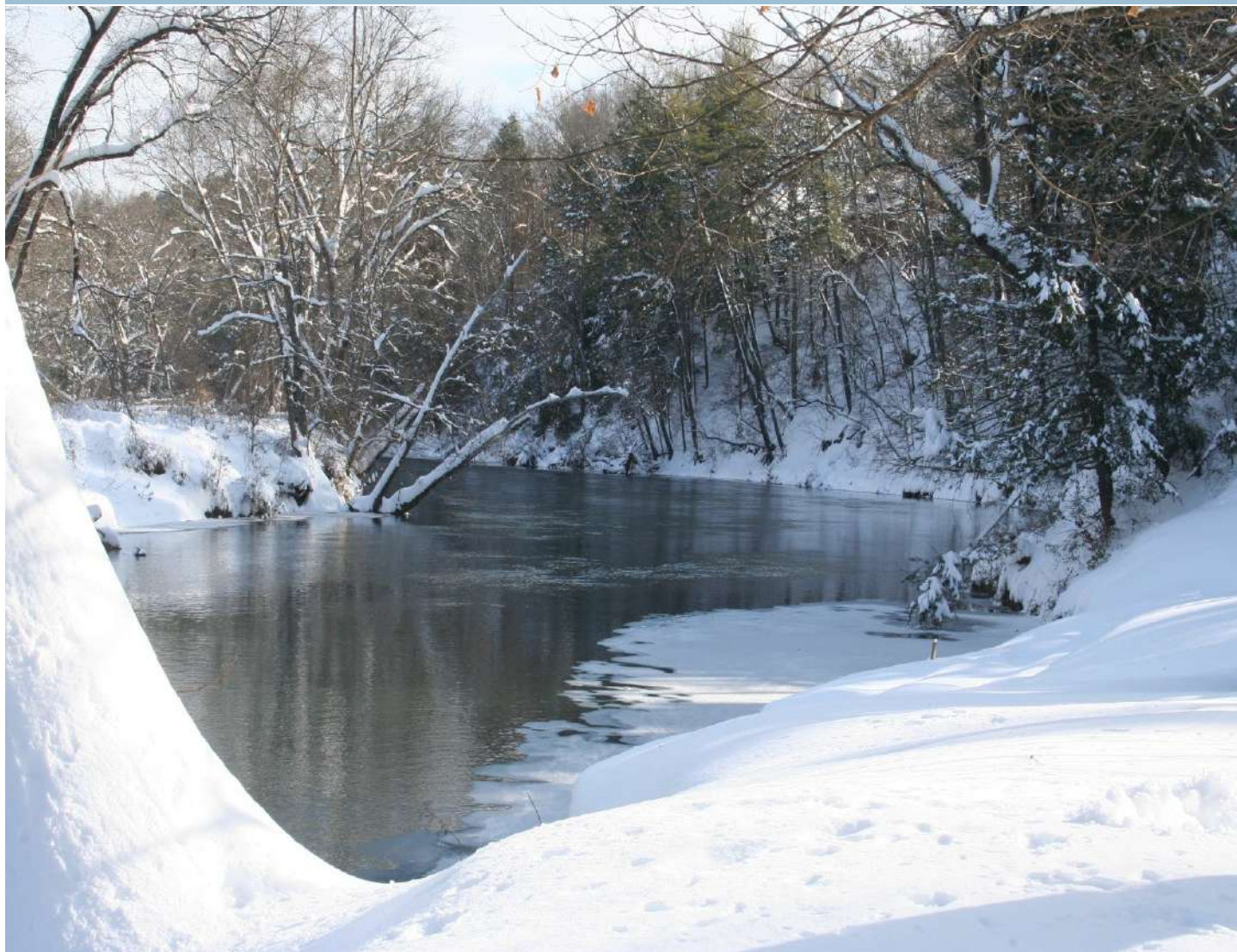


# THE RIVER RUNS

News from the Cowpasture River Preservation Association



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This wintry photo of the Cowpasture River was taken at the swimming hole at Camp Mont Shenandoah. Ann Warner, the camp's owner, took the photo on December 20, 2009.

