Peggy Van Yahres’s favorite winter photo of the Mediterranean blue Cowpasture and their property owned by her and her husband, Mike, and Lang Murray. The swinging bridge is owned by Ross Waller and Anne Huebner. The photo was taken from Ross and Anne’s property. Send us your best photos of the Cowpasture River and the wildlife that accompanies it.
It seems as if winter happened overnight here in Bath County – snow on the ground, below-freezing temperatures and shortened days. But it only seems like it happened quickly. Of course, the days have been getting shorter since June 21, and we’ve gone from about 14 hours of daylight to just over 9 hours. Temperatures have been dropping since early September, so perhaps, now that it’s December, I should have expected an overnight snowfall. But, frankly, my focus has been elsewhere. In fact, since early in March I’ve been doing a lot of worrying. And I’m not alone. Everywhere we turn, we hear that this is a year like no other in our recent history. We’re inundated with pandemic reports, political coverage, wildfire updates, international conflicts, and so on. There’s so much noise, it nearly drowns out everything else.

Nearly, but not totally. Let’s take stock of our association. At the close of our 2020 fundraising year, we have more than 400 members, a CRPA record, as well as our highest-ever level of contributions. We won the David vs Goliath battle over a very destructive and unnecessary pipeline. And our watershed is vibrant and healthy, due in large part to the efforts of so many of our members (you’ll see more about this in coming months). No, we did not get to be together as much as we’d hoped, but with multiple vaccines on the way, we hope to reinstate our picnic, annual meeting, field trips and float trips in 2021.

I’m pleased about all this and hope you are, too. In the meantime, take a few minutes to read how our river has brought comfort this year to a few of our board members. If you would like to submit your reminiscences, observations, and words of wisdom about your connection to the river, submit them to Lynne at directorcrpa@gmail.com along with any relevant photos.

Have a safe and happy holiday season.

Best,
Dick Brooks
I saw a quote awhile back that really resonated with me: “This is not the year to get everything we want. This is the year to appreciate everything we have.” As all our lives have changed drastically since 2019, I suspect we’ve each gained further appreciation of what we took for granted in our lives before 2020.

As you’ll see in this issue, many of our board members certainly have. They’ve shared their experiences as to how the Cowpasture River sustained them during this very trying year. You will be moved by their stories, and I’m sure most of you will relate to them.

Among the many things that have sustained me (including my husband, my dogs, my home, my friends, etc.), are my relationships within this association. I began working for CRPA back in May of 2017. In fact, the Annual Meeting was my first day on the job. I walked into a room full of strangers, not knowing how this would all play out over time. Now, so many of you have become not only my colleagues, but my friends. I know where people live, and I’ve been to your homes. I’ve had conversations with you, both in person and over the phone. I know your dog’s names, kids’ names, grandkids’ names, etc. It’s been a gift that I could have never imagined.

You all have sustained my heart during this difficult time. And when I witness how this organization has bonded together, I see how fortunate we each are to have not only the Cowpasture River, but to have the presence of each other. It’s a privilege to be able to work for such a special, one-of-a-kind organization.

I’ve been impressed as to how we’ve found creative ways to still gather, while doing so safely. In July, thanks to the hospitality of Witcher and Elizabeth Dudley, we had a wonderful “social distancing” river float. It was the first time some of us had gotten together since the pandemic hit, and it was so rejuvenating. Then in September, Michael Hayslett headed up a nature observation in the Alleghenies where folks could gather safely outdoors. In late October, we were still able to have our bi-annual Walton Tract Clean-Up (pictures on page 5). It turns out that you can pick up trash and still maintain 6 to 8 feet of distance from one another. Who knew! I noticed that folks hung around longer than usual after we were done, and I knew it was because we all missed seeing each other. And finally, 15 participants were able to safely gather outdoors for the Crane Trail Hike (pictures on page 4). It was a big success! These events keep us going.

