

# THE RIVER RUNS

News from the Cowpasture River Preservation Association

## CRPA Celebrates 40th Anniversary at Annual Meeting

*By Keith Carson, Editor*



*Jean Howell presides over the business meeting, one of her final duties as President. On her right at the head table are Bill Hardbarger, speaker Temple Kessinger, Jr., and Robin Wood (left to right). On her left are Parke Loesel, Jim Loesel, and John Fowler (left to right).*



*Board Member and former President, Bill Hardbarger did months of research and selected the speakers for the Annual Meeting program. He opened the presentation on "The History of the Cowpasture River Preservation Association." Board Member Robin Wood sits on Bill's right.*

### Also In This Issue

- From the President
- Executive Director's Update
- Events
- What Matters!

*People:*

Thank YOU and Farewell  
Board Elections

*Health:*

Monitoring News

*Education:*

Scholarships Awarded

August 25th - Riverside Picnic  
**REGISTER NOW!**  
See page 15



*Temple Kessinger, Jr., son of one of the founding members of the CRPA, talked about his father's passion for the river.*



*Board Member Dave Peters, spoke about the early days of the CRPA's water quality monitoring program. (Annual Meeting story continues on page 4)*

## CRPA

P.O. Box 215  
Millboro, VA 24460  
www.cowpastureriver.org

Board of Directors:  
2012-2013

### Officers:

Joe Wood, President  
540-862-9408

Lou Robinson, Vice-President  
703-356-9030

Michael Whiteside, Secretary

Elizabeth Biggs, Treasurer

### Directors:

Ann Batley

John Fowler

William Hardbarger

William Jones

Read Lunsford

Dick Lynn

David Peters

George Snead, Jr.

Robin Wood

### Staff:

Keith Carson

Executive Director and Editor

directorcrpa@gmail.com

540-474-2858

Polly Newlon

Project Director, Water Quality

keepherclean@gmail.com

## From the President

Happy 40th Birthday CRPA! What a wonderful celebration we had at our annual meeting in May; it was a nostalgic stroll down memory lane, honoring special river friends, and reaffirming our commitment to protecting our Cowpasture River.

I don't need to tell anyone that this has been a very hot and stormy summer. I know I have been very grateful to have the Cowpasture River at my disposal, especially during the pro-longed power outage. Being able to use the river water for my household needs, escape the hot June days on an inner tube, and simply restore my soul was priceless.

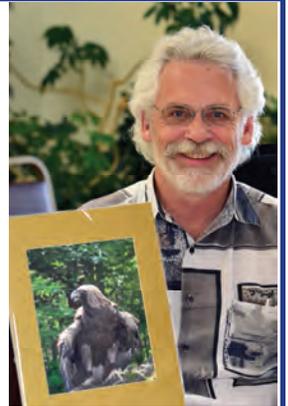
This summer I have greatly enjoyed exploring parts of the river that were so important to me in my youth. It was wonderful to reconnect with old swimming holes, camping sites, and "secret" fishing spots. And as I floated through these special, almost surreal places, I was constantly reminded of the visions our CRPA founders had 40 years ago. Because of all of those who have kept us on track guarding this treasure, the water remains crystal clear, the fish continue to swim and jump, and the deer still thrive along the banks in the cool shade. Without the tireless work and vision of our CRPA founders, we may have lost our Cowpasture River to pollution, power plants, and dams. So, our mission will be to continue the ideals that were established 40 years ago. We must continue "to preserve and protect the Cowpasture River and its tributaries for present and future generations."



*This beautiful place on the Cowpasture River is Lunsford's Landing, site of this year's Summer Picnic and River Day on Saturday, August 25. Join us for some good eatin', good fellowship and good fun! See page 15 for registration details. See you there!!*

## Executive Director Update

This has been a very memorable year for the CRPA. The 40th Anniversary Celebration led by Bill Hardbarger and Jean Howell with the help of many others has been very special. Bill continues to gather information, documents and mementos of the CRPA's long history. The Winter Icebreaker party at Jean Howell's house had a very large turnout this year. The Annual Campaign and subsequent stream of membership renewals as well as the number of new members joining the CRPA show that the organization is strong even in the face of the economic challenges the country and CRPA membership have faced in



recent years. Storms have rocked our communities this summer but fortunately there were few serious injuries. Folks have pulled together to help their neighbors, just as they did following past floods and other natural disasters. This year also marks the launch of the CRPA's expanded River Monitoring Program thanks to a grant obtained by Polly Newlon (see her article on pages 7-9). This more intensive level of sampling and data collection will provide an unprecedented amount of information on the river and will allow the CRPA to continue its primary role in protecting the river. On a personal note, I had my first-ever nature photo show at the Highland Public Library in Monterey in April. That's one of my favorite photos from the show, a golden eagle (above). Please join your fellow CRPA members, guests and families for some good food, fellowship and fun on the river at the **Summer Picnic on Saturday, August 25**. You can even have your picture taken inside Read's spectacular sycamore tree. See you there!



## Upcoming Events

**Saturday, August 25:** CRPA Annual Picnic and River Day, 2-7 pm. See page 15 for details.

**September 27—30.** 2012 Chesapeake Watershed Forum at the National Conservation Training Center, Shepherdstown, WV. Additional information will be posted on <http://www.allianceforthebay.org> as plans develop, and for registration.