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

## Board of Directors (2017-2018)

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*Lynne Griffith,  
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Editor: *Lynne Griffith*

Photographer: *Kathy Farmer*

## From the President

Dear Fellow CRPA Members and Friends,

Thank you for your continued support of the Cowpasture River Preservation Association. It's especially important now, given that all around us the world of nonprofits is undergoing significant change.

On the surface, the news looks good. According to media reports in the NY Times, Huff Post, and others, total numbers are up in recent years and so are dollar contributions. But that big picture distorts what is really happening. Political, religious and medical nonprofits account for well over two thirds of the growth. And large nonprofits are growing at the expense of small ones.

Thanks to your commitment over the years, the CRPA is a healthy, growing organization, which means we're bucking the national trend. Conservation, environmental and other volunteer groups are actually declining in both numbers and in donation dollars since 2013. According to the National Council of Nonprofits, one of the key challenges groups like ours face is the need for every nonprofit volunteer and board member to be an active, vocal advocate for her/his nonprofit's mission. This is absolutely true for us, as well, so I encourage you to participate in some aspect of the CRPA activities or governance. Just let us know what you'd like to do.

In this issue, we have some important and timely pieces, including a pipeline update, a terrific piece on bears in the area, a schedule of upcoming field trips, our education team in action, and much more.

Lastly, Barbara Buhr of the Warm Springs Gallery has selected the CRPA as the nonprofit recipient for the 2018 Plein Air Festival, which takes place in Bath County each fall. Riparian landowners may be called upon to let artists paint a scene or two. We'll post the dates of the 2018 event in upcoming newsletters and on our website.

— Richard Brooks, CRPA President



## Executive Assistant's Corner

It's been an active fall season for the Cowpasture River Preservation Association. September was an especially busy month for our Education Committee, which put on a whole array of educational events. On September 6, they hosted their annual river lab with the ecology students in the forestry program from the Dabney S. Lancaster Community College. Be sure and read about that wonderful event on page 13.



On both September 21 and 28, Mike Whiteside, Michael Hayslett and Puggy Farmer hosted river labs with high school science students from the Boys Home located in Covington, Virginia. CRPA President Dick Brooks attended one of the river labs and came back excited about his time with the students and invigorated about the CRPA's educational mission. He captured the wonder of it all in his article on Page 4 entitled "Boys and Bugs." I think you'll find the photos heartwarming. We continue to receive inquiries from teachers seeking ways to accommodate their students who are interested in learning about river monitoring, and the Education Committee is quick to brainstorm to figure out ways to enhance the learning experiences of these curious young men and women.

On September 16, I had the pleasure of manning our vendor table at the Bath County Fair. CRPA board members Ann Warner, Jeremy White and Dick Brooks joined me throughout the day, and Kim Manion did a wonderful job in securing our location and getting us set up. We had lots of fun meeting many Bath County residents, and Jeremy White was particularly gifted in enabling the school kids to check out the river bugs through the microscope. We had the good fortune of having our table located right next to the lunch line, so we received a lot of foot traffic from visitors, albeit hungry ones!

October brought two more events. On Friday, October 13, we had a great group show up at Fort Lewis Lodge for a field trip hosted by John Cowden, owner of the lodge, and John Wright, Area Forester from the Virginia Department of Forestry. In addition, on Saturday, October 21, we held our bi-annual river clean-up along the Cowpasture River at the Walton Tract. Learn more about each of these events on page 14, and please check out the list of the upcoming 2018 field trips summarized on page 9.

We really encourage you to send us your photos and experiences of the Cowpasture River, and please let us know your responses to our articles and essays. Your feedback is sought after and appreciated, and we would like to share some of that feedback in future newsletters.

We are thankful to each and every one of you for your support of the CRPA, and we look forward to a wonderful winter season together.

-- Lynne Griffith, CRPA Executive Assistant



## BOYS AND BUGS — A COWPASTURE RIVER FIELD TRIP

We arrive at our appointed destination, “Bare Ass Beach,” at 11 o'clock sharp and are greeted by our host, Mike Whiteside, along with Monroe “Puggy” Farmer and Mike Hayslett. It's late September, but the day is shaping up to be a fine one for an outing on the Cowpasture River. We have a few minutes to explore the Whitesides' riverfront property before the anticipated arrival of 15 middle school boys from the Boys Home in Covington.

