The above photo of the Cowpasture River was taken by Robert Pasco 20 years ago from the deck of his parents’ home. (For more information, see page 3).

Please send us your best photos of the Cowpasture River.
From the President

One of my favorite things to do is to get in a kayak and take a float on the Cowpasture River. One would think that given that I live a stone’s throw away from the river, own a kayak, am “retired,” and often blessed with six months of float-friendly weather, that I could recount the many float trips that I’ve enjoyed every year. Regrettably, this is not so, for until recently, I have not taken a float on the river for at least two years!

I seem to suffer from putting vacation–type activities low on my list of priorities when at home. So it was with great pleasure that I was able to perform my duty as leader of the recent CRPA float, even though I began the day with a few nagging thoughts of the chores I should be engaging in instead.

My day turned out to be spent enjoying one of the best floating trips I’ve ever taken! It was sunny, yet crisp enough not to get burned up. The water was clear, beautiful, and flowed at just the right pace. And best of all, my floating companions were simply great fun! We were even joined by an eagle who would fly ahead to land in a tree, watch us float under, then fly down river to the next tree. It was as if the eagle was checking to make sure we weren’t “raiding the refrigerator.”

I certainly hope to allow myself another river float soon. I will try to plan more CRPA float trips provided there continues to be enough water in the river, and I will gladly lead them or just sign up to participate. In the meantime, if anyone is motivated to spontaneously go on a float, please give me a call and I’ll do my best to drop everything and join you!

Yours truly,
Elizabeth Dudley

Photo taken from Elizabeth’s kayak.
For those of you who had the good fortune of attending our recent Annual Meeting, it was such a joy to come together and celebrate CRPA’s 50th Anniversary. Catherine Roland put together a beautiful slide show of our organization throughout the years, and we hope to have that up and running on our website soon. In addition, a story regarding our 50th anniversary was included in the recent summer insert of The Recorder. I hope you all had a chance to read it. And we even have new 50th Anniversary merchandise items, which you can check out on Page 13.

As Elizabeth already mentioned in her President’s Letter, we hope to have at least one more river float this summer in addition to the one that she led on June 4th. Be sure to check out the river float pictures on Page 11, as well as the beautiful river photo that Elizabeth took from her kayak (seen on Page 2).

This year, our annual summer picnic will be held at Camp Mont Shenandoah on Saturday, August 27th. Unless inclement weather occurs, we are planning on setting up our activities and meal down by the river front. Ann Warner has graciously volunteered to provide us with the hamburgers and hot dogs, and we’re asking everyone else to bring a covered side dish to share. A cocktail hour will also occur before dinner. And please let us know if you are an expert griller. We’re in the market for someone to grill up our meat items for us. For those of you interested in swimming or canoeing there at the riverfront area, come by early and enjoy yourselves!

As we move into the fall, we hope you will come by our vendor table at the Bath County Fair which will be held on Saturday, September 17th. Whenever possible, we try to have a presence there each year in order to support our community and encourage residents to join our organization. In the meantime, I hope you all enjoy your summer activities, and hopefully you will have a chance to get out on the Cowpasture River soon. Until then, I hope to see you at the upcoming summer picnic.

REGARDING THE COVER PHOTO

The cover photo was taken 20 years ago from the deck of Robert Pasco’s parents’ home. His father was H. Merrill Pasco, and he built the stone and glass house on land from Robert’s grandfather, Dabney S. Lancaster. He became a lawyer for the Ingles family and the Homestead Hotel that they owned. It was about 1962. All of Dr. Lancaster’s four daughters have cabins there — one mile south of Millboro Springs. The photo is looking upriver towards what was Wallawhatoola.
Annual Meeting Highlights

After two years of virtual annual meetings, it was wonderful to finally gather together again on May 21st for an in-person celebration of our 50th Anniversary at Camp Mont Shenandoah. We had a total of 96 people in attendance. Chef Josh Elliott from Garth Newel provided a fabulous dinner, and our guest speaker, Steven Johnson, a conservation photographer, spoke about documenting life beneath vernal pools. In addition, we welcomed our new Board member, Harold Smestad. Many thanks to Ann Warner for once again providing Camp Mont Shenandoah as our venue.