While so many non-profits have been struggling during this time period, our donors have stepped up and been very generous. Our last annual campaign wrapped up on October 31, and we ended up with 80 new donors. Wow! Who could have predicted such a response? Our hearts are forever grateful. Be sure to check out page 15 for the final tally of our 2019-2020 annual campaign. Many thanks to all of you. You warm my heart.
Highlights from the Crane Trail Hike

A group of 15 CRPA members and friends signed up for the Crane Trail Hike, which took place on Saturday, October 3rd. It was a great way for everyone to enjoy the outdoors while still social distancing from one another. The Crane Trail is found within the Rough Mountain Wilderness Area in Bath County. The hikers met up at the Bath County marker sign along Route 42, also known as the Cowpasture River Highway. Before the hike, they took several stops along the highway to observe the geology of the river valley and karst development. Hike leaders included Dave Peters, Michael Hayslett and Grant Colip, who is a geologist with the U.S. Geological Survey. Grant took a day of annual leave from his job in order to participate in the hike. His wonderful photos are shown below.

From left to right: Susanna Williams, Candice Dupoise, Anne Colgate, Katherine Dupoise, Nancy Kern, Jane Lindsay, Grant Colip, Dave Peters, Van Hoffman, Mett Miller, Traci Miller, Barbara Martin. Not pictured: Marian Quinlan, Michael Hayslett, Norwood Morrison.

From left to right: Susanna Williams, Candice Dupoise, Anne Colgate, Katherine Dupoise, Nancy Kern, Jane Lindsay, Grant Colip, Dave Peters, Van Hoffman, Mett Miller, Traci Miller, Barbara Martin. Not pictured: Marian Quinlan, Michael Hayslett, Norwood Morrison.

Winter 2021
The Walton Tract Clean-Up

It was a perfect fall day on Saturday afternoon, October 24, 2020 for our biannual clean-up at the Walton Tract in the George Washington National Forest. We were all able to successfully social distance while picking up trash along the river. Many thanks to all who came out to help!

From left to right: Dick Brooks, Puggy Farmer, Jim Bayliss, David Brooks, Bucky Wells, Harold Smestad and Dave Peters.

Norwood Morrison, along with new members Anna and George Beckwith.

Bucky Wells and Jim Bayliss from the Potomac Hunt Club.

Harold Smestad with his stash of trash.

First time participant Bill Mahone. He did a great job!

The Cowpasture River was beautiful, as usual.
CRPA board member Linda Cauley suggested that our board write down a few words about how important the Cowpasture River has been to them during this trying year. Several of them did so. Their stories are listed on these next few pages. We hope you enjoy them!

**Linda Cauley (and her husband Matt)**

Our farm on the Cowpasture has always been a place of refuge, never more so than during the past few months. Grateful for the peace and tranquility of the community and the landscape, we’ve relished awaking each day to the views of the mountains and the river valley. Back last winter, before we knew what challenges the new year would bring, we planned a huge (a 3-year old would say “huger” as it certainly turned out to be) garden in order to participate in farmers markets and supply ourselves with food for this winter. We had no idea last December as we poured over seed catalogs and made our plans that both would be even more important than usual. Nearly every day we fussed over our baby plants and our rising loaves of bread and during meals relaxed on the deck overlooking the garden and down the river valley. Many of our friends who live in the big cities would, in years past, shake their heads at our rural life. I couldn’t help but wonder how many of them would gladly trade places with us now.

Evidently many, as we saw the number of friends deciding to live full time at their Bath County “second” homes along the river grow to holiday levels. Even with the influx of “city folk,” Bath County remained a haven from the virus far longer then we thought possible. Regardless that the virus finally infiltrated our little communities, Bath County is still that haven, and nowhere more so than along our beloved river. And we have never felt more privileged and grateful to call this place home than we do now as 2020 draws to a close.

**Catherine Manner**

The Cowpasture River has been a saving grace for me personally throughout the year of 2020, but especially this past summer. It’s been a bizarre year of cancellations, from fun trips to get-togethers with friends, to even having to postpone my wedding. In a time when everything became so unfamiliar, summer weekend trips to the river were refreshingly familiar. The Cowpasture has always been a place where my immediate and extended family gathers during the summer.