Kathy Farmer, Puggy's wife, soon arrives with a dozen pizzas. Sodas and water are chilling under the picnic shelter. A school bus delivers the boys accompanied by two adult guardians, and in no time, we're all assembled for lunch. Each boy politely selects a single slice of pizza, eats, and then sits quietly at his place. There are about eight pizzas waiting, but not a single boy moves. They stare at empty plates and each other. It's puzzling to watch. Finally, we hear a bell—just as in the dining hall at the Boys Home--and that's the signal that the boys can go back for seconds, thirds or fourths. The noise level increases to something you might expect from a group of teens consuming pizza.



Photo courtesy of Kathy Farmer

After lunch, the group gets down to business. First, Mike Hayslett reviews what the boys have learned previously in their classroom. What specifically are

we looking for? How can we tell a healthy river environment? What is present in an unhealthy one? The boys answer these questions and more. Then, we head down to the river for hands-on Benthic river monitoring.



Photo courtesy of Kathy Farmer

The boys are divided into three groups. Each group is assigned a roughly 3 foot square riffle in the river. Armed with a seine net with two stiff poles for the sides, the boys anchor the net's bottom with smaller stones and begin to brush and lift rocks upstream of the nets using their hands and feet as the tools of choice. This activity provides a sense of how many bottom dwellers appear in an area in a specific period of time. Once complete, the nets are rolled up and carried back to the shelter where white sheets draped over the picnic tables make it easy to see what's there.

After a little spritzing to help critters get free of the nets, the identification and counting phase begins. Hellgrammites, mayfly nymphs, water pennies and stonefly nymphs abound. Smaller macroinvertebrates require magnifying headgear and are handled with forceps, not fingers. These too are identified, counted and added to the collecting pans. Some are held up for further inspection: How many tails does that one have? Have we seen one of these before?

Once every sample is inspected, every bug identified and the assortment recorded, the boys return the bugs to the river. Clearly, now that the assignment is done, it's time for a break. The river transforms from science to recreation. Swimming, splashing, occasional rock-skimming and laughter take over. After deep concentration, the river unwinds the mind, body and spirit. What a day!

#### **The Boys Home ([boyshomeofva.org](http://boyshomeofva.org))**

If you aren't familiar with the Boys Home, located in Covington, VA, here's what their website says about the facility:

*The Boys Home provides care for young men in a healthy, supportive environment... a life-changing experience ... caring adult supervision...and a fresh chance to mold their character.*

CRPA is honored to participate in the education of these young men.



Photo courtesy of Kathy Farmer



Photo courtesy of Kathy Farmer

## SPECIAL REPORT: ATLANTIC COAST PIPELINE UPDATE

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

The proposed Atlantic Coast Pipeline continues to move closer to construction and operation. On October 13th, the Federal Energy Regulatory Commission (FERC) granted the expected Certificate of Public Convenience and Necessity for the project. [Read more about their approval here: [www.ferc.gov/CalendarFiles/20171013192035-CP15-554-000.pdf](http://www.ferc.gov/CalendarFiles/20171013192035-CP15-554-000.pdf)]

Three days later, on October 16, the Virginia Outdoors Foundation (VOF) unanimously approved the conversion of eleven conservation easements to allow the ACP and Mountain Valley Pipeline (MVP) to cross these once-protected lands. They stated, “In the resolutions approving the applications, the trustees said that, while the developers failed to demonstrate the projects are ‘essential to the orderly development and growth of the locality’ under section 1704 of the Virginia Open-space Land Act, this requirement is superseded and preempted by the federal Natural Gas Act that authorizes FERC’s certificate process. The Natural Gas Act does not, however, strip VOF’s authority to review the projects and require substitute land of greater conservation value under Virginia law.”

