

THE RIVER RUNS

News from the Cowpasture River Preservation Association

“The History of the CRPA” Is the Theme of the 40th Annual Meeting

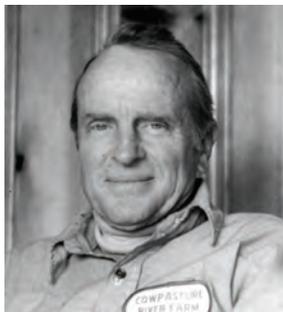
The Great Merger

by Bill Hardbarger



Temple Kessinger

As I look back to January 25th 1972 I realize now that what took place at the tiny Millboro Gymnasium was a great merger. Instead of combining two massive corporations like happens so often today it was a merger of two very different personalities. On the one hand was the boisterous giant of a man Temple Kessinger, a Union President who dealt every day with differing views of how the Westvaco Corporation and its work force should proceed and grow the company. Conflict was the daily routine, and the urgent present was the time to get things done for those he represented. On the other hand was the slight, soft spoken diplomat, Ed Walters who’s manner was always



Ed Walters

to gather all information and facts available, present them to all those affected and resolve all conflicts into a mutually beneficial agreement and go forward from there. While the significance was not understood at the time, this meeting created the basic philosophy and structure by which the CRPA has functioned and carried on the business of protecting the Cowpasture River and its surrounding valley for the past 40 years. We now owe a great deal of thanks to the memory of these two fine men and all others who gave us such a great start and guidelines to function by. I’m sure if we could ask them about that particular time and what they did, their response would be they were merely reacting to what was going on around them in the best way they knew how. With quite different approaches this was a

merger that 40 years later has greatly benefited us all.

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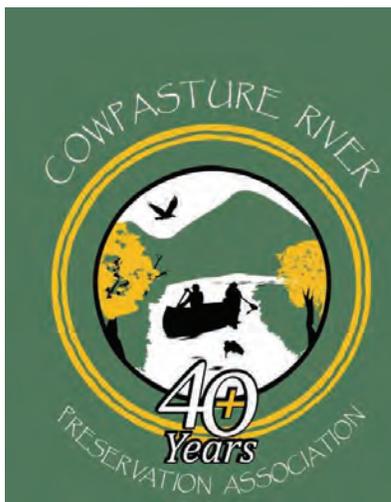
Conservation News

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40th Annual Meeting, May 19

REGISTER NOW!

See page 15



What is this?

See the bottom of page 10 for details

IMPORTANT NOTICE TO MEMBERS!

A CHANGE TO THE BYLAWS HAS BEEN PROPOSED AND APPROVED BY THE BOARD OF DIRECTORS.

THIS CHANGE WILL REQUIRE RATIFICATION BY THE MEMBERSHIP AT THE ANNUAL MEETING. THIS CONSTITUTES FORMAL NOTIFICATION OF THE CHANGE AND YOUR OPPORTUNITY TO VOTE ON THEM AT THE ANNUAL MEETING. BE SURE AND SEND IN YOUR PROXY IF YOU WILL NOT BE ATTENDING THE ANNUAL MEETING. Details: pages 13 & 14.

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2011-2012

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From the President

Hello Everyone,

Just in case you've forgotten, I want to take this opportunity to remind you that 2012 is the CRPA's 40th anniversary and also I want to be the first to formally invite you to attend our Annual Meeting and Dinner on May 19th. Details and a form for making reservations are included in this issue.

As you may expect, this will be a special annual meeting because we will not only get together with friends along the river we don't see frequently but we'll spend the evening reflecting on our long history.

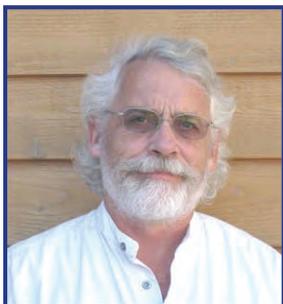
So many of you have spent your entire lives on or near the Cowpasture and have countless stories to tell - of family picnics, the day you finally learned to swim, when you caught your biggest fish. Those of us who have been here for much shorter times enjoy hearing about those events almost as much as you like telling the stories. Our interest confirms that these remembrances are not only in the past but are recreated every year by those of us fortunate enough to join you "old timers" along the river. And for everyone such reminiscences are reminders about some of the most important things in life - friends, family and enjoyment of the outdoors.

We hope you'll be able to join us. Be sure to make your reservations early. We'll try to squeeze in as many folks as possible but space is limited.

See you on May 19th!



Executive Director Update



Spring has arrived early in the Highlands this year and Polly and I are enjoying the wildflowers and nesting bluebirds. Each year we live in this house we discover new natural wonders. This year it was Trout Lilies, so named because the leaves are mottled with brown in a pattern that reminded early botanists of the appearance of a trout. Dozens of them popped up in a wooded area next to our garage. They were joined by colorful acquaintances including Spring Beauty, Round-Leaved Yellow Violet, Appalachian Groundsel and one of our favorites,

Dutchman's Breeches. It is a pleasure to bring you, in this newsletter, a description and photos of my hike to the source of the Cowpasture River, high on the eastern slope of Bullpasture Mountain in Highland County. What a treat to see the river from this perspective! That day I also drove south along the river to see the confluence with Shaws Fork and then continued on several more miles south to the confluence with the Bullpasture River. Seeing these shallow, cobble-filled sections of the river made me think—trout habitat! So it is fitting that this newsletter also includes an update on how trout are making a strong comeback in several parts of the Cowpasture River and its tributaries. I hope you will join us for the upcoming River Cleanup Day, April 22 (Earth Day!) and the Annual Meeting and Dinner on May 19. May you have many good times on the river this summer!