This year, due to COVID-19, there was less gathering, but it was comforting to see their faces, even though our inner tubes were a little further apart. When
people tell you to think of your happy place, I have always thought about sitting in my inner tube in the middle of the river. The smell of the fresh mountain air, the sound of the water running off the rocks in the riffles, and the sun warming up your skin are enough to make even the most stressed person feel a sense of calm. Nature has a way of bringing peace to someone in a time of chaos. I will forever fight to protect the Cowpasture River in any way I can to make sure that future generations can experience the same sense of peace that the river brings me.

**David Burnett**

During this troubled year when COVID-19 came to stay in March, it continues to be a blessing that my wife and I are able to isolate ourselves on our farm. I will add that our three daughters and their families spent more time with us enjoying the river. They also felt a need to escape to the serenity and safety of the valley. I feel absolutely blessed that our home borders the Cowpasture River. During the day, whether taking hikes to the National Forest, working in my garden or tubing down the river, my mind always felt at ease. The Cowpasture relieves me of any worries and makes me grateful for the natural world in which we live. I feel this past eight months has been an experience that has left me with a better understanding of myself and what is important to me.

**Norwood Morrison**

It’s been a tough year to embrace the concept of the glass half-full. But if there’s any place on this planet that can cause that same glass to overflow like the rapids we hear flowing over the rocks every night, it’s the Cowpasture River. While our family’s trips to the Lynchburg Camp were sharply curtailed this year out of COVID necessity, the time spent there was still special. Whether joining our three children and their families, floating the crystal-clear (and full) river via tube, kayak or canoe, or simply sitting on the “Pavilion” perched above the river in front of cabin row, our little slice of heaven was a refuge of relaxation, reflection and - yes - recharging, away from the stresses and uncertainties of COVID.
I think the older we become (something I can relate to), the more we appreciate the beauty around us. All of us “river people” have been particularly fortunate this year to have had this remarkable spot and go-to respite. Next year, our glass will surely overflow.

Caryl Cowden

Our scheduled opening of Fort Lewis Lodge for the 2020 season was April 1st. When Covid struck, we couldn’t even begin to figure out how things were going to unfold for a hospitality business — if at all. Guests with reservations called with every worry you can imagine and in many cases looked to us for answers. We closely followed the Governor’s mandate and health department requirements and designed our re-opening as food and lodging establishments finally took shape. As Phase 3 was announced, we collectively decided it was a go for us to forge ahead and open on June 11th. We hoped the incredible draw of the beautiful and unique Cowpasture River Valley surrounded by open fields and forests would work its magic and appeal to guests as a safe getaway. Boy did it, and we witnessed so many new and old guests who came to relish the rejuvenating powers that the river and adjoining land has always naturally provided.

As innkeepers, we’ve always focused on people’s wants, but this year it was more a case of meeting their needs. What we all share in the Cowpasture watershed is special beyond words, and we were honored to share our blessings during these very difficult months. The benefits of the river were even more emphasized for our Lodge guests during a pandemic — by providing the ability to safely distance, recreate with the whole family, and allow guests to have moments of peace to get back to the basics. Our guests spent the majority of their summer days floating the river, hiking and picnicking along the banks, and even some caught their very first prized fish — not to be their last! Now that the Lodge is closed for the winter months, we relish all the times we ourselves are still able to enjoy the clean, clear and ever flowing waters that flow through the property. We are fortunate to wake up to an incredible view everyday, and when the weather cooperates and turns warm enough for a winter float, our kids are able to throw in a kayak or two!