**Saturday, October 6:** The 8th Annual Freshwater Folk Festival at White Sulphur Springs National Fish Hatchery. Lots of fun, educational opportunities for young and old. Festivities begin at 10am. Go to <http://www.freshwaterfolkfestival.org/> for more information.



## Annual Meeting (continued)

Over 75 CRPA members and guests packed the Fairview Community Center in Bath Alum for the 40th Annual Meeting. Board member and former President, Bill Hardbarger set up exhibits with a variety of CRPA documents, photographs and items used in water monitoring under outdoor canopies. The stormy weather of late spring stayed away on this Saturday evening and many members arrived early to look over the variety of mementos from the 40 year history of the CRPA. Bill Hardbarger also organized the program for the evening's festivities and members were treated to several interesting presentations on "The History of the Cowpasture River Preservation Association." Speakers included Bill Hardbarger, Temple Kessinger, Jr., David Peters, Kent Ford, Jim Loesel, John Fowler and Jean Howell. They covered topics including a brief history of the CRPA, to water quality monitoring, national forest long range plans, Kings grants and riparian law and the future of the CRPA. The Fairview volunteers provided a delicious meal including fried chicken, ham and their renowned broccoli salad. Those attending enjoyed the program and the opportunity to see old friends. New Board members Ann Batley, Dick Lynn and Lou Robinson were approved by the membership. The membership also approved an amendment to the by-laws changing the Board meetings from bimonthly to quarterly. Outgoing Board members including President Jean Howell and former Vice-President Jimmie Houff were given a rousing "Thank You" by the membership for their six years of service on the Board.



*CRPA members and guests were treated to another excellent meal by the Fairview Community Center volunteers.*



*New Board member Ann Batley makes a point to Executive Director Keith Carson as former President Jay Batley looks on.*



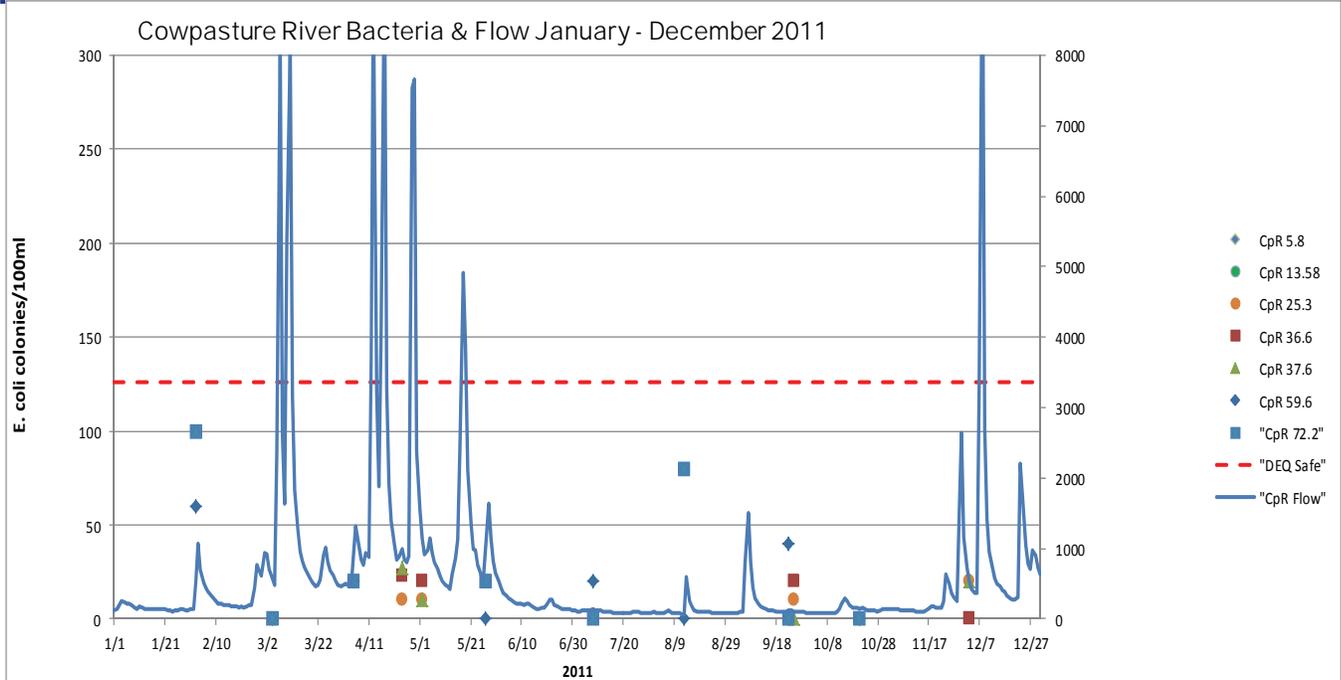
*Lewis and Peggy Brinkley of Clifton Forge await the start of the program.*