UPCOMING CRPA ACTIVITIES AND EVENTS

Mark your calendars for another great season of activities. Please remember that all of the events below are open to the public. Please come and bring your friends. We always welcome interested citizens and potential new members.

Sunday, April 22th. *Spring Litter Cleanup and Wildflower Walk at the Walton Tract, 2 - 5 p.m. Wear your grubbies and sturdy shoes. Bags, gloves, trash grabbers and snacks will be provided. Charles Garratt will join us to help identify some of the fabulous wildflowers. Let Keith know if you're planning to join us, 540-474-2858 or directorcrpa@gmail.com.*

Saturday, May 19th: *Annual Meeting and Dinner; See pages 14 and 15 for details, proxy, and registration form. Registration is required.*

Saturday, June 7, 2012 (tentative date to be confirmed soon)

Carpool /Caravan Trip to Enchanter's Garden, native plant nursery in Hinton, WV, which is about 90 miles west of Warm Springs. Contact Keith at directorcrpa@gmail.com or 540-474-2858 if you are interested in going on this trip.

Date TBA

Conservation Program Symposium

Saturday, August 25. Annual Riverside Picnic at the Elks Camp. Save this date and watch for details in the Summer Newsletter.

W CAMP
WALLAWKATOOLA INC.
FOR BOYS EST. 1922

IN THE COOL MOUNTAINS, MILLBORO SPRINGS, VIRGINIA



From the Archives... Circa 1938, thanks to Skip Cheseldine

People Matter: Campaign Goal So Close!

Once again, the membership has stepped up for a successful Annual Campaign. As of the date this newsletter went to press, we've raised **\$28,505**. We would like to thank those members, listed below, who have contributed so generously since the Winter Newsletter was published in late January. Our goal for the 2011-12 Annual Campaign is \$30,000 so you can see that there is still some work to do to meet our objective. We added some new members in 2011 and are also beginning to see more activity through the website in recent months. In 2012, there is confidence that the organization will continue to grow with new faces to meet, more volunteers to help with programs, and new friends for fellowship at river events. Just as a reminder, if you've not submitted your dues for 2012, they are now due and must be received if you want to have a vote at the annual meeting May 19. Also, remember that any gifts in excess of dues are tax deductible and welcome any time of year.

Watershed Stewards

John and Caryl Cowden
Bill and Christie Hardbarger
Joan L. Rule
Jennifer St. Clair Seckner
Mike and Marla Whiteside
Robert and Mina Wood

Headwaters Circle

William and Susan Frank
Mary Powell-McDaniel

A new way to give!

Now you can pay dues or make a gift online at www.cowpastureriver.org. Just go to "donate" and find the way you'd like to give.

Headwaters Circle (cont'd)

David and Dawn Russell
Walnut Tree Farm

River Guardians

Donald G. Arnold
Sonny and Beatrice Clark
Dr. Edward Metzger
Jim and Katherine Morris
Robert, Julie, Virginia, Lucy & Beau Riggan

Members

Howard and Nancy Dobbs
Kathleen Gordon
G. J. Kimberlin
Ann L. Spey
Nova Wright

Junior Members

Brenden Seckner

Memorials

In Honor of Nevin C. Davis
from
Bill and Christie Hardbarger

Did we get it wrong?

We apologize for any errors or omissions in this list, which covers donations received since the last newsletter (late January) and through 4/10/12. We are happy to correct errors. Email directorcrpa@gmail.com or call 540.474.2858.

Welcome and thank you to those who have recently joined or rejoined the CRPA!

Jennifer St. Clair Seckner, Clifton Forge, Virginia
Brenden Seckner, Clifton Forge, Virginia
Nova Wright, Covington, Virginia

Documentation Project: A Goal for 2012 - Maybe you can help!

For most of its history, the CRPA had no paid staff or formal infrastructure for keeping regular documentation of events, activities, and/or who was doing good works for the organization and the river. That said, there are plenty of people, members, past directors, and officers who have spent innumerable hours in service to the organization. Many still live or have family in the area that may have records of the activities of the CRPA, which spans over forty years of existence. Are you one of those people? Is there a box marked "CRPA" sitting somewhere in your attic, basement, barn, or other remote location that has historical treasures or official papers? One of the stated action items in the present strategic plan is to record important and historical information about the CRPA. In that effort, we are attempting to gather all official documents into a single place for archival storage. Please contact Keith at 540.474.2858 or directorcrpa@gmail.com if you can contribute.

The Land Where the Cowpasture Begins

In the mid-1700's Henry Jones acquired land in the eastern part of Highland County on the eastern slope of Bullpasture Mountain. Thomas Jones of Doe Hill, Virginia, is the seventh generation of the Jones Family to farm this land. Flowing alongside Route 614, Cowpasture River Road, the main stem of the Cowpasture River has its source on the Jones property high up on Bullpasture Mountain. Amidst the oak-hickory-sugar maple forest, near the summit, there are creek beds cut over the years by rainwater and snowmelt. On this sunny January day there is still a small amount of snow on the ground especially in shaded areas.



