Society (\$500)

Email _____

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

- ◆ Nan Mahone Wellborn (3-year term)
- ◆ Michael Hayslett (3-year term)

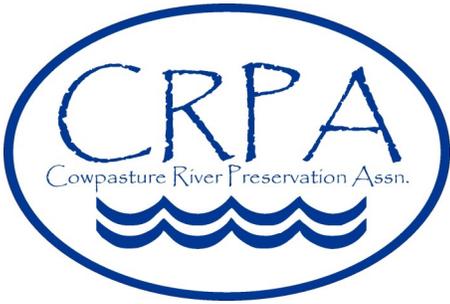
Nominee Biographies:

Nan Mahone Wellborn – Landscape painter; land conservationist at Conservation Partners, Lexington, VA.

Michael Hayslett – Former CRPA Executive Director; Principal of VA Vernal Pools, LLC.

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





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Please join us today. The river needs your time, talent and support!

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

\$1,000 Bedrock Patron Donation

\$50 River Guardian Donation

Memorial Donation \$ _____

\$100 Headwaters Circle Donation

in memory of _____

\$250 Watershed Steward Donation

\$12 Junior Membership Dues

\$500 Wallawhatoola Society Donation

I am a NEW member!

I am RENEWING

NAME(S): _____

ADDRESS: _____

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.)