Glovie & Dick Lynn hanging out by the merchandise store.

The crowd enjoyed listening to speaker Steven Johnson.

Ellen Ford returning from the outdoor merchandise store.
CRPA Annual Summer Picnic and Family Fun Day

SATURDAY, AUGUST 27, 2022
SAVE THE DATE!

3:30—5:00 p.m.  Come early if you would like to swim or canoe
5:00—6:00 p.m.  Happy Hour (self serve)
6:00—7:30 p.m.  Picnic dinner

WHERE:
Camp Mont Shenandoah, 218 Mont Shenandoah Lane, Millboro, VA 24460. (We will be gathering down by the riverfront.)

COST:
• $12 per person; children 12 and under are free. Please register and prepay online on our website at https://cowpastureriver.org/shop/.
• You will be assigned a covered side dish to bring with you after you register.
• Please bring your own lawn chairs.

Registration Deadline: August 22, 2022

Questions?: Email directorcrpa@gmail.com or call 540-620-7795.

57th Annual Bath County Art Show—July 16-24, 2022
Valley Elementary School, Hot Springs, VA

Join us once again for the 57th annual Bath County Art Show at Valley Elementary School, just a few miles south of Hot Springs. With more than 600 works of art by 200+ artists, this is the area’s largest art show, and admission is free. The show runs from Saturday, July 16 to Saturday, July 23 from 1 to 5 p.m., and Sunday, July 24, from 10 a.m. to noon. For more information, visit www.bathcountyarts.org.

CRPA will once again offer a $200 award to the artist who wins “Best Cowpasture River or Bullpasture River: Any Medium.”

2021 Best in Show, Roiled Pursuit by Rebecca Campbell.
August 1995 — Newsletter: The paid membership for 1995 is 265. The dues are still $5 per year. The issue of whether or when we should submit the Cowpasture River for Tier III will be discussed again at our next board meeting on September 18th. The discussion at our May meeting left some questions which will have to be addressed. We would welcome any comments the membership might have regarding the issue.


March 1998 — Newsletter: Bylaws to be reviewed. The proposed Chestnut Ridge timber sale is opposed by the board. Some otters have been seen on the river. It was proposed that we establish a telephone calling system to alert members along the river in the event of impending flooding.

May 1999 — Annual Meeting was held at Fairview Community Center with Faye Cooper, Executive Director of the Valley Conservation Council, speaking on voluntary conservation easements as a way of protecting our streams.

June 20, 1999 — Board Meeting at Camp Mont Shenandoah. The board voted unanimously to press ahead with a thorough investigation and preparation for obtaining 501 (c) (3) tax exempt status for CRPA. The board cited the “need for the CRPA to allow foundations, individuals and others to contribute to our cause.” The board discussed the need to network with other conservation groups. The river has been low this summer. The flow, as measured on the USGS gauge near Clifton Forge, has been as low as 74 cfs. The lowest flow on record was 47 cfs in 1934; the flow has been less than 74 cfs nine times since 1925.

June 30, 1999 — Bob Brooks, CRPA President, sent a copy of CRPA bylaws, along with two amendments, recommended by the board to the membership. The Summer Social is to be held on Sunday, August 15th at Lynchburg Camp. There are 259 paid members.

May 6, 2000 — Annual Meeting at Fairview Community Center with Jay Gilliam of the Virginia Save Our Streams program speaking on stream monitoring. The application for tax exempt status has been prepared by Tom Davies and is ready to be submitted.

August 13, 2000 — First draft of a Strategic Plan for the CRPA was sent around to the board.

September 11, 2000 — Board meeting at DLCC: Sample logos for the CRPA have been created by Selby Schwend. A newly designed newsletter has been proposed and submitted by Lou Robinson with Sharon Sherrard’s assistance. The board watched “A Day at the Bay,” a video of students visiting the Chesapeake Bay Foundation’s Smith Island educational facility. The video was provided by George Phillips, and a discussion regarding the potential relationship the CRPA might have with the Chesapeake Bay Foundation.
November 4, 2000 — First draft of a Mission Statement sent to the board by George Phillips for consideration.