This is the largest creek bed near the summit of Bullpasture Mountain where the Cowpasture River begins. On this day in January the mud in the bottom was damp, but there was no flowing water visible at this elevation.

About 100 yards from the summit, a spring flows out from between rocks in the stream bed, starting the Cowpasture River's journey of over 100 miles to the confluence with the Jackson River at the village of Iron Gate. At this point the Cowpasture can be crossed with a single step. As you enjoy your section of the Cowpasture River this summer keep in mind that over 70 of the river's 115 miles are located north of Millboro Springs. The upper sections of the river are typically fast-flowing and shallow with a rocky bottom—a very different habitat from that of the lower sections of the Cowpasture that are often deeper and slower moving.



Down Bullpasture Mountain about 50 yards further, the Cowpasture becomes a tumbling stream flowing over a bed of cobbles.



The Cowpasture main stem is on the left here as you look upstream. A small stream on the right comes down an adjacent hollow to add its cold, clear water to the flow. Small streams merge with the main stem as the river flows east through the Jones property.

From the size of the trees on these slopes, it is clear that this is a relatively young woodland. Fifty to seventy-five years ago, most of the accessible land in this part of Highland County was logged to the point that nearly every tree over six inches in diameter was removed. This left the land susceptible to erosion. Over the past fifty years, the woodlands have made a significant comeback due to changes in management practices, so that today, a beautiful woods is developing which will help stabilize the riparian zone near the source of the Cowpasture. This woodland is also much better habitat for wildlife, making for excellent deer and turkey hunting. On the day I made my hike many winter songbirds including black-capped chickadees, dark-eyed juncos, and cardinals were out in the warm sunshine.

Where the Cowpasture Begins (continued)

As the land flattens out into a wide hollow, the banks of the Cowpasture are separated by several feet and the water courses over and around large slabs of limestone and sandstone bedrock.



The road entering the hollow is crossed by the Cowpasture at a ford and I had to jump from rock to rock to keep from taking a dip in the frigid water.

After reaching the bottom of the hollow, the Cowpasture bed meanders through cobbles and rock outcrops.

This hollow is thought to be the site of Henry Jones original 18th century homestead. No trace of it can be seen today. According to Morton's *History of Highland County Virginia*, Mr. Jones and a succession of three wives raised nine children on this land, which was well-suited to livestock and timber production.



After emerging from the hollow, the Cowpasture's rocky bed passes through pastures of grazing cattle.



Looking east, with the Cowpasture running near the trees on the left, imagine the hills covered by the virgin white pine, chestnut, oak and maple forest that Henry Jones would have encountered when he first arrived and built a cabin in this hollow.

Several smaller streams feed into the Cowpasture on the Jones property increasing its flow several fold by the time it crosses the property line heading south. At this point a second tributary, Carroll Draft, descends from the east through a hollow on the George Washington National Forest to join the Cowpasture River as it flows south along Route 614.



Above, the Cowpasture nears the boundary of the Jones Property and has transformed from a tiny mountain spring trickling out from between the rocks of a narrow creek bed into a small fast-flowing river.

Where the Cowpasture Begins (continued)



Carroll Draft descends through a steep, narrow hollow in the George Washington National Forest east of the Jones property. The dense beech-hemlock woodland shades the water keeping it cool during the summer.



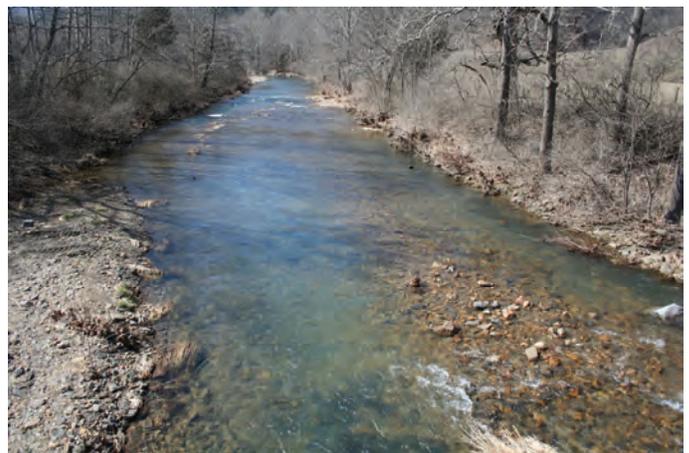
On this section of the Cowpasture, looking north from the Rt. 250 bridge, the riparian area has been fenced to keep livestock out of the river.



At the confluence with Shaws Fork (on the right) it appears that the Cowpasture is the smaller of the two rivers. The shallow water flows over a bed of cobbles.



The upper Cowpasture winds through pasture land in eastern Highland County. This stretch of the river would benefit from more trees in the riparian zone to keep the water shaded.



In this stretch of the Cowpasture passing through private land near Liberty, the river banks have a mature riparian vegetation buffer.