**The U.S. Forest Service (USFS) on 11/17 released a final Record of Decision (ROD) approving amendments to the Forest Plans for the Monongahela National Forest and the George Washington National Forest to accommodate the Atlantic Coast Pipeline (ACP). The action had been anticipated since the USFS's rejection last month of objections to the draft ROD. The decision provides the basis of the USFS issuing a Special Use Permit for the ACP.**

In trade for these easements, VOF received three properties—Hayfields in Highland County, Rockfish River in Nelson County and Poor Mountain in Roanoke County—totaling slightly more than 1,100 acres. Additionally, they were gifted \$4.075 million in “stewardship funds” by the utilities.

In the last issue of the River Runs, we outlined the process for 401 water quality certification. As a brief reminder, this is a state-by-state decision to support the 1972 Clean Water Act that requires each state to grant a license or permit that any proposed project will meet the requirements set forth in the Act. This includes protection of surface and drinking water alike. As of this writing, for the proposed ACP and MVP, West Virginia has approved 401 compliance, North Carolina has asked for more information and Virginia reopens public comment during State Water Board hearings scheduled for the December 6 and 7 for the MVP and December 11 and 12 for the ACP. CRPA will participate and comment during this period.

The Virginia Department of Environmental Quality (VADEQ) has recommended that the Water Control Board give conditional 401 approvals for the ACP and MVP. Over the summer, they held a 50-day



public comment period. More than 15,000 comments were received for the ACP and more than 5,000 for the MVP. These are summarized in their Tentative Agenda–State Water Board Hearings. The full text is available at [www.deq.virginia.gov/ConnectWithDEQ/PublicCalendar.aspx](http://www.deq.virginia.gov/ConnectWithDEQ/PublicCalendar.aspx)

Summary comments identified 16 areas of concern. Five of these are of particular importance for the CRPA:

- ◆ Erosion and sediment control / Stormwater management
- ◆ Karst
- ◆ Water supplies / Quality
- ◆ Steep slope
- ◆ Surface water

We'll focus on a few of these that we've written about in the past and provide the DEQ response.

First, erosion and sediment control. Here, DEQ has deferred so-called E&S review until *after* they have proposed that the project be approved. They say, "The evaluation and approval of erosion and sediment control and stormwater management plans is being conducted under the requirements of the approved Annual Standards and Specifications and associated Law and Regulations, as detailed in the Basis for Certification (Attachment A to the Memorandum). Plans will not be approved unless they meet all the requirements. Initiation of land disturbing activities will not be allowed unless they are approved. This prohibition on land disturbing activity prior to plan approval is an independent state authority and separate from this additional 401 certification process."

**The Department of Environmental Quality (DEQ), in partnership with scientists and experts from the U.S. Geological Survey (USGS) and Virginia Commonwealth University (VCU), will be conducting water quality monitoring at a number of proposed MVP and ACP stream crossings before, during, and after proposed pipeline construction activities. Monitoring will include identification of benthic macroinvertebrate and fish community assemblages; quantitative physical habitat assessment; real-time, continuous water quality monitoring for turbidity, temperature, specific conductance, dissolved oxygen and pH; as well as grab sample monitoring for petroleum constituents (petroleum identification and quantity in water). Seven high value water crossings were selected for the ACP monitoring including the Cowpasture River.**

We disagree. No water quality standard can be met unless both the agency and the public understand and approve site-specific plans. This proposed project is, indeed, breaking new ground. No 42-inch pipeline has ever been constructed in areas like Bath and Highland counties. DEQ has no track record for this type of construction.

Next, our fragile karst environment. Here, they say, "DEQ's obligation in developing this proposed 401 Certification is to evaluate whether the proposed protective measures and work practices,

if implemented properly, provide a reasonable assurance that water resources will be protected.” And, “With over 2,000 miles of existing gas pipelines currently constructed within karst terrain in Virginia, Tennessee, Kentucky, and West Virginia, it has been demonstrated that pipeline construction can be safely accomplished in karst terrain.”

Hold on for a minute. According to the National Counsel of State Legislators, between 2000 and 2009, these same states had 102 significant accidents resulting in eight fatalities. And, they have no calculation of environmental damage. But, drinking water, fish stocks, and wildlife have all been negatively affected.