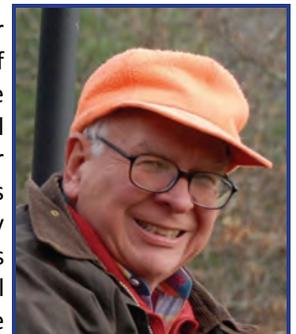
*Juanita Savage, Board member Chip Snead and former Board member and Secretary Jean Ann Manner enjoy the dinner.*

# Monitoring the River

## by Kent Ford

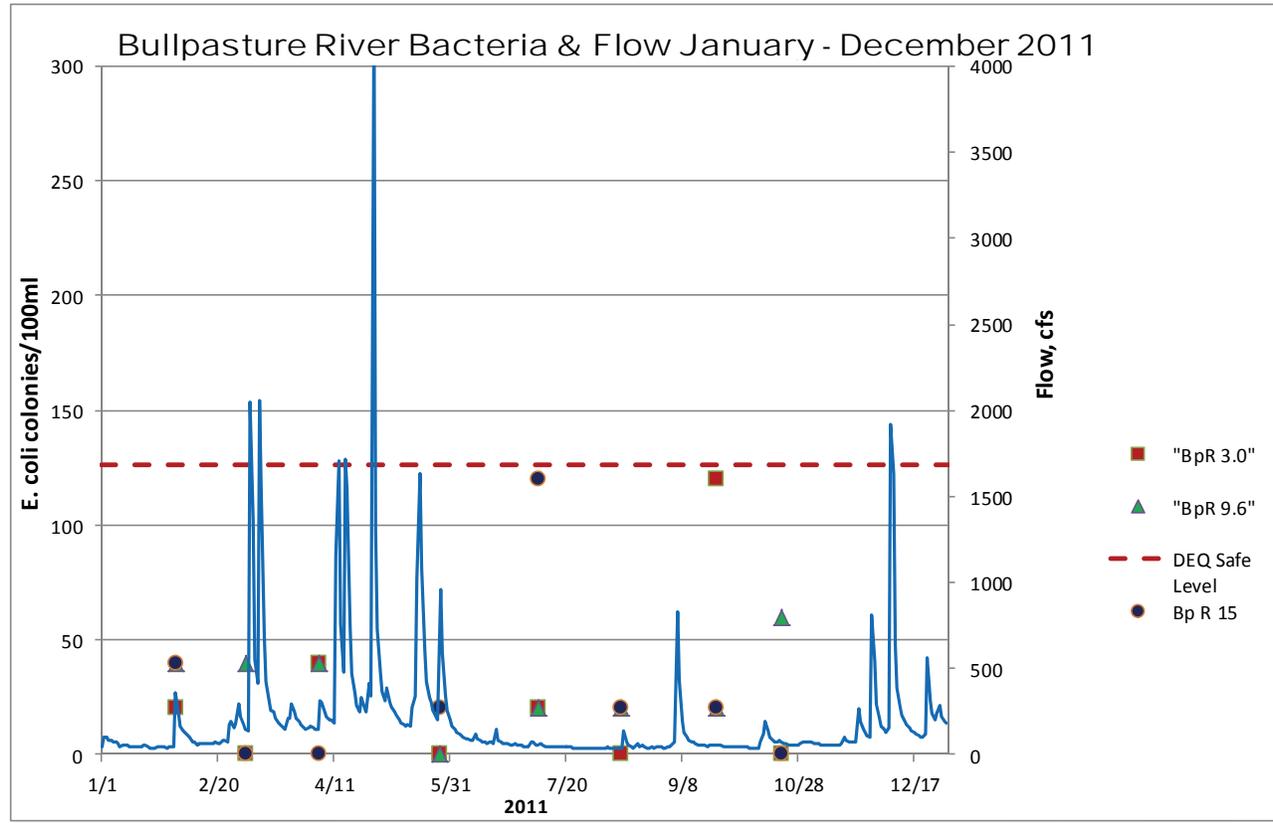


On the graph above, the vertical axis on the right is the flow rate of the river in cubic feet per second as measured near Clifton Forge, Virginia by the U. S. Geological Survey. The CRPA team of water monitors sampled the Cowpasture River on 13 days in 2011 at seven sites up and down the river. We measured these 33 samples for *Escherichia coli* bacteria using the Coliscan Easygel technique. Why do we test for *E. coli*? All of us warm-blooded animals have some *E. coli* in our digestive tracts. Most strains of *E. coli* are harmless. There are some strains that do cause sickness when ingested. There have been well-publicized instances of outbreaks of sickness caused by eating lettuce contaminated with a strain of *E. coli*. We cannot identify the strains of *E. coli*, or its origin, with our tests. Rather we are using the presence of these bacteria as a test for fecal contamination of the water. High levels of fecal contamination are a health risk from the pathogens that can cause sickness. For drinking water, no *E. coli* contamination is allowed. For water contact sports such as swimming, tubing, and canoeing, a traditional safe limit is 126 *E. coli* colonies per 100 milliliters of water. On all of the 13 days we sampled in 2011 the Cowpasture River the counts of colonies were safely below this limit (see the graph above). We took water samples on three days in late spring 2012. The colony counts in these were also very low. We also found low *E. coli* colony counts in our water samples from the Bullpasture River in 2011 (see the graph, page 6). There were two samples with relatively high counts. We have no explanation for these high see counts as there was no high water associated with them. Although the counts were “high” they indicated that the river was still safe for swimming! The CRPA was involved in June, 2012, with two monitoring sessions on the Cowpasture River using the Virginia Save-Our-Streams protocol to judge water quality. We counted benthic macroinvertebrates (the larvae of aquatic insects) that were caught in a kick net. The first session was at the Scotchtown Draft crossing (the Route 627 crossing, midway between Fort Lewis and the Coursey Springs Fish Cultural Station). The second was a training session sponsored by the Upper James RC&D with a morning session and lunch at the Fairview Community Center and monitoring at Buxton Farm (located 2.3 miles above the Route 629 bridge). The VA SOS scores of 10 and 9 at these sites were both in the acceptable range.