Brook Trout Populations Increasing In Virginia

Wild trout populations require cold, well-oxygenated water, a clean stream bottom, and good fish cover. In Virginia, most trout habitat losses occur through increased stream temperature, siltation, and stream channel alteration. Water temperature requirements may be the most critical factor facing Virginia's trout populations, and the state's generally warm climate and normally low summer stream flows do not help the situation. Most shaded mountain streams do not exceed 70°F during the summer, which is suitable for trout. Aquatic habitat and suitable water temperature can be maintained even during logging and farming operations when streamside vegetation is left intact. In most cases, maximum stream temperatures in the low 70s are within the tolerable range for trout, but such temperatures improve the habitat for other stream fishes which trout cannot compete against. Siltation and other more direct forms of habitat alteration, such as channelization, have also cost Virginia many miles of trout water. Silted stream bottoms decrease the stream's insect population, an important source of trout food. Siltation also makes trout reproduction difficult. Trout lay eggs in stream gravel, and clean gravel is necessary to insure movement of oxygenated water over the eggs. As little as a quarter-inch of silt over trout eggs can result in 100 percent mortality. Alteration of stream channels is also of critical concern, not only due to the increased siltation it causes, but also due to the removal of fish cover and the potential to raise water temperatures. Trout require overhead cover, such as undercut banks, large rocks or submerged logs. When such cover is removed, the trout leave. Lack of suitable cover limits the number of large trout a stream can support.

Virginia lost many good wild trout populations prior to the mid-1970s due to habitat degradation. However, many of the land-use practices that resulted in those losses — widespread stream channelization, poor logging techniques, removal of streamside vegetation, intensive agriculture in riparian areas, etc. — have been improved to the point where, over the past few decades, the physical habitat has been improving. In addition, the Virginia Department of Game and Inland Fisheries maintains a current inventory of wild trout streams that provides the data necessary to protect this critical habitat. The Department's trout stream inventory identifies over 2,350 miles of wild trout streams in Virginia. Biologists are encouraged to find that brook trout, the only trout species native to Virginia, still accounts for 80 percent of the wild trout resource in the state. Rainbow trout, a western introduction, have taken over many of the native brook trout streams in the other southeastern states. As a result, Virginia currently has more native brook trout streams than all other southeastern states combined.

Growth rates of wild trout, particularly brook trout, in Virginia are exceptional when compared with growth rates for similar streams in neighboring states. In most Virginia streams, adult brook trout average 8-10 inches by their third year of age. In respect to the number of streams available and the size of trout present, Virginia probably offers the best native brook trout fishing south of New England.

Unlike warmwater fish, such as bass and bluegill, trout have a very low ability to reproduce. Therefore, in heavily fished areas, it is imperative to protect trout until they are able to spawn at least once. In order to accomplish this objective, a 7-inch minimum size limit has been imposed on all trout creel in Virginia. Such a limit will allow most wild trout to reach spawning age before they are subject to harvest.

According to Paul Bugas, Fish Biologist for the Virginia Department of Game and Inland Fisheries, the following parts of the Cowpasture watershed contain reproducing populations of brook trout. Fishermen are currently taking trout from the waters of Mill Run, Davis Run, Crab Run, the upper Bullpasture River, Benson Run, Thompson Creek, Jordan Run, Mare Run, Lick Run, and Dry Run. The lower Cowpasture (below Windy Cove) system including Mill Creek and Simpson Creek also has brook trout.

The Virginia State Fish is the Brook Trout. The efforts of DGIF and many of the state's conservation-minded land owners are making headway in the difficult work to improve and develop more habitat. For more information on Virginia's trout streams see *Virginia Fishing Guide*, by Bob Gooch (University of Virginia Press) and *Virginia Trout Streams*, by Harry Slone (Backcountry Publications). Our thanks go out to the Virginia DGIF for web-based data and to Paul Bugas for the information in this report on Virginia's wild trout program.



STUDYING NATIVE TROUT STREAMS IN THE COWPASTURE WATERSHED

Special Report by Rick Webb, VTSSS Program Coordinator, Department of Environmental Science, University of Virginia

The Virginia Trout Stream Sensitivity Study (VTSSS) monitors the chemical characteristics of small headwater streams in the Virginia mountains that support native brook trout, including a number of streams in the Cowpasture River watershed.