And, what about our precious drinking water? The regulators offer this: “DEQ consulted with the Virginia Department of Health (VDH) regarding additional protections of private drinking water sources. In a memo dated October 19, 2017, VDH recommended that in areas of karst topography a survey of existing water resources be performed. VDH stated that this recommendation came out of an abundance of caution. This survey should comprehensively identify wells, cisterns, springs, and other surface water, and also provide water quality evaluations for wells and springs within 1,000 feet of the construction activity in karst topography. The survey shall be conducted by ACP at the request of a property owner and only if the property owner provides permission for access. VDH noted that this survey could be done before the pipeline is placed into operation, not necessarily prior to construction activities.”

Not prior to construction activities? Within 1,000 feet? These are all misguided, according to our Guidance for Monitoring Effects of Gas Pipeline Development on Surface Water and Groundwater Supplies. CRPA helped fund this study last year, and copies are available for members and other interested parties. The study reports that karst areas were analyzed, and water as far as miles away from construction can be negatively impacted. Our advice to landowners is to get the water checked well ahead of construction, then during and afterwards.

Finally, DEQ summarizes that their procedures, if followed, will “...provide reasonable assurance that water quality standards will not be violated.”

We disagree. The facts don’t support the DEQ conclusions and recommendations. We want the DEQ to do its job of protecting Virginia’s water resources, and we want DEQ to act in compliance with the Clean Water Act.



## STAY TUNED!!!

In our Spring issue, we’re looking forward  
to an essay by Keith Carson entitled  
“The Great Blue Heron of the Cowpasture Valley.”

(Photo courtesy of Doug Rogers)



## CRPA'S 2018 Field Trips

### Announcing the CRPA's 2018 Field Trips Line-Up!!!

We are once again offering our field trip series in 2018. As well as providing opportunities for social networking, these trips provide opportunities for our members to explore the natural wonders of the Cowpasture River Valley and its watershed. Professionals in the fields of natural history and conservation lead the discussions. Register by email — see details below. Space is limited.

### 2018 Schedule

#### **Sunday, March 25, 2018 — Vernal Pools of the Cowpasture River Valley**

1:00—5:00 p.m. — \$10.00 per person

Led by Michael Hayslett, Principal of VA Vernal Pools, LLC

Explore rare mountain wetlands and their fascinating aquatic wildlife. These special habitats are known as vernal pools and were featured in the 2016 Spring issue of *The River Runs*. Spring is the busiest time for these seasonal wetlands. We will explore these pools on the property of CRPA member David Peters, as well as at the Walton Tract. (Limit of 20 people) *For more information:* [www.virginiavernalpools.org](http://www.virginiavernalpools.org) or contact Michael at [vavernalpools@gmail.com](mailto:vavernalpools@gmail.com).



Photo courtesy of Kathy Farmer

#### **Friday, May 18, 2018 — Shale Barrens of the Cowpasture River Valley**

9:00 a.m.—1:00 p.m. — \$10.00 per person

Led by Chris Ludwig, Chief Biologist at the Virginia Department of Conservation and Recreation's Natural Heritage Program

Explore these rare habitats and their unique wildflowers at the Ft. Lewis shale barrens in Bath County. Shale barrens are unique environments that are endemic to the Allegheny Mountains and harbor some of the state's rarest plants. (Limit of 20 people) *For more information:* [www.dcr.virginia.gov/natural-heritage/natural-communities/nctd4](http://www.dcr.virginia.gov/natural-heritage/natural-communities/nctd4)

#### **Saturday, July 7, 2018 — Purple Alien Invasion**

9:00 a.m.—12:00 noon — \$5 per person

Led by Michael Hayslett, Principal of VA Vernal Pools, LLC, with personnel from the Alleghany Highlands Master Naturalists, Jackson River Preservation Association, and state agencies.

*Purple Loosestrife* is a lovely but insidious ornamental plant that is invading the James River headwaters region. This auto/walking tour will examine a collaborative plant management project to address these infestations, with multiple stops along the lower Cowpasture and Jackson rivers. (Limit of 25 people — carpool needed.) *For more information:* [www.dcr.virginia.gov/natural-heritage/invspinfo](http://www.dcr.virginia.gov/natural-heritage/invspinfo)

**Registration by email for each field trip will open up 30 days prior to the trip date.** Payments may either be mailed in prior to the event (CRPA, PO Box 215, Millboro, VA 24460) or collected on the day of the field trip. Questions or requests? Contact: [directorcrpa@gmail.com](mailto:directorcrpa@gmail.com).