December 4, 2000 — Board meeting at DLCC: A Strategic Plan for the CRPA will be developed by a committee chaired by George Phillips. Fred Paxton showed a mockup of the first issue of the new newsletter that will be mailed out this month. There are 350 paid memberships for this year.

January 27, 2001 — Board Meeting at WCPC: The Strategic Plan (revised January 2001) is based on the premise that the CRPA will become more proactive in carrying out its mission of preserving the river and its tributaries. Activities are to include developing a baseline study of water quality, educating the community on the many benefits derived from the river, improving the association’s image in the community, and to investigate hiring a part-time Executive Director.

March 12, 2001 — Board meeting at DLCC: The board continued the discussion of the Strategic Plan and what should go into a baseline study of water quality (chemical and/or biological).

May 5, 2001 — Annual meeting at Fairview Community Center. Linda Crowe of The Nature Conservancy of Virginia spoke on the plans for the Warm Springs Mountain preserve.

June 3, 2001 — Board Meeting at “Wiggum” hosted by Dick and Jean Miller. Bob Brooks was reelected President.

August 26, 2001 — Summer Social at Camp Mont Shenandoah.

September 10, 2001 — Board Meeting at WCPC: Proposals for a baseline study have been submitted to DEQ and to the Alleghany Highlands Foundation. There is a plan to monitor ten sites; there are five monitors.

January 14, 2002 — Board Meeting at WCPC. Marion Quinlan discussed future grant and fundraising possibilities and asked the board to determine its level of commitment and interest in soliciting significant monies to support the CRPA’s Strategic Plan. She particularly outlined the need for a part or full-time Executive Director to carry out the several projects and goals directed by the CRPA Five Year Plan.

March 11, 2002 — The CRPA has received a $3000 grant from the DEQ for a baseline study of the river. The board unanimously agreed to compensate Sue Rolling from the DEQ grant to do water monitoring.

May 4, 2002 — Annual Meeting at Fairview with Paul Bugas of Virginia’s Department of Game and Inland Fisheries as speaker. Julian Olden, a doctoral candidate at the University of Colorado, outlined his summer’s work on the Cowpasture River. Dinner was catered by Millboro Area Rescue Squad (MARS) for $10 per person.

Mindy Brooks tried out her new kayak at the CRPA River Float held on June 5th. She won the kayak at the recent Annual Meeting raffle.
The second annual CRPA Artist Retreat at Fort Lewis Lodge and Farm took place over three glorious days the second week of May. We welcomed 27 artists who worked in a variety of mediums from oils, watercolor, mixed media, photography, plus weaving and jewelry design. The artists came from all over Virginia, and one from South Carolina. The non-competitive atmosphere made for productive experiences and new friendships. As Peg Sheridan, watercolor artist noted, “I loved having so much land to explore and paint.”

CRPA and Fort Lewis have produced the Artist Retreat as a way of providing like-minded artists a contemplative place to relax, share ideas and develop their chosen medium. Artists have been encouraged to participate in the Bath County Art Show, as well as the CRPA Online Auction. Mark your calendars and attend these events to find new art work featuring the Cowpasture River.
Elizabeth Lipscomb shared a memoir written in 1951 by her great aunt, the late Kitty Lancaster Guy.

My Father, Robert Alexander Lancaster, of Richmond, Virginia, had so many children and so many relations of his own and of my Mother’s that he decided to buy a “Springs” for our country home. I was the next to last in the second set, seventeen in all. When I was born, Dr. Read of Grace Street Presbyterian Church wrote my Mother, “When the sixteenth child arrives, it must be hard to find a name. Why not name the little girl “Gracie” after Grace Street Presbyterian Church?” When I joined the church, it was an Episcopal one; so you see I fell from Grace. When people asked me how many brothers and sisters I had, I loved to tell them, “So many that I don’t know the names of three of them,” which was true until I went to the cemetery and saw the names on the little tombstones of my half brothers and sister, buried nearly forty years before I was born. I once had a wager with some boys who bet me that they had more brothers and sisters than I did. I came out a half brother ahead.