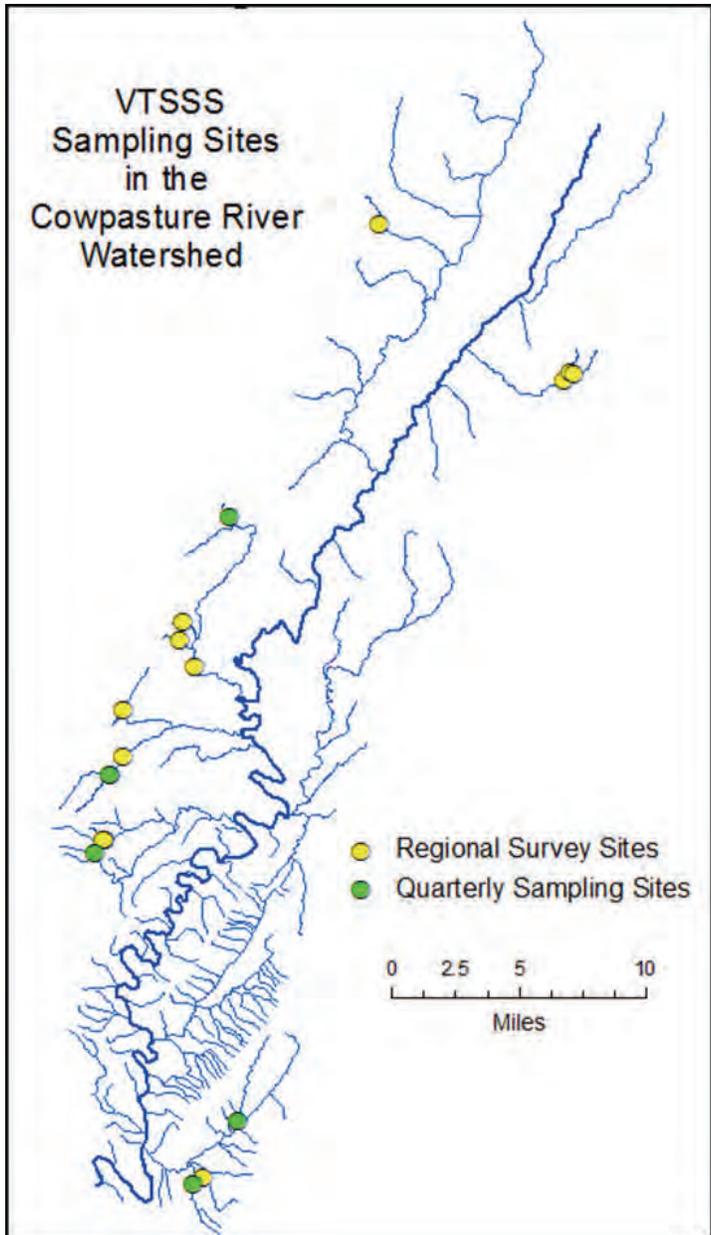
The VTSSS program began in 1987 as an expansion of the Shenandoah Watershed Study, which is conducted as a cooperative effort of the National Park Service and the Environmental Sciences Department at the University of Virginia. Additional cooperators now include the Forest Service, the U.S. EPA, the Va. Department of Game and Inland Fisheries, and Trout Unlimited. The primary focus of the program is change in stream water quality related to air pollution, and the EPA uses VTSSS data, along with stream and lake data collected in other regions, for reports to congress on the results of the Clean Air Act. VTSSS data also support regulatory and stream management decisions, as well as basic scientific research.

VTSSS data collection in the Cowpasture River Watershed includes six sites that have been sampled every three months since 1987, and 12 additional sites that have been sampled during regional surveys conducted in 1987, 2000, and 2010. The analysis routinely obtained through the VTSSS program includes a number of measurements related to watershed biogeochemistry, which refers to the interaction of the biological, geological, and chemical processes in watershed systems. Changes in these measurements indicate changing ecological conditions, typically in response to stressors or pollutants.

A major pollution concern for western Virginia mountain streams in recent decades has been acidic

deposition or acid rain. Due to regulatory controls, emission of acid-forming sulfur dioxide from electric power plants has decreased by about two-thirds during the period covered by VTSSS stream sampling. Acidic deposition levels, however, still exceed preindustrial levels, and acidification is still a problem for many streams.

Stream water response to acidic deposition is indicated by change in concentrations of sulfate, mainly derived from acidic deposition, and change in acid neutralizing capacity (ANC), a measure of acidification status that is closely related to pH. Comparisons between VTSSS regional survey data obtained in 1987 and 2010 show a pattern of improvement: among 351 stream sites sampled in both surveys the median of stream sulfate concentrations declined about 18% and the median of stream ANC concentrations increased about 82%, consistent with recovery from acidification. Streams in the Cowpasture Watershed also show recovery. The available data for the 12 streams sampled in all three regional surveys show a mostly consistent pattern of decreasing sulfate and increasing ANC concentrations. Between 1987 and 2010, sulfate concentrations decreased in 11 of the 12 streams and ANC increased in all 12 streams.



Studying Native Trout Streams (continued)

ANC and Sulfate Concentration Data for VTSSS Regional Surveys: Cowpasture River Watershed Brook Trout Streams

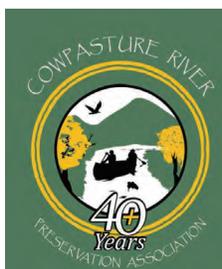
VTSSS ID	Stream Name	ANC ($\mu\text{eq/L}$)			Sulfate ($\mu\text{eq/L}$)		
		1987	2000	2010	1987	2000	2010
AG10	Downy Branch	30	47	62	80	74	78
BA08	Barney Run	7	35	42	45	50	38
BA09	Cub Run	13	16	138	37	35	53
BA11	Dry Run	284	351	848	58	56	56
BA12	Jordan Run	95	116	234	68	64	55
BA14	Little Wilson Creek	3	13	23	55	50	42
HI12	Bensons Run		66	94		109	105
HI13	Left Prong Bensons Run		47	82		111	110
HI14	Right Prong Bensons Run		87	109		104	101
HI15	Davis Run			354			85
VT10	Laurel Run	6	12	24	56	51	47
VT11	Mare Run	7	13	26	54	48	38
VT12	Panther Run	53	73	115	50	47	41
VT13	Bear Hole		120	176		74	65
VT14	Little Wilson Creek		16	23		49	41
VT15	Porters Creek	13	15	33	64	54	54
VT16	North Branch Simpson Cr.	15	15	24	95	83	77
VT17	Blue Suck Branch	88	127	171	88	71	73