# BLACK BEARS, Riparian Bottomland and Water

by C. Nelson Hoy, Forester, Rancher & Conservationist

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

In the Cowpasture River Valley of Virginia three mammals readily come to mind as being dependent upon cool, clear water: the northern river otter, the American beaver, and the common muskrat. Several birds are also dependent upon clear water, including the belted kingfisher, the great blue heron and the osprey. Less well recognized by either wildlife biologists or the general public as making multiple uses of our valley's water resources is the black bear (*Ursus americanus*).



## **Keeping Bodies Hydrated**

Black bears use the surface waters of the Bullpasture and Cowpasture rivers, their tributary creeks and drafts, and resurging karst springs for a variety of animal purposes. We all know that bears fish for some of their food – a fat and sassy trout released by the Coursey Springs Fish Cultural Station being the best. And if we stop and think about it, we know that black bears must have regular access to cool, clear water to keep their bodies properly hydrated. In addition to drinking water, black bears self-manage excess heat through a variety of animal behaviors such as panting, balancing their energy expenditures and caloric intake, resting in shaded day beds with their bellies touching cool ground, lounging on a large horizontal tree limbs and immersing in rivers, creeks, pools and springs. [See: Sawaya, page 129.] *Conservation Lesson: Black bears require fresh water several times each day in all seasons to keep their bodies adequately hydrated.*

## **Hard Mast**

In the Appalachian Mountains of Virginia, characterized by world-class oak, hickory and pine forests, black bears feed in the late summer, fall and early winter on hard mast, such as oak acorns, hickory nuts

and walnuts. Northern red oak in particular produces acorns that are rich in fats and essential nutrients; however, acorns also contain tannins, which are bitter and astringent. Oak acorns, hickory nuts and walnuts, furthermore, are all dry with hard and difficult to digest outer shells. Black bears fortunately produce copious amounts of saliva, which makes it easier for bears to masticate shells and tannins. In addition, black bears increase their consumption of water during the hard mast season. Other forest-dwelling mammals that feed upon shagbark hickory nuts include racoon, fox squirrels, gray squirrels, southern flying squirrels, eastern chipmunks, white-footed mice, wild turkeys, red-bellied woodpeckers and in earlier times Native Americans and the Appalachian Scots-Irish. *Conservation Lesson: Black bears require fresh water several*

*times each day when feeding on dry and hard mast.*



*A Black Bear Cooling Off in a Livestock Watering Tank in the Bitterroot Valley of Montana*

*Photographic attribution hereby given to Michael Sawaya of the MPG Ranch*

*View video at [www.youtube.com/watch?v=CYJx9f9KfFE&authuser=0](http://www.youtube.com/watch?v=CYJx9f9KfFE&authuser=0)*

### **Winter Hibernation**

The black bear is different from human beings, the northern river otter, American beaver or common muskrat because evolution has adapted the bear in several important ways for hibernation that, as a consequence, influence their demand for water. The bear's sweat glands, like other carnivores, are primarily located in their foot pads and are poorly developed (at least in relationship to

your sweat glands, mine or most other mammals for that matter) and this aids in conserving water. The black bear has thick fur and in the fall a thick fat layer, which serve to conserve energy during winter hibernation. But these physiological attributes work against a bear in adverse situations, i.e., in hot weather when the temperature is high or at lower temperatures when a bear is being pursued by predators. *Conservation Lesson: Black bears may become heat-stressed when pursued in warm weather.*