Anne McCaig, Nelson Hoy, Elizabeth Biggs, Ellen Ford, Sterling Ford, and Kent Ford all were involved with the *E. coli* monitoring. Sara and Norm Bell, Sterling and Kent Ford did the macroinvertebrate sampling at the Scotchtown Crossing. The Buxton Farm monitoring session included fifteen volunteers helping with the monitoring expansion (see Polly Newlon’s article, page 7.) Jay Gilliam of Virginia Save-Our-Streams and Erica Moore of the Mountain Castle Soil and Water District Council were featured instructors at this training session.

## Monitoring the River (continued)



### Nature Conservancy LEAF Program Interns Learn About River Monitoring



*LEAF Interns Alondra Espina, Jennifer Dilone, Nisi Mendez, Sherryann Thomas, and their mentor Maren Olson use a kick net to collect macroinvertebrates from the Cowpasture River at the Scotchtown Crossing.*



*Marek Smith, the Nature Conservancy's Program Director for the Alleghany Highlands Program, helps the interns identify macroinvertebrates using flash cards.*

On a steamy July morning four young ladies from New York City got a quick lesson in benthic macroinvertebrate monitoring techniques. These high school students are interns in the Nature Conservancy's LEAF Program (Leaders in Environmental Action for the Future). All four attend environmental high schools and are in Virginia and Maryland for four weeks this summer as interns learning first-hand about conservation methods used by the Nature Conservancy and the CRPA. CRPA members Kent and Ellen Ford, Polly Newlon and Keith Carson were on hand to help the visitors "get their feet wet" and learn about the diversity of life in the waters of the Cowpasture River.

# Health Matters: Water Quality Program Expands

By Polly Newlon, Project Director for Water Quality

For those of you unable to attend the annual meeting, you may not have heard that my plan to move from administration into water quality has met with success. As of June 1, our water quality monitoring expansion project has begun, thanks to funding from an anonymous donor. While it is still early in our year-long plan, we've made great progress. A call for volunteers has already led to 30 individuals stepping up to help. In addition, we were quickly able to identify seven site managers to head up and coordinate efforts at each of the proposed monitoring stations. In June, two organizational meetings were held at northern and southern ends of the watershed, along with training sessions in both bacterial and benthic macroinvertebrate monitoring. We are now working on bringing up the physical and chemical methods as well as continuing training and practice for volunteers in the various methods.

## How were site locations chosen?

The monitoring stations, shown below, were chosen based on several criteria:

- ◆ Areas that could be vulnerable to nonpoint source pollution, either experiencing or anticipating agricultural intensity, residential, commercial, or industrial development
- ◆ Areas with the best habitat for obtaining high quality data.
- ◆ Private land with owner permission where possible to insure the security of any long term measurement devices placed.
- ◆ Physical ease of access and proximity to the volunteer workforce.
- ◆ A broad reach, providing overall coverage of the watershed.
- ◆ Sites previously determined by DEQ to be good, representative sites
- ◆ Sites that avoid redundancy with the DEQ's existing monitoring sites within the watershed.



Satellite view of the watershed showing sites (yellow stars). CpR: Cowpasture River; BpR: Bullpasture River. Blue and pink sites are those being monitored by the Department of Environmental Quality (DEQ). Map courtesy (©) of Google Earth.

## Meet the Team!

A heartfelt thanks goes to all of our station managers and monitors:

### Volunteer Station Managers:

Liz Devenny, McDowell  
Celia Rutt, Clover Creek  
Nelson Hoy, Liberty  
Norm Bell, Scotchtown Draft  
Kent Ford, Windy Cove  
Roger & Cynthia Baroody, Walton Tract  
Mike Whiteside, Upper Sharon

### Volunteer Monitors

Sara Bell, Monterey  
Elizabeth Biggs, Williamsville  
Paul Brinkley, Clifton Forge  
Ashley Donahue, Salem  
Chip Donahue, Salem  
Puggy Farmer, Clifton Forge  
Ellen Ford, Millboro  
Mark Hodge, McDowell  
David Kirk, Roanoke  
Bill McNown, Covington  
Edward Metzger, Lynchburg  
Debbie Perdue, McDowell  
David Peters, Millboro  
Betty Jo Rhodes, Clifton Forge  
Everette Rosen, Roanoke  
Ruth Sturgill, Charlottesville  
Tom Sturgill, Charlottesville  
Dorothy Terry, Monterey  
Patty Vaughn, Clifton Forge  
Kirk Waller, Lexington  
Ross Waller, Lexington  
Marla Whiteside, Roanoke  
Stan Willenbring, Clifton Forge  
Rhet Wilson, McDowell

Continued, page 8.