Davis Run in Highland County

Analysis of quarterly sample data, especially for the most recent ten years, indicates similar improvements. Although the observed recovery from acidification is both good news for our native brook trout streams and evidence for the value of our national investment in air pollution control, additional improvement is needed. Note that in 2010 stream ANC was less than 50 $\mu\text{eq/L}$ for seven of the 18 streams studied in the Cowpasture River Watershed. The ANC value of 50 $\mu\text{eq/L}$ is commonly cited as an approximate threshold for biological impairment and other effects of acidic deposition, and it is probable that the ANC of all of the streams in the Cowpasture River Watershed was greater than 50 $\mu\text{eq/L}$ in preindustrial times. Differences between streams in current chemistry and response to changing acidic deposition are closely related to watershed bedrock type.

All of the streams in the Cowpasture River Watershed that had an ANC value of less than 50 $\mu\text{eq/L}$ in the VTSSS 2010 survey drain watersheds that are dominated by siliceous (quartzite and sandstone) bedrock, which, compared to other bedrock types (for example, limestone), produces soils with little capacity for neutralizing acidic deposition. Throughout the central Appalachian Mountains region the streams that are most acidic and least responsive to acidic deposition reductions tend to be associated with this bedrock class. *For more information about the VTSSS program, see: <http://swas.evsc.virginia.edu/VTSSS-2010/Survey.html>.*



The CRPA Development Committee's search for a design commemorating the 40th anniversary of the CRPA is over and we plan to have new merchandise available at the Annual Meeting. The image at the left shows the new design as it would appear on a green t-shirt. Both green and blue t-shirts will be available at the Annual Meeting on May 19. New mugs and grocery/tote bags with this design will also be available, so plan to get your new merchandise at the meeting. Clifton Forge's own Melissa Hundley at Bear Mountain Signs created the new design.

What's New in Conservation

Be On the Lookout for Sick and Dead Fish in the River

With spring each year comes the potential threat of fish kills on the Cowpasture. In 2011, there were relatively few fish kills reported continuing a trend from 2010. The hope is that the recent trend will continue in 2012 and there will be few fish kills in the Upper James River watershed. According to Don Kain of the Harrisonburg office of DEQ, "So far, it's been a quiet spring as far as fish mortality goes, both in the Upper James and Shenandoah systems. We have seen some bass and sunfish with lesions, but these have been isolated incidents. I heard of some sick madtoms and redbreast sunfish at a couple of locations in the South Fork of the Shenandoah, but nothing widespread."

***If you see dead or sick fish, report date, time, location, number, and send any photos to Don Kain
Email: fishreports@deq.virginia.gov, or
Donald.Kain@deq.virginia.gov
Phone: 540-574-7800 or 800-592-5482***

DVD Review: Bugs of the Underworld – A Fly Fisher's Guide to the Natural History of Aquatic Insects.

GOT BUGS?!? Ralph and Lisa Cutter of the California School of Fly Fishing have produced a wonderful DVD showing several benthic macro-invertebrates in various life stages in their natural underwater habitats. Stoneflies, mayflies, caddisflies, midges and more are shown in beautiful video footage. In many cases both the larval and adult forms are documented, including the actual moment of metamorphosis. If you have ever done benthic macroinvertebrate monitoring, this video will amaze you with its spectacular views of the bugs you labored over on the counting table. I first saw this video at the 2011 Annual Meeting of the Virginia Master Naturalists in Palmyra, Virginia, where it was featured in a stream biology workshop. Of course, all you fly fishermen and women out there will also be thrilled by the trout's eye view of this underwater world. The running time is about 35 minutes. This video would make a great addition to our local schools' biology class teaching resources. As a gift for any budding biologist in the family, it will be hard to beat. The DVD is a bit pricey at \$29.95 plus \$5.75 shipping from California, but in my opinion, is well worth it. The DVD is available on the Cutter's website, www.flyline.com, as is Ralph Cutter's book *Fish Food: A Fly Fisher's Guide to Bugs and Bait*.

Izaak Walton League Celebrates 90th Anniversary

Starting with 54 men in 1922, the Izaak Walton League has grown to 39,000 members and 250 local chapters across the United States, including 14 chapters in Virginia. That makes it one of America's oldest conservation organizations. One of their mottos is "Defending outdoor America yesterday, today and for many years to come." Its mission is "to conserve, maintain, protect, and restore the soil, forest, water and other natural resources of the United States..." The league has many accomplishments at the national level. It led a decades long push for federal water pollution control, helped conceive the Wild and Scenic Rivers Act of 1968, and broke the political ground necessary for passage of the landmark 1972 Clean Water Act. A full decade before Rachel Carson's book "Silent Spring," the League highlighted in its magazine Outdoor America the long-term harm of the pesticide DDT on fish and wildlife. In the 1970s and 1980s the League's advocacy helped make "acid rain" a household phrase – work that led to the Clean Air Act Amendments of 1990. Thanks to a decade-long legal battle led by the Izaak Walton League, EPA recently announced new standards to sharply reduce emissions of mercury and other toxic pollutants emitted by coal-fired power plants. The League was an early backer of federal legislation to support fish and wildlife restoration and habitat conservation using fees paid by hunters, anglers and recreational shooters – an investment that, to this day, benefits every American. When the National Wildlife Refuge System Improvement Act was signed into law in the 1990s, it was the culmination of 25 years of work by the Izaak Walton League to establish the refuge system's conservation mission and to safeguard wildlife-dependent uses such as hunting and fishing. For more information, visit the League's website, www.iwla.org.