Andrew Young

How wild it is to think almost an entire year has passed since COVID-19 brought about the new normal. It seems like just yesterday I was freezing my butt off in front of the US Supreme Court to attend oral arguments in the Cowpasture case. At the time I was focused on surviving a brutally cold night, but looking back it is a useful starting point for the trajectory of my 2020 (and beyond). At the center of the year long experience was the Atlantic Coast Pipeline (ACP), and the larger general concepts of conservation, resource management, stewardship of the land and
water, and doing the right thing for your community. Since I got involved in 2018, I never had any doubt that fighting the pipeline project with the Allegheny-Blue Ridge Alliance was what I was supposed to be doing with my life, and that we were on the right side of history. But it was not until I began flying in a tiny plane to monitor construction impacts and collect baseline data with the Pipeline Airforce, hiking and biking in the National Forest with my wife and dog, spending time (socially distanced post March-2020) with Dick and Mindy Brooks and others, and really taking time to connect these larger general concepts to specific places and communities, that I felt like I understood the stakes. Because of the Cowpasture River, and the Cowpasture case, I came to tangibly understand this connection between people and special species to the land, and water is something worth fighting for. It is not hyperbole to say the river, the organization, and the collective fight against the ACP have instilled in me a purpose I am committed to fulfilling.

Yes, the Cowpasture has provided moments of tranquility, refuge, and responsible socializing this year (thanks especially to Lynne and others for organizing the great river float in late July!), but perhaps as important as the opportunities to recreate and reflect, the river has given me the opportunity to connect my ideals with actual practice.

Coupling the legal and grassroots work with my experiences on and around the river opened my eyes to understand the priceless nature of the land and water in the Allegheny Highlands. It is our duty to steward these special resources in perpetuity. This extraordinary river, the communities that share a special connection with it, and the public lands adjacent to it have collectively captured my heart, stoked a fierce desire in me to defend them as an environmental attorney, and given me countless opportunities to grow and learn. It is a gift I can likely never fully repay, but I will give my all to try and get there.

As a last note, given the circumstances I realize that I have not been able to appropriately introduce myself to many CRPA members. I am really looking forward to meeting in person and getting to know one another when it is once again safe to do so. We still have to celebrate our victory over the ACP and I can’t wait. Happy holidays and warm wishes for a safe and fulfilling New Year!

Elizabeth Dudley

I have spent time almost daily over the past 10 months in or alongside our beloved Cowpasture River. Witcher and I have been quite busy “raising” two puppies - a Goldendoodle who is now 13 months old and a Sheepadoodle who is now 6 months old.

Windy Cove Farm is truly a wonderful home for dogs (not to mention all other life forms), and the river provides us all with a constant source of wonder and enjoyment. Both dogs were thrilled when they mastered swimming and “made it to the other side,” when they successfully dragged a big stick out of the water, or when they were able to wade out to a new “rock island” formed after a flood!

Elizabeth Dudley enjoying the river at her home, Windy Cove Farm, with her dog Rodeo.
I, when not engaging in these activities myself, sat on the riverbank often pondering my good fortune. I am forever grateful that while unfortunately elsewhere the virus raged, my loved ones and I were safe and happily “quarantined” at home. Not a bad deal for us at all!

**Kim Manion**

I stand looking at the Cowpasture River flowing downstream. I look upstream and see a path of water rimmed with trees. The water is peaceful, relaxing, and unchanged in its path and purpose. The unchanged flow of the water brings relief from the abrupt changes thrust upon me over the last months. There is comfort in its sameness. The twisting, turning view brings relief from the blue light of the computer screen that has become my world. The oxygen rich air is a relief after breathing through a mask.

Even more compelling than the physical relief is the reminder the river gives me. Time is relative. What feels like an eternity of unending change is actually a drop in the bucket over the course of time. The months of upheaval really are not as long as they seem in the grand scheme of things, and upheaval can be the source of good things. After all, I wonder what past upheaval happened to create the view I see today. I am peacefully thinking how thankful I am for the water’s unchanging flow when I see a branch fall in the water. The river now has an abrupt unexpected change that disrupts its journey. The water simply changes course flowing around the branch as it journeys across the land. The water’s flow is not so unchanging after all. It faces constant change and adapts as it continues on its journey. I prepare to leave refreshed physically by the river but also challenged mentally to continue to adapt to the changes life brings as I journey on.