# Health Matters: Monitoring Program Expansion (continued)

**What will be measured:**

Over the next year, a full series of measurements will be implemented at the various stations to provide a broad base of data on water quality. As Kent Ford has stated, there are many ways to monitor a river. Each different measurement provides different sorts of information. For example, the bacterial levels at any given time tell us about fecal contamination from mammals, but says nothing about chemical pollution. The animal populations that live there, whether insects or fish, tell us whether the river is in a state of health that promotes their survival based on particular ranges of oxygen level, temperature, amount of sediment and, to some extent, chemical pollution. But, for example, high *E. coli* levels may not affect the insect populations. So the greater variety of measures one uses, the more likely we are to pick up on the variety of things that can impact waterway health. Table 1 shows the planned measurement schedule for this project. Some data are collected more often than others and by different volunteers, or staff. It is our intention to share all of the data gathered with the membership, agencies and public through our usual means such as the newsletter and website. Trained volunteers can become certified monitors which will aid our ability to submit data to the agencies and have it considered official. The CRPA has already been submitting both bacterial and benthic macroinvertebrate data to agencies for years. But some of the proposed measures are new.

Table 1. Proposed Monitoring Schedule

Variable/Feature	Method	Provides Information about	Frequency	Collected By
Bacteria	Coliscan Easygel	Fecal matter	Monthly	Volunteers
Benthic Macroinvertebrate	VA SOS Protocol	Long term conditions	Quarterly	Volunteers
Conductivity	Field Probe Unit	Dissolved solids	Monthly	Project Director
Dissolved Oxygen	Field Probe Unit	Is there O <sub>2</sub> enough for the wildlife?	Monthly	Project Director
pH	Field Test Kit	Acid/base conditions	Monthly	Project Director
Nitrates/ Phosphates	Field Test Kits	High “nutrients” for algae growth?	Monthly	Project Director
Temperature	U22 ProV temp data logger	Adequate to support wildlife?	Continuous (every two hours)	Project Director

We’ve heard from Kent Ford over the years about the *E. coli* levels, which are generally low in our watershed but sometimes become elevated under certain conditions. The macroinvertebrate indicators have also been positive, with most sites receiving high scores and all in an acceptable range. These studies will be continued and expanded to new sites, including the Bullpasture, a major tributary of the CpR. One new test is conductivity, an indirect way of finding out if there are high amounts of dissolved solids in the river (sediments, chemicals, and other molecules other than water). This is determined by passing a small electric current through the water and measuring how readily it passes. The presence of solids that are “nonpolar”, i.e. do not have any negative or positive charge such as oils and alcohols, will lead to reduced conductivity (increased resistance). If there is an abundance of charged ions, salts or other charged particles in the water, positive or negative, the conductivity will be high, because they pass current very readily. These charged solids include the nitrates, phosphates and other substance that can indicate nutrient overload. The geology of the land through which the stream flows will also affect the conductivity depending on the types of sediment coming into the stream from

*Continued, page 9*

# Health Matters: CRPA volunteers “Keeping her clean”

ground water along its course. For example, in our area, the large amounts of limestone continually contribute calcium and magnesium to streams which increases the overall conductivity. High conductivity actually defines what we know as ‘hard water’. It is important when using conductivity data to make inferences about whether the stream is compromised, to know the baseline “range” of conductivity for that particular site because it will vary normally. Once a range is established by repeated measures throughout the year, differences that would be considered abnormally high or low (since either could happen) can be determined. Methods that more directly measure dissolved solids are also available but require laboratory time, equipment, and expense.

The pH, dictated by amounts of hydrogen in the water, is important because all living creatures require a relatively narrow range of pH to survive. A low pH (acid) will impact the types of organisms that can live there and can actually be fatal if too low. Similarly, the amount of dissolved oxygen is commonly used as another indicator of stream health. Aquatic organisms are as dependent as we are on oxygen and it is highest in riffle and turbulent portions of the waterway and lower in still areas that don’t mix with the surface air as much. This is the reason that insect larvae and other animals (benthic macroinvertebrates) are so abundant in the oxygen-rich riffles where they are sampled for counting. If oxygen becomes insufficient due to events such as algae blooms, this too can be fatal to the residents of the waterway. The biggest threat to oxygen levels in water are the nutrients phosphorus and nitrogen, which are present in such things as fertilizers, manure, and other substances used daily by humans. These nutrients can be harmful in themselves if concentrations are high enough and are a primary factor in promoting algae blooms that use up dissolved oxygen in our waterways. This process is one of the main reasons for the notable “dead zones” in the Chesapeake Bay.