What's New in Conservation (continued)

Poultry Litter Injector Reduces Nutrient Runoff

Virginia Tech researcher Dr. Rory Maguire is many miles from his Scottish roots, but nonetheless, he is leading a team of scientists in a groundbreaking research project on farming techniques that may both help farmers and help clean up the Chesapeake Bay. In collaboration with the Natural Resources Conservation Service (NRCS), some Virginia Soil and Water Conservation Districts and researchers from Penn State and the University of Maryland, the team is field testing farming equipment that injects poultry litter into the soil. Poultry litter injection into the soil reduces the odor and prevents the litter from running off into streams and rivers. The machine is similar to a no-till seed drill that creates seams in the soil and deposits seeds under the soil surface. No-till machines do not disturb the soil as much as traditional plowing, thereby greatly reducing soil runoff. Instead of seeds, the litter injector puts dry poultry litter into the soil. This machine can deposit 1-2 tons of litter per acre of farmland, providing the benefit of fertilizer and reducing problems with nutrient runoff into waterways. Trials with an earlier version of this equipment increased crop yields by more than 35% and reduced nutrient runoff by over 90%. The project is being conducted on a farm east of Broadway, Virginia in Rockingham County. The litter injector is being developed by BBI Spreaders of Cornelia, Georgia. Thanks to Jeremy Hunt of Harrisonburg's *Daily News Record* for the information in this report.

James River Association Starts New Program for Homeowners

We are getting some of those spring showers here in the Highlands this month. To help homeowners reduce the amount of stormwater and pollution leaving their property, JRA has launched a new certification program called River Hero Homes! Becoming a certified River Hero Home is a simple way to help protect the James River by reducing the amount of stormwater, chemicals and silt that flows into local waterways. Depending on where you live, certification may also help you qualify for stormwater rebates or credits offered by your locality. The program is open to everyone within the James River watershed. Even if you can't see the river - or any body of water - from your house, your actions still impact the health of the

James River and its tributaries. There's more to being a River Hero Home than just being a good steward. Participants will receive a garden flag and window cling with the River Hero Homes logo. We've created a Google Group and newsletter where homeowners can share ideas and learn from others. And finally, as a certified River Hero, you'll be invited to the annual River Hero Home Lawn Party where you'll have the opportunity to mix and mingle with other "Heroes" who are proudly taking action at home to protect water quality in America's Founding River! Go to www.jamesriverhero.org, where you can find everything you need to get started, including information about different types of projects and application materials.

Little Progress Made By Legislature To Improve Water Quality or Water Access

By David Bernard, water quality chair of the Virginia Chapter of the Sierra Club

A House bill #934 would have helped establish fishing and navigation rights on Virginia streams by requiring anyone claiming private ownership of stream bottom or fish to establish that claim in court by a "preponderance of the evidence." The bill was tabled in the House Chesapeake Subcommittee.

After passing the Senate 40-0 and the relevant House Committee 22-0, Senate bill 494 that would have authorized \$300 million in bonds for sewage treatment plants was continued to 2013 by a House Appropriations Committee subcommittee. This House action further delays needed sewage treatment plant upgrades in Virginia.

A House Joint Resolution #50 asking the Virginia Institute of Marine Sciences to study strategies to deal with sea level rise, which is already causing problems on the coast of Virginia, passed the Senate unanimously and had only two no votes in the house, by Republicans Ben Cline and Todd Gilbert.

A House bill #40 which released Virginia Beach oceanfront property owners from their obligations to leave sand dunes in place and would allow them to build protective bulkheads, passed the House without dissent, but the Senate Agriculture, Conservation and Natural Resources Committee thought better of it and continued the bill to 2013 by a 14-0 vote.

A Senate bill #77 authorizes trading of pollution cleanup responsibilities. Polluters will be able to pay to clean up another's pollution rather than clean up their own. The Sierra Club opposes water or air pollution trading. However, with the consent of the EPA and other environmental groups, this plan is going forward.

Board of Directors Elections

Nominees to the Board:

Ann Batley

I moved to Bath County with Jay in June, 1996 to assume ownership and operations of Camp Mont Shenandoah. Part of the camp has been in my family since 1948 when my maternal grandmother bought it with two other folks. I started attending the camp at the age of 8 but took to the emerald green waters of the Cowpasture River at an even younger age.

Bachelors in Biology & English from Hollins University. Masters in Social Work from VCU.

Served on the following boards since moving to Bath County: Bath County Chamber of Commerce (served as president), Bath County Christmas Mother (Christmas Mother in 2001), Allegheny Highlands Free Clinic

Dick Lynn

The Cowpasture River has been a part of Dick Lynn's life for all of his 70 years. His parents were frequent visitors at Nimrod Hall until they built their own place on the river in 1950. Dick and his wife, Glovie, bought that property from his mother in 1984. Since his retirement the Lynns have spent long periods of time on the river where they fish, canoe, picnic and garden. In his business life, Dick was president of the Heironimus stores in Roanoke, Lynchburg and Blacksburg. He has served on numerous Boards and on the vestry of his church.