My earliest recollections of our trips to Wallawhatoola, the Springs my Father bought for us, is that there were so many of us to go up from Richmond that we had a whole chair car and a freight car, the former for the family, cages of canary birds, and a pet or tow, and the latter for the driver, the horses, barrels of sugar, flour, meal, canned goods, trunks, etc. We went up on the C&O Railroad, and always at Gordonsville we got fried chicken and lemon pie held aloft on big trays in the outstretched hands of the women who cooked them. Never did any chicken or pie taste as good.

We would be met at Millboro Depot by the wagonette, the depot wagon, the survey, the jumper for us, and the farm wagon for the baggage. The servants had gone ahead a day or two to get the house ready. We wound two miles down the mountain until we reached Millboro Springs, and then on another mile through “New Baltimore” past the ropes and pulleys to a tall post on either side, so you could open it without getting out of the vehicle. Always a cool breeze met us as we entered this gate, and we drove over the shale road that led to the lovely white suspension bridge over the clear waters of the Cowpasture River. “Wallawhatoola” (the Indian name for winding waters) has been its name until mundane county authorities changed it to Cowpasture. Each year there was the same catch in your throat of joy at being back at the home in the mountains that we all loved. There was the long white house, with porches across the front both up and down stairs, in front of the shale circle, the sweep of green lawn, the big spreading elm, and at its foot the clear river rippling along its edge, and then as you turned back at the house, there rose the high green hill behind, down the valley spread out the many colored meadow, and further still the ever changing blue mountain ridge.
One of the things that always fascinated me about the house was the long wing running at right angles to the front part. This wing had a covered porch leading to the big storeroom, kitchen, laundry, and servants quarters above. Along its way you came to the well and here the coldest, clearest water was pumped by hand pump into a bucket hung on its spout. Behind this well was a long narrow shelf where Landrum, one of the butlers, sharpened the steel blades of the yellow horn handle knives.

I can see him now as he swept back and forth on the long whetstones. We all admired and stood in awe of Landrum. The storeroom, the biggest I ever saw, was lined with the barrels that we had brought on the train, besides all kinds of food stuff. There was a big scale with a platform, where we loved to weigh. Here in the store room each morning, my Mother “gave out.” She would sit in a split bottom chair while the cook brought great pans and measures and got out the flour, meal, sugar, etc. that she needed for the day. Then the door would be shut and the big key, about six inches long, turned in the lock until the next morning.

A little further beyond the storeroom was the kitchen and then the laundry with its big fireplace, always filled with big burning logs and with a row of irons set up in front to heat. We had eight servants: a cook, a cook’s helper, two laundresses, a driver, two butlers, and a chambermaid; and we certainly needed them for we never had a family of less than twenty-five. The big table held about seventeen or eighteen, and the side table seven or eight children. Our older butler, Landrum, always handed the dishes and poured out water by ages, so he had to dart here and there, and it was a tell tale performance if the guest knew what he was doing. We had every Presbyterian minister in Virginia at one time or another, as our guests (my Father was a ruling elder). I have often heard my Mother at one end of the long table ask the divine on her right to have the blessing, and my Father at the other end ask the one on his right to do the same, both accepting the honor, and being so far apart neither heard the other. It is to be hoped the Lord heard anyway, for we really were a thankful lot in a land of plenty and great beauty.

Another part of the house that held great charm for me was the ice house and dairy. I never heard of either being inside a residence. At the very end of the house next to the river was the big deep icehouse, dark and dank, full of mystery and of ice. The drip from this icehouse went into troughs in the cool dairy, where milk and butter and cream were kept in large crocks. The kitchen was not screened in those days, but there were large fly traps, quarter glace jars turned upside down in tin containers, which had syrup in them.
These jars would become solid with flies. On one of our visits, a minister from France, supported by the Huguenot Society, had long overstayed his expected visit, and everyone was tired of him, and his room was needed for another guest. No one knew how to get rid of him, so we children took charge. Late one evening after dark we visited the kitchen and “syruptitiously” took two of the fly traps, we carried them to Huguenot’s room and turned the flies loose. They settled on the ceiling until daybreak, and then they began to swarm. They touched everything in the room, their legs sticky with syrup, leaving marks everywhere. They buzzed and buzzed and dripped molasses. Huguenot fled, as Huguenots were wont to do from persecution, slamming the door behind him. The chambermaid found him out on the lawn about 5:30 forlorn and sleepy, and wondering where the flies had come from. He left the next day, and my Mother pretended to be outdone with us, but I think secretly she was thankful we had gotten rid of him.