Temperature will be monitored continuously and the CRPA is collaborating with the VA Dept. of Game and Inland Fisheries on this component of the program as part of a long term study of climate change. Mountain streams tend to be the coldest and support desirable cold-water fish such as trout. Warming of these streams and rivers over time could impact native trout populations in the long term as well as the ability of stocked trout to survive. Changes in temperature throughout the year also affect growth of particular organisms that have a favorite temperature range in which they thrive. As an example, the bacteria suspected of causing the recent fish kills prefer cold water and the fish kill began when the water temperature reached a certain level in the spring, but then trailed off once the waters became warmer as the summer unfolded. So, temperature data showing change can help in anticipating onset of events that can impact aquatic wildlife.

**Want to help? Contact Polly Newlon at: [keeperclean@gmail.com](mailto:keeperclean@gmail.com) or call 540-474-2858**

**THANK YOU!**  
Upper James RC&D Council, sponsors of recent benthic training and particularly to Jay Gilliam, Erica Moore, and Genevieve Goss. Also to Kent Ford for providing training in *E. coli* monitoring as well as the many other hours he gives in this effort.

*Center, bottom: Guru Kent Ford explains how to do bacterial monitoring for ED Keith Carson and station managers. Top, right: Virginia Save-Our-Streams trainer Jay Gilliam, along with Erica Moore and Sammy Vest demonstrate the procedure for benthic sampling. Bottom, right: CRPA project trainees try it themselves.*



## River Guardian Awards—2012



*At the Annual Meeting, President Jean Howell presented River Guardian Awards to Kent and Ellen Ford for their “Outstanding Contributions to the Work of the CRPA” over many years. In addition to the plaques, the Fords received a special gift of a photograph of the Cowpasture River taken by Nelson Hoy with these words from Frank Hobbs: “I am never alone on the Cowpasture River. I meet shades of myself and the people I have loved at every turn ... every sensation sets up a ripple of memory and association.”*

## Spring River Cleanup Volunteers Enjoy Day At Walton Tract



Blue skies and comfortable temperatures greeted the 24 volunteers who turned out April 29 for the Spring River Cleanup at the Walton Tract. Following a few hours of picking trash and enjoying the spring wildflowers, the group gathered at the home of Joe and Kathy Wood for some tailgatin’ Cowpasture River style. President Jean Howell helped serve up refreshments to the CRPA members and the group from the local chapter of Master Naturalists who joined the fun. Pickers included Roger and Cynthia Baroody, Lewis and Paul Brinckley, Joe and Kathy Wood, Marian Quinlan, Michael Jamison, Tom Davis, Dave Peters, Candice and Katherine Dupoise, Tom and Ruth Sturgill, Ross and Sophie Waller, Lee Taplinger, Jean Howell, Chip Snead, Brian and Pam Hirt, Keith Nicely, Polly Newlon and Keith Carson.

# People Matter: Welcome.... Thank You.... Farewell....

*Welcome to our family and THANKS from all of us to all of you for your generous support!  
New memberships and contributions received since the spring newsletter.  
We have received a total of \$34,185 in dues and gifts since November 1, 2011.*

## Bedrock Patrons

Cowpasture Camp, Inc.  
Bob and Ann Howe Hilton  
Cleve and Barbara McGehee  
Tim and Lynn Pistell

## Watershed Stewards

Robert and Mina Wood

## Headwaters Circle

John DeVenny, Jr.  
Jay and Pat Hersch  
Howard and Barbara Newlon  
David Peterson  
Tom and Ruth Sturgill  
Stephen Young  
Bill & Nan Mahone Wellborn

## River Guardians

Michael Barnes  
Eric Brinkley  
Lewis and Peggy Brinkley  
Paul Brinkley  
Alice L. Buck

**A new way to give!**  
Now you can pay dues or make a gift online at [www.cowpastureriver.org](http://www.cowpastureriver.org). Just go to "donate" and find the way you'd like to give.

## River Guardians (continued)

Highlander Hunt Club  
Lois B. and Gary J. Johnson  
Mr. & Mrs. Morrison Manner, III  
Mike and Shirley Cunningham  
Virginia Wellford Moore  
Martha Ruggles  
Patty Shires  
Bill and Eleanor Washburn  
R. C. Watts, III

## Members

Bob and Betsy Brickhouse  
Lynda Davies  
Elizabeth Hereford  
Rachel Johnson  
Everette Mays  
Betty Jo Rhodes  
Paige Pistell Witte  
Joe and Kathy Wood

## Welcome New Members!

Melissa Hundley, Clifton Forge  
Elizabeth Hereford, Charleston, WV  
Randy Hutcheson, Richmond  
Tom Lambdon, III, Roanoke  
Ron Messing, Montpelier  
Ginny Moore, Washington, DC  
Stephen Young, Washington, DC

## In Memorium:

### Joan "Jody" Gallagher Higgins

Earleen and Bob Agee  
Gary and Regina Austin  
Mrs. Rives James Brown  
Mary Brumfield  
Libby Buffington  
Joseph and Susan Chapman  
Joe Cosby  
Alka and Bill Crews  
Josephine Garber  
Elizabeth Hereford  
Jean Higgins Manner  
Julia Smith Martin  
Mary Powell McDaniel  
Mary Jo and John Moon  
Kathryn and Jim Morris  
Fred and Peggy Paxton  
Nancy Rogers Smith  
Carl and Barbara Stinnett  
Ellen Rader Wigren  
Nancy Creel Winborne