Lou Robinson

Mr. Robinson is a native Virginian and was born and raised in Portsmouth Virginia. He attended Virginia Tech and graduated in 1963 with an Electrical Engineering degree. He worked as a design engineer and engineering manager for several computer engineering companies in Florida and Northern Virginia. He now resides in McLean, Virginia and is the Chief Operations Officer for Winning Proposals, Inc – a company that supplies skilled consultants to support companies that prepare proposals to government agencies. He began visiting the Cowpasture River in 1979 when he acquired a trailer in the Circle H Campground in the Sharon area. In 1994, the campground closed and he acquired property on Route 42 (on the Cowpasture) and relocated his trailer to that location. He joined the CRPA in 1999 and served on the board from 2001 – 2007. He served as secretary, started the newsletter (The River Runs) and the website (www.cowpastureriver.org).

In addition to the three new Board nominees above, current Board members **George Snead, Jr.** and **Michael Whiteside** are being nominated for their second three year term.

Board Requests Approval of Changes to the Bylaws

At the March 4th meeting of the Board of Directors, changes to the organization's Bylaws were approved for recommendation to the membership for ratification at the Annual Meeting on May 19, 2012. The change to the Bylaws is to make the Board meetings quarterly instead of bimonthly. The exact language being proposed for this change is shown below.

ARTICLE III Board of Directors

By-Laws, Page 2, Article III, Section 6

Original text: "Meetings of the Board of Directors shall be held bimonthly and at any other times fixed by resolution of the Board or upon the call of the President or of a majority of the members of the Board."

Change to: "Meetings of the Board of Directors shall be held quarterly and at any other times fixed by resolution of the Board or upon the call of the President or of a majority of the members of the Board."

The rationale for this change is that the Board originally met quarterly and that was changed to bimonthly during a period when the Board was very busy with Tier III discussions and other matters. Now that the Board has fewer matters of this nature to consider, the current Board Members feel that fewer Board meetings are needed.

Please review these nominations and By-laws changes and come to the meeting prepared to vote. If you are unable to attend the meeting please send in your Proxy by May 10.

Complete the RESERVATION FORM on page 15 if you are attending the dinner meeting.

IF YOU CANNOT BE PRESENT AT THE ANNUAL MEETING, PLEASE RETURN THIS PROXY BY MAY 10, 2012 ALONG WITH ANY UNPAID DUES* TO:

CRPA, PO Box 215, Millboro, VA 24460

PROXY

I am unable to attend the 2012 Annual Business Meeting and do hereby name the following Director (Circle one) to be my/our Proxy. I/we authorize him/her to vote for the new Directors and on any other business to come before the membership.

Elizabeth Biggs John Fowler Bill Hardbarger Jimmy Houff Jean Howell

Bill Jones Read Lunsford David Peters Joe Wood Robin Wood

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Please Note: Unsigned proxies will be void. Unpaid dues will disqualify your vote.

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

* Membership Categories:

- Member (\$20 minimum contribution for individual)
- River Guardian (\$50)
- Headwaters Circle (\$100)
- Watershed Steward (\$250)
- Wallawhatoola Society (\$500)
- Bedrock Patron (>\$500)

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

CRPA Annual Meeting Reservation Form

Saturday, May 19, 2012

Fairview Community Center — Rte. 39 at 629, west of Millboro Springs

- 4:30 p.m. Gather and Registration—Historical Exhibits Available for Viewing
- 6:00 p.m. Business Meeting
- 6:30 p.m. Dinner
- 7:15 p.m. After Dinner Program with Guest Speakers: Bill Hardbarger has organized
a program of several speakers highlighting CRPA History

***IMPORTANT - Make Your Dinner Reservation Early!
Space is limited at this location and once the room capacity has been reached
we will have to stop accepting reservations.***

Cost: \$15 per person, \$10 children 12 and under

Please send this reservation form along with checks payable to CRPA by **May 5** to:

CRPA, PO Box 215, Millboro, VA 24460

**Or, AT LEAST email or phone in your intentions by May 10: directorcrpa@gmail.com, 540.474.2858
(We must guarantee the number attending the dinner to those preparing the meal).**

Name (as you wish it to appear on nametag)	Dinner Cost (\$15 adult, \$10 children)
Total	

Please see page 14 for PROXY if you are unable to attend meeting.

Are you a friend of the river? Maybe it's time to JOIN CRPA!

- \$20 Individual (minimum annual membership donation)
- \$50 River Guardian
- \$100 Headwaters Circle
- \$250 Watershed Steward Other _____
- \$500 Wallawhatoola Society
- >\$500 Bedrock Patron
- Junior Membership(s): 15 years and under; Cost—4 hrs./year volunteer service

NAME(S) _____

ADDRESS _____

CITY — STATE — ZIP _____

PHONE _____

E-MAIL _____

- I prefer not to have my name published as a contributor.
- I am interested in becoming a volunteer river monitor
- I want to help save valuable resources, please send my newsletter by email

CRPA
Cowpasture River
Preservation Assn.
P.O. Box 215
Millboro, VA 24460

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