Most of our guests were delightful, and each age had companions. The children played, swam in the shallow part of the river, rode horseback and roamed the woods, cutting willow sticks for play horses, games of all kinds: dumb crambo, the spelling and poetry games, etc. It was a happy life, and the radiant center of it all was our Father. He was a broker and had an office in Richmond and one in New York. In each, there were sons to help, but the business was really run and supervised from his desk at Wallawhatoola for the four months that we were there. After the business of the morning, he was ready for anything and everything: fishing, driving, going over the farm, playing whist and euchre — the life of each group. He was twenty years older than my Mother, had a long white beard, and was called Edward VII of England, but no one ever thought of him as old. He was the happiest man I ever knew, and I think it was because he was forever making others happy. The days are gone when such a life is possible, but those of us who were part of it will ever hold the memory close to our hearts.

Kitty Lancaster Guy

September 1st, 1951

CRPA 50th Anniversary River Float — June 4, 2022

17 floaters put in at Scotch Town Draft Rd. and took out at Ft. Lewis Lodge. It was pure bliss!
**DUCKS** — The 2021 nesting season was a major disappointment. Wood duck use declined by 20 boxes, or 32 percent. The greatest decline was on the Calfpasture River. In the previous 30 years, we have had five years when numbers declined, but never by more than four boxes. The average decline was two boxes. The decline was very uniform over the entire James River basin. The failure of 18 boxes with 100 eggs the previous year was a contributing factor, but not a full explanation. Fewer hens returned in 2021 across our whole area which includes six counties. Something happened over the previous winter. We can only speculate. We do provide state and federal biologists copies of our results to give them one more set of data on which to make decisions. Our major new effort this year was on the Cowpasture. We expanded north into the Bullpasture Valley and south to the junction of Pads Creek. Several boxes in the middle stretch were moved to better habitat. We now have over 160 boxes in place ready to help woodies recover the numbers.

**OWLS** — Screech owls rose slightly to 50 boxes with 32 owls found inside. For the first time, red and grey phases were equal in numbers. Since we collect data on owl prey, we’ve decided to include that information in our report. Absent this year, but common, were fish and flying squirrels.

### Mammals
- Mice — 7
- Voles — 2
- Squirrels — 1

### Birds
- Robin — 1
- Bluejay — 2
- Cardinal — 4
- Downy Woodpecker — 2

### Aquatics
- Frogs — 7
- Crayfish — 2
- Salamander — 2

### Kits for Kids
Many thanks to our volunteers who came together to assemble 200 “Kits for Kids” in our effort to provide water monitoring tests kits for sixth grade students in Bath, Highland and Alleghany counties, as well as students at the Boys Home in Covington, VA. We received a $1,500 “Every Kid Outdoors” transportation grant from the National Park Trust towards this project.

### TRAIL SUMMARY

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<td>Total Boxes</td>
<td>153</td>
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<td>Used by Ducks</td>
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<tr>
<td>Successful Nest</td>
<td>30 (20%)</td>
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<td>- Unhatched Eggs</td>
<td>19 (Avg. .63 per box)</td>
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<tr>
<td>Nest Failure</td>
<td>12</td>
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<tr>
<td>- Total Eggs</td>
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<td>No Duck Activity</td>
<td>111 (72%)</td>
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<td>Egg Dumping</td>
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<tr>
<td>Used by Owls</td>
<td>50 (31%)</td>
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<td>Owls in Box</td>
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<tr>
<td>- Red Phase</td>
<td>16</td>
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<tr>
<td>- Gray Phase</td>
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Virginia Highlands Wood Duck Club 2021 Annual Report

