

# FRIENDS OF THE NORTH FORK

of the Shenandoah River

## Annual Report 2013

*Keeping the North Fork of the Shenandoah River clean, healthy, and beautiful through advocacy, community action, education and science.*

**Friends of the North Fork of the Shenandoah River** celebrated our 25th year of river protection in 2013. And, indeed, it was a banner year of accomplishments for our river protection efforts and for building the strength and sustainability of the Friends' organization. Thanks to the generous support of our volunteers and members, our funders and partners, Friends is primed and ready for the next 25 years of monitoring water health and educating and advocating for water health protection.

### Highlights of our 2013 activities: Education Programs

Our river protection message is reaching thousands of students and hundreds of adults throughout the North Fork watershed. We continue to use a wide variety of methods to connect and interact with both adults and children:

#### North Fork Explorations for Teachers and Students:

Friends continued our teacher professional development workshops and student summer camps for the fourth year in a row during the summer of 2013. Both of these sessions were enormous successes and received rave reviews from participants. One teacher wrote: **"The three-day workshop has been one of the most valuable I have attended in all my years of teaching."** These programs are focused on interactive, hands-on learning that inspires and results in action and behavior change. These courses have been life changing for many.



North Fork Explorations Participants Load Canoes after a Day on the River

**Stanley the Stoneroller:** Friends' mascot, Stanley the Stoneroller, continued to make appearances as he stands for the health of the Shenandoah River (he was even featured in a Helen Jean Smith Christmas painting). We are especially excited to have completed a Stanley workbook for middle and high school students which is integrated with VA Standards of Learning and features fantastic artwork by Tom Chipley. We are grateful to the many, many individuals who helped to prepare this fun, interactive and useful educational resource.

**Family Fun Day:** We celebrated **25 years of service** in style at our 2013 Annual Meeting and Family Fun Day. Members Bill and Ginny King hosted the event at their New Market area property, where more than 150 kids



2013 Volunteer of the Year, Joan Chapman, gets a kiss from Stanley the Stoneroller. Jack, her husband and Friends' Cleanup Coordinator, is looking a little jealous!

and adults learned about wildlife, how to fly fish, constructed boats for racing and ate great food. We thank our many partners, Kennametal and the New Market Rotary

volunteers for helping to make this a fantastic event.

### Monitoring

#### Lake Laura Monitoring and Findings Report Complete!

Friends volunteers completed a third year of bacteria, nutrient and turbidity monitoring of Lake Laura and its tributaries and a final report on our findings was completed in December of 2013.

**Surface Water Monitoring:** Friends' volunteers collected more than 495 water samples from 31 sites along the North Fork and its tributaries. Results show a continuing trend of high levels of nutrients and sediment in the North Fork and many major tributaries.

**Water Critters Counted:** Benthic macroinvertebrate sampling continued quarterly at locations throughout the watershed. A majority of the critter counts in streams and river locations throughout the watershed have shown "acceptable ecological conditions" according to the VA Save Our Streams methodology.

### Advocacy Efforts

Friends serves as a "Voice" for the North Fork. You will find Friends defending the river before local, state and Federal government lawmakers and regulators.

2013 advocacy efforts have focused on stormwater regulation and ordinance development in Shenandoah County. Friends has worked closely with the Water Resources Advisory Committee to create a document that is protective of water quality. However, delays at the state level have frustrated this process. Friends remains involved and vigilant.

### Cleanups

**3160 pounds of trash** – that's how much trash Friends' volunteers removed from the river and the banks of the North Fork in 2013. Volunteers helped Friends earn almost \$1,000 as a result of our 2013 cleanups.



Humphrey Management Volunteers Clean Up the North Fork near New Market

## Volunteers

Volunteers are the foundation of Friends