**Nan Mahone Wellborn**

This year more than ever, the peace I find along the Cowpasture has been a gift. I travel north along 42, and memories come to me of times along the lower Cowpasture. I think fondly of friends who live along the way. Once I make the right at Windy Cove Church on 678, a calm comes over me and I say to myself “leaving civilization behind,” and I’m reminded of the dear artist friend who shared that statement and think of how it applies to me right then and there. My heart starts to beat a bit faster when I see the Cowpasture at Fort Lewis in anticipation of herons and eagles that might fly by as I reach at Riverside. “Paint mode” starts to weave
into my mind envisioning views that make good compositions and paint mixes to get those colors reflected in the river.

Days painting on the river, meeting up with artist paint buddies, and enjoying respectfully distant visits with dear friends and family brought a peace to this year and a greater awareness of what’s important to me. The Cowpasture offers a solace not found anywhere else. I feel so lucky and grateful for all of my Cowpasture River associations!

Jeremy White

There has not been a time in which my family was more grateful to live on the Cowpasture River than 2020. Our social and school calendars were cleared due to the virus and we, as a family, were given the opportunity to enjoy and recreate on the river together. We made many improvements on our river beach site and trails, and as our teens had nowhere else to go, they found solace in the river with their friends. Kayaking, fishing and swimming were our favorite pastimes this spring, summer and fall. We have realized what a safe haven the Cowpasture River is and will continue to be for our family for years to come.

Tom Reycraft

This last year has been one of many challenges, but also of many opportunities. At Buxton Farm, we have been very fortunate to have a beautiful stretch of the Cowpasture to lean on during these challenging times. We’ve used its beauty to take our minds off of the realities of the moment, but also to inspire us as we look toward the future. While we know we will never really harness the Cowpasture, over the last six months we have worked to integrate its beauty even further into the farm by building a new bridge across it, making a significant part of the farm more accessible as a result. On the day the bridge was lifted by two cranes into place, we celebrated the Cowpasture’s beauty, and the future, with our family, our friends and our neighbors. (Bridge photos on the next page.)
Dick Brooks

The Cowpasture River has been many things to the Brooks family over the years, but above all, it has been a source of endless fun and recreation. As a young boy, I was captivated by all it had to offer as a place to swim, fish, float and explore. But now, what I remember most poignantly, are the many celebrations we had along its banks.

Our first daughter was born on her grandfather’s birthday. So, beginning on her first birthday and continuing for many years, we marked that July date with a picnic at the river. The immediate family joined for sure, as did many far-flung relatives and friends. These picnics, which began with simple fare from the fridge, soon gave way to heartier meals cooked on our portable grill. Cold sandwiches were replaced by hamburgers and hotdogs, sausages and chicken. Our drink menu expanded from my mom’s iced tea to chilled wine and imported beer. Of course, bags of chips remained a staple of our picnics, and we never missed an opportunity for sheet cake.

What began as a picnic and afternoon swim later included a long float trip or perhaps a few hours of fly fishing. I remember watching our family, our guests, and our dogs all thrilled to splash around our swimming hole, lounge along the banks, and just chill. These are some of the memories that have sustained me this year and still bring a smile.
OUR ONLINE AUCTION WAS A HUGE SUCCESS!

Our first annual online auction benefitting the Bill Hardbarger Educational Scholarship Fund was a huge success! A diverse range of items was donated by our generous members, ranging from fishing gear, art work, woodwork items, craft items, gift certificates, cabin rentals and even an REM collectors package! We’ve listed pictures of some of the items to give you an idea. Every item received at least one bid, while other items ended up in a virtual bidding war. The net result from the auction came to $1,995.50. In addition, other members donated directly to the fund instead of bidding on an actual auction item. With their additional contributions, the total amount came to $2,512.50.