### **Hot Weather Behavior**

According to the International Association for Bear Research and Management, water is essential for hydration in American black bears (*Ursus americanus*). "In 2010, we [the MPG Ranch] established a network of remote cameras to monitor wildlife in the Bitterroot Valley, Montana, USA. One of our objectives was to document and describe American black bear behavior at natural and artificial water sources. We detected male and female adult, subadult, and cub of year black bears immersing in water sources to thermoregulate. Bear use was concentrated at one livestock tank, one road puddle, and one pond in areas with relatively little human disturbance. Bear use steadily increased over summer, peaking in late summer when ambient temperatures were high and fat layers were thick. Our results demonstrate that water is an important thermoregulatory resource for some bear populations, though more research is needed to understand how ursids use behavioral thermoregulation to dissipate excess body heat and avoid hyperthermia." [See: Sawaya, page 129.] A link to the video is available at [www.cowpastureriver.org](http://www.cowpastureriver.org). *Conservation Lesson: Black bears require rivers, creeks, drafts, springs, ponds or water holes in which to wallow or swim and to cool down particularly in hot weather.*



### **Cover, Concealment and Escape**

Black bears usually stay within 250 feet of cover and concealment and an escape route. The “breaks” of the Cowpasture River, a natural riparian bottomland, are an impenetrable tangle of downed tree trunks, autumn olive, bull briar and brambles. In this forested riparian bottomland, eastern white pines and several species of



*A Black Bear Sow with Cub Up a Tree in the Berriedale Farms Forest  
Within 250 Feet of the Tangled Riparian Bottomlands of the Cowpasture River  
Photographic attribution hereby given to the Hillbilly Hunting Club*

oaks on nearby higher ground with rough bark provide important escape trees for bear cubs. And the riparian bottomland itself is a black bear travel and dispersion corridor. *Conservation Lesson: The very best cover and concealment, and escape routes for black bears are found in close association with water: rivers, creeks, drafts, springs and ponds.*

### **Rescue Centers**

In the Cowpasture River Valley, the nearest black bear cub rescue center is at The Wildlife Center of Virginia. In the Appalachian Mountains, Appalachian Bear Rescue (ABR) is a one-of-a-kind Black Bear rehabilitation facility located just outside of the Great Smokey Mountains National Park in Townsend, Tennessee. For more information, visit [appalachianbearrescue.org](http://appalachianbearrescue.org) and [wildlifecenter.org](http://wildlifecenter.org).

### **Conservation Measures**

- ♦ Establish or protect existing heavily forested buffers along rivers, creeks and drafts, and around ponds, springs and seeps.
- ♦ Prohibit the pursuit of black bears, particularly sows, during warm weather in August, September and October when temperatures reach 75 degrees Fahrenheit or higher.
- ♦ Release shagbark hickory and northern red oak trees found within 250 feet of cover, concealment, escape and water that have the potential of becoming dominant in the forest canopy and producing many nuts or acorns.
- ♦ Release potential bear den trees of 36” DBH or larger and protect these trees with at least a one acre buffer area that is close to escape, cover and concealment, and close to water.
- ♦ Favor and release wherever possible of soft mast trees and shrubs within 250 feet of cover, concealment, escape and water including flowering dogwood, downy serviceberry and Virginia redbud.

### **Sources**

- ♦ Appalachian Bear Rescue. – [appalachianbearrescue.org](http://appalachianbearrescue.org)
- ♦ Black Bears Cooling Off in a Livestock Watering Tank, Wildlife Pond and Puddle – [www.youtube.com/watch?v=CYJx9f9KfFE&feature=youtu.be](https://www.youtube.com/watch?v=CYJx9f9KfFE&feature=youtu.be)

- ♦ Sajecki, Jaime and Steffen, David, “Black Bear Management Plan 2012-2021” (Richmond, Virginia: Virginia Department of Game and Inland Fisheries), 2012.
- ♦ Sawaya, Michael, et al., “American black bear thermoregulation at natural and artificial water sources,” URSUS, Jan 2017 : Volume 27 Issue 2, International Association for Bear Research and Management, pages 129-135.
- ♦ The Wildlife Center of Virginia – [www.wildlifecenter.org](http://www.wildlifecenter.org)

## MASTER NATURALIST PROGRAM STARTING SOON

The Virginia Master Naturalist Alleghany Highlands chapter is accepting applications for the 2018 Basic Training course. Classes will be hosted Thursdays from 6:00 PM to 9:00 PM at Dabney S. Lancaster Community College in Clifton Forge, Virginia from February 22nd through May 24th. Two Saturday field trips are also required. Additional information on the program is at [www.virginiamasternaturalist.org](http://www.virginiamasternaturalist.org) on the “Chapter” tab (select Alleghany Highlands) or from Christine Hodges at (540) 862-0369.

## DABNEY S. LANCASTER COMMUNITY COLLEGE RIVER LAB



Photo by Scott Reigel

On September 6, 2017, Mike Whiteside and Puggy Farmer had the pleasure of leading a river lab for first-year ecology students in the Dabney forestry program, along with their instructor, Scott Reigel. Mike was kind enough to offer up his river house for the event. Puggy spoke to the students about the importance of monitoring benthic macroinvertebrates, while Mike led the demonstration on the basic identification of the macroinvertebrates and how to use the collection nets. Over the past five years, the CRPA has developed a partnership with the Dabney forestry program and takes great pride in their contribution to the education of these future foresters!



Photo by Scott Reigel



Photo by Scott Reigel



## HERE'S WHAT HAPPENED!

Many thanks to those of you who came out for the field trip at Fort Lewis Lodge on October 13. We were fortunate to have John Cowden, the owner of Fort Lewis Lodge, and John Wright, Area Forester from the Virginia Department of Forestry, lead us on this journey of exploring riparian buffer areas. The group toured sections of the Fort Lewis Lodge property where these



conservation practices have been put into place as part of the Conservation Reserve Enhancement Program (CREP). They visited both a 10-year-old tree planting site, as well as a one-year-old site that was in the process of being prepared for a fall planting. Discussion included the reasons why certain species were recommended for planting, as well as details of the CREP requirements and benefits.

It was a beautiful Saturday afternoon on October 21st for our bi-annual clean-up along the Cowpasture River at the Walton Tract. Many thanks to Elizabeth McNichols, District Ranger; her husband, Quentin; and their dog, Glacier. Also on hand to help were Bucky Wells, Gilbert Ramey, Kelley Van Lear, Lucius Bracey, Puggy Farmer, Dick Brooks and Lynne Griffith .





## Thank You To Our Loyal Watershed Members

In the last newsletter, we either failed to list some donors for the 2016—2017 annual campaign season, or we listed them at an incorrect level. Our sincere apologies. Corrections are listed below. Additional donations for the 2016—2017 annual campaign season have been received since the last newsletter. These donors are listed in bold.

Our new 2017—2018 annual campaign kicked off on November 1, 2017 and will run until November 1, 2018.

### BEDROCK PATRONS

David Brooks

Dick and Glovie Lynn

George and Frances Phillips

Tom and Patti Watts

### WATERSHED STEWARDS

Talfourd and Christine Kemper

William A. Rule

**Jeffrey Perdue (New Member)**

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**Allan and Lynne Griffith (New Members)**

Marshall and Jane Higgins

**Mary Powell—McDaniel**

Potomac Hunt Club

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**Suzanne Winckler and David Smith (New Members)**

Joe and Kathryn Wood

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Elizabeth Hereford

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**Kristina Pasco (New Member)**

### IN MEMORY OF:

Donna Thomson

*By Tom and Patti Watts*



## MERCHANDISE UPDATE!

We have restocked our Wallawhatoola t-shirts! In addition to our regular short sleeve crew neck styles, we also have long-sleeve t-shirts in both the red and the green colors, as well as the ladies short-sleeve V-neck style in the green color only. The cost is \$15 per t-shirt. We have several CRPA caps in our NEW poppy color at \$15 a piece. Contact [directorcrpa@gmail.com](mailto:directorcrpa@gmail.com) with your order.



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

**Your donations are tax deductible!**

☒ \$25 Adult Membership (minimum annual dues

per individual

☐ \$50 River Guardian Donation

☐ \$100 Headwaters Circle Donation

☐ \$250 Watershed Steward Donation

☐ \$500 Wallawhatoola Society Donation

☐ \$1,000 Bedrock Patron Donation

☐ Memorial Donation \$ \_\_\_\_\_

in memory of \_\_\_\_\_

☐ \$12 Junior Membership Dues

☐ I am a NEW member!

☐ I am RENEWING

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.)