by Arne Peterson
Check Out Our New 50th Anniversary Merchandise Items

Our new 50th Anniversary CRPA t-shirts have arrived with a beautiful drawing of the swinging bridge over the Cowpasture River. Our long-sleeve shirts offer UPF 50+ UV/Sun Protection. The fabric includes PURE-tech moisture-wicking technology and anti-microbial technology which keeps your shirt dry and odor free. Colors include arctic blue, sage green, pearl grey and citrus (orange). Our traditional cotton t-shirts are 100% cotton and come in a variety of colors (Adult colors: white, sage green, spring green, lilac and sunset (light orange); Youth colors: berry (hot pink); Columbia blue). We also have a 50th anniversary 17 oz. ceramic mug with a curved handle. It has our 50th Anniversary design of the swinging bridge on the front of the mug. Check out these merchandise items, and several others, on our website at https://cowpastureriver.org/shop/.

Many thanks to Dave Peters and his granddaughter, Katherine Dupoise, for heading up our vendor table at the MayFaire event held in Clifton Forge on April 30th. The fair is a fundraiser for the Clifton Forge School of Arts, and Dave and Katherine took this opportunity to talk to people who were passing by about the Cowpasture River Preservation Association.
Dick Brooks — Many thanks to Dick Brooks for his years of service to the CRPA Board of Directors. Dick departed the board at our recent Annual Meeting. During his tenure as President, Dick tackled many projects, including:

- Being a key leader in the ongoing fight against the Atlantic Coast Pipeline.
- Upgrading the CRPA database.
- Overseeing the transition to our new website.
- Overseeing the addition of our online merchandise store.
- Overseeing the yearly CRPA online auction.
- Overseeing the establishment of the yearly scholarship for a second-year student at Dabney Lancaster Community College (from the Bill Hardbarger Educational Scholarship Fund).

And even when Dick stepped down as President, he still headed up a committee to collect years of our river monitoring data so that it can be paired to a river map on our website. This project will be completed soon. Dick, you have gone above and beyond, and we thank you. Job well done!

Education Committee Update

Millboro Elementary held a Meaningful Watershed Experience (MWEE) Day for grades four through seven on June 1, 2022. The focus was on watersheds and water, including water quality. Mike Hayslett ran one station where he explored vernal pools, their inhabitants and the role that they play in our ecosystem. Katherine Du poise, Puggy Farmer and Dave Peters ran another station where students picked through leaf packs to find the macroinvertebrates that lived in the stream. It was one of the favorite stations of the day.
The Bill Hardbarger Educational Scholarship Fund

In an effort to carry on Bill Hardbarger’s passion for river education to students of all ages, we are once again holding our annual online auction in the fall. We created a scholarship fund in Bill’s memory, and the proceeds from this auction will go to that fund. Last year, members donated a whole array of items, ranging from artwork, a trip to Costa Rica, woodwork items, a fly rod, etc. Some of the donated items are pictured below. If you are interested in donating items to our auction this year, please contact Lynne at 540-620-7795 or email her at directorcrpa@gmail.com.

A “Kissmas” tree made and donated by Joe Wood.

A hand-carved wooden bench donated by Gregory Vess.

A river painting donated and painted by Deb Sheffer.

A trip to Costa Rica donated by George & Anna Beckwith.

DATES TO REMEMBER

- **July 16-24, 2022** — Bath County Art Show
- **August 27, 2022** — Summer Picnic and Family Fun Day
- **September 17, 2022** — Bath County Fair (come visit the CRPA vendor table)
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 $__________________________

☐ $100 Headwaters Circle Donation

☐ $250 Watershed Steward Donation

☐ $500 Wallawhatoola Society Donation

☐ $1,000 Bedrock Patron Donation

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

☐ $1,000 Bedrock Patron Donation

☐ $100 Headwaters Circle Donation

☐ $500 Wallawhatoola Society Donation

☐ $1,000 Bedrock Patron Donation

☐ $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.)