A committee has been formed to decide how to best distribute the funds. We will keep you updated on the decisions coming out of the committee. One thing we all agreed upon — we would like to make this an annual event. So please consider if there might be something you would like to donate to the auction in 2021. We would be most appreciative. Thanks so much for your support!

A sample of some of the auction items:

- Fall wreath made by Christie Hardbarger.
- Painting by artist Debra Sheffer.
- Orvis fly rod from Michael Whiteside.
- Woodwork items from Joe Wood.
- REM Collectors Package donated by Mercer Brockenbrough & Bertis Downs.
- Matted painting by artist Nan Mahone Wellborn.
Wildlife at Hickman Draft

Many thanks to Ross Waller for sending in these photos that he took on July 29, 2020 while hiking at Hickman Draft. Ross was hiking with his son Kirk, along with their neighbor Mike Van Yahres, when they walked up on the rattlesnake about two feet off of the trail. Ross reports that the snake stayed calm and did not rattle. They were able to examine it from a few feet away and estimate that it was about three feet long and had seven segments on its rattle. They were quite happy that they did not upset it! Hickman Draft is on the far (northwest) side of Beard’s Mountain. The Beard’s Mountain Trail starts at the swinging bridge in the Walton Tract and has a spur that runs down the other side of the mountain right to the stream. For more information, you can check out this link at the Forest Service: https://www.fs.usda.gov/recarea/gwj/recarea/?recid=78606

In Remembrance

We were sad to learn of the passing of John Tyler Wright, the son of CRPA members Roy and Ann Wright. John passed away on Tuesday, October 20, 2020 while working at his job as an Assistant Manager for Bethpage Camp Resort in Urbanna, Virginia. In the words of his family (Roy, Ann and Courtney Wright), “Tyler was a ray of sunshine in our lives and in the experience of his many friends and coworkers. He always had a smile on his face and loved his friends, family and adventures. My son traveled the world on two cruise ship lines, played drums professionally, was a great golfer, and loved to kayak the Cowpasture River.”

Our condolences go out to the Wright family. A celebration of Tyler’s life will be held at a later date.
Thank You To Our Loyal Watershed Members

We are grateful to the additional donations we have received during the 2019-2020 Annual Campaign season that have come in since our last newsletter was published. These members who have recently joined, renewed their memberships or sent in additional donations are listed below. (Note: New members and first time donors are highlighted in bold.)

Total donations for the 2019-2020 Annual Campaign came to $57,366.00.

Our new 2020—2021 annual campaign kicked off on November 1, 2020 and will run through October 31, 2021. Thank you for your generosity.

BEDROCK PATRON
John Christian
Michael Wildasin

WALLAWHTOOLLA SOCIETY
David Kirk

WATERSHED STEWARD
Crossroads Mill Foundation
Jim and Trisha English
Allan and Becky Howerton

HEADWATERS CIRCLE
Deborah Bush
Cushing Holland

George Holland
Keven and Cindy Rice

INDIVIDUAL
Van Hoffman

IN MEMORY OF:
Alice Craddock Masse
By Allan and Becky Howerton

IN HONOR OF:
Michael S. Christian
By John Christian

FOR THE BILL HARDBARGER EDUCATIONAL SCHOLARSHIP FUND:
Paul Lancaster
Jane B. Wood

Brenda Hobbs
By Allan and Becky Howerton

Tyler Wright
By Mary Ann Dean

By Rebecca and Michael Davis
Allan and Becky Howerton

Bill Hardbarger
By Allan and Becky Howerton

Jane Lyle
Sandy Simpson Sprinkle

Give the Gift of a CRPA Membership

It is the holiday season, and the more members for the association, the better! Think about a gift membership for someone you love who has experienced the Cowpasture during his/her lifetime. It can be a young person who may have been a camper or someone you’d like to introduce to the watershed, or even someone you’ld like to be envious of such a treasure. All are welcome and what a great gift! See the last page of this newsletter for details on how to give. Or go online to https://cowpastureriver.org/shop/donate/
Protect The Things You Love

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

☐ This is a gift membership from __________________

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.)