**Did we get it wrong? We're sorry for any errors or omissions in this list. It covers those donations received since the last newsletter and through 7/20/12. We are happy to correct errors.**

Email [directorcrpa@gmail.com](mailto:directorcrpa@gmail.com)  
or call 540-474-2858

## Farewell to a Friend of the Cowpasture: Joan "Jody" Gallagher Higgins

On May 28, Joan "Jody" Gallagher Higgins, of Huntington, WV, died at St. Mary's Medical Center with her family by her side. Jody was born September 12, 1927 in Clifton Forge, Virginia, a daughter of the late Frank Marshall and Margery Alice Tyler Gallagher. She attended Mary Washington College and was a graduate of Madison College. Jody was employed as a dietician at Mary Baldwin College and later as a Home Economist at Virginia Electric Power in Clifton Forge, VA. Jody later worked at C. F. Reuschlein Jewelers in Huntington, WV. She was a member of the Creative Quilters Club of Huntington. In addition to her numerous awards for quilting, she was also very talented in the culinary arts. In addition to her parents, she was preceded in death by her sister, Helen Powell Gallagher Kerby and a brother-in-law, George F. Kerby. She is survived by her husband of 61 years William Paul Higgins, Jr.; one son and daughter, Paul Marshall Higgins (Jane) of Richmond and Bonnie Higgins Cunningham Carpenter (Tim) of Huntington; four grandchildren, Captain Patrick Marshall Higgins, Fort Leonard Wood, Missouri, David Leslie Higgins, Richmond, VA, Taylor Marie Cunningham and Kelly Layne Cunningham both of Huntington; four nieces and one nephew, Dimmitt Kerby Houff (Jimmy), Ann Kerby Wright (Roy) both of Clifton Forge, Martha Manner-Brown (Dennis) of Fredericksburg, VA, Marguerite Gasiorowski of Williamsburg, VA, and Morrison Manner Jr. (Meryl) of Oak Hill, VA; a sister-in-law Jean Ann Manner of Clifton Forge and numerous great nieces and nephews. Interment was at Mountain View Cemetery, Clifton Forge, VA. Memorial gifts to the CRPA in Jody's name were made by many of her friends and relatives.

# People Matter: New Board Prepares for the Coming Year

*At the Annual Business Meeting on May 19th, the CRPA membership ratified an amendment to the Articles of Incorporation and Bylaws that changes the frequency of Board of Directors meetings from bimonthly to quarterly. The membership also elected, by acclamation, the proposed slate of three new directors to the board: Ann Batley, Dick Lynn and Lou Robinson. In addition, current Board members Chip Snead and Michael Whiteside were approved for their second three-year terms. At their Board meeting June 3rd, at the home of Bill Jones and Lee Elliott, the Board elected Joe Wood President and Lou Robinson Vice-President. Last year's Secretary Michael Whiteside and Treasurer Elizabeth Biggs were both elected to a new term in office.*

## New Members of the CRPA Board of Directors

### Ann Batley

I moved to Bath County with my husband Jay in June, 1996 to assume ownership and operation 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. I received a Bachelors Degree in Biology & English from Hollins University. Then I went on to get a Masters Degree in Social Work from Virginia Commonwealth University. I have 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), and the 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 is currently on the vestry of his church.

### **Congratulations New Officers!** **June 3, 2012— June 2, 2013**

**President: Joe Wood**

**Vice President: Lou Robinson**

**Secretary: Mike Whiteside**

**Treasurer: Elizabeth Biggs**

### **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 the Cowpasture along Route 42 and relocated his trailer to that location. He joined the CRPA in 1999 and previously served on the board from 2001 – 2007. He served as Secretary, started the newsletter (*The River Runs*) and the website ([www.cowpastureriver.org](http://www.cowpastureriver.org)).

### ***A Special Thank You!***

### ***Jean Howell and Jimmie Houff***

***On behalf of the Board and the entire membership, I would like to thank our two departing board members, each having served two, three-year terms. These individuals have brought a huge amount of expertise, knowledge, and energy to the board over their six years of service. Each comes from a different walk of life and has brought wisdom to the variety of activities in which the organization engages. Jean served as President of the Board and Jimmie served as Vice-President. If an organization is to be judged by the commitment of its board members, the CRPA is truly fortunate in this regard.***

***Thanks to both of you, Keith Carson, Executive Director***

***Members - Haven't yet served on the board? Please consider it!***

## Education Matters: Scholarships go to another great group!

The CRPA recently awarded three scholarships to high school graduates from Highland, Bath, and Alleghany High Schools. Our fund-raising campaign success last year enabled us to raise the amount of each scholarship to \$500. CRPA works in conjunction with the scholarship programs of the three public schools. Applications are forwarded to CRPA by the schools and reviewed by CRPA's Education Committee. The committee consisted of Chair, Christie Hardbarger, Eddie Walters, Dave Peters, and Bill Jones. The academic and civic accomplishments of this year's winners were remarkable. Below, we are proud to present this year's winners from the north to south:



### ★ Highland High School — Nicole Newcomb ★

*Nicole Grace Newcomb was born and raised in Highland County, specifically in Mill Gap and Blue Grass. Her parents are Stacey and Anna Newcomb. She graduated from Highland High School in 2012 with an Advanced Diploma and a GPA of 3.7. She plans to attend Glenville State College in Glenville, West Virginia. Currently she expects to major in Natural Resource Management with a concentration in Environmental Sciences. She also hopes to complete a minor in Biology. Her ultimate career goal is to work for the U.S. Department of Agriculture as an environmental analyst. She says that she is interested in "monitoring and studying levels of pollutants in the atmosphere, rivers, and other specific settings."*

### ★ Bath County High School — Shianne Gum ★

*Shianne April Gum graduated from Bath County High School with a GPA of 3.5 and plans to attend Jefferson College of Health Sciences in the fall then transfer to Virginia Polytechnic Institute and State University in the fall of 2013. She plans to major in biology with a minor in psychology. She hopes to have a steady job while managing good grades in college to save money to pay off education loans. After getting a Bachelor's Degree in biology, she plans to attend medical school in Atlanta, Georgia and specialize in Pediatric Cardiology. Her desire to become a doctor has come about largely due to medical problems resulting from the heart defects her family members have suffered. Her older brother died from a congenital heart defect. She hopes to save other couples from the heartbreak her parents felt when her brother died.*



### ★ Alleghany High School — Sara Church (photo not available) ★

*Sara Elizabeth Church is the daughter of Tony and Melissa Church of Low Moor, Virginia. Sara was a 2012 graduate of Alleghany High School with a GPA of 3.7. She was also an Honor Graduate, an Early College Scholar, Beta Club and National Honor Society Graduate. Sara was a member of the Key Club and Pep Club while at AHS. Sara played junior varsity softball for three years, jv volleyball for 2 years and varsity volleyball for one year earning a letter. She played jv basketball for two years and varsity basketball for two years earning 2 letters and serving as a team captain her senior year. She also ran track for one year and spent one year on the varsity competition cheerleading squad, earning a letter. Sara spent one summer participating in the Jackson River Governor's School Field Ecology Program. She was also a teen volunteer at Alleghany Regional Hospital for four summers and did some volunteer work with the Alleghany ASPCA. This summer, Sara attended the Bridging the Valley program at James Madison University. Sara will be attending Bridgewater College this fall where she plans to major in Biology/Pre-Med and will be on the Bridgewater Eagles cheerleading squad. Sara greatly appreciates the scholarship from the Cowpasture River Preservation Association and the opportunities it will provide. Sara will always remember where she came from and the people who helped shaped the person she has become.*

**Note to Members:** Thanks to all members who encouraged friends and family to participate. Application takes place each spring through the individual schools' scholarship programs. Know a rising senior that loves nature and/or the river? Remember this program next spring! Contact the CRPA or your local high school's guidance department for information.

## 40<sup>th</sup> Anniversary Commemorative Merchandise Will Be Available At the Summer Picnic



**T-Shirts**  
**100% Cotton**  
**Available**  
**in**  
**Green or Blue**

**\$15 each**  
**(sm, med, lg, xl, 2xl)**



**Large Tote Bags \$15**



**Large Mugs (Price To Be Set)**

# *It's Time for the Annual Riverside Picnic!!*

**When: Saturday, August 25, 2012**

2:00 pm — Wade, float, socialize, play croquet and badminton  
5:00 pm — Dinner Served



**Where:** Lunsford's Landing (home of Read Lunsford), 1575 Nimrod Drive, Millboro Springs

From Millboro Springs, go south on Rt. 42 about 2.5 miles and turn right onto Nimrod Drive, continue on this road over 4 cattle guards and pass through the stone gate columns. Continue up to the barn and around the end of the building and then follow the signs to the parking area.

From Clifton Forge, go north on Route 42 about 12.5 miles from the I-64/Rt. 42 intersection and turn left onto Nimrod Drive and proceed as above.

**Eats:** Hot dogs, hamburgers (courtesy of grillmeister Joe Wood), baked beans, cole slaw, potato salad, beverages and watermelon will be provided by CRPA

**Bring:** Lawn chairs, family and friends, wading/swimming/floating gear

**Cost:** Adults \$10, Children 12 and under \$5\*\*

**Questions?** Contact Keith Carson

540-474-2858 or [directorcrpa@gmail.com](mailto:directorcrpa@gmail.com)

Interested in a pre-picnic paddle/float (depends on water level in the river)? Contact Keith!

**\*\* You can pay on site, but please let us know you're coming asap.**

**Register NOW!\*\***

## Riverside Picnic Reservation Form

Send this form with your check to CRPA, P.O. Box 215, Millboro, VA 24460 by August 17

# Adults \_\_\_\_\_ @ \$10      # Children \_\_\_\_\_ @ \$5      Total \$ \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_      Email \_\_\_\_\_

**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) As You Want Them Published

\_\_\_\_\_  
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

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

STANDARD  
PRESORT  
U.S. POSTAGE PAID  
PERMIT NO. 38  
DALEVILLE, VA



*Printed on recycled paper.  
Please recycle this newsletter  
when finished by passing it on  
to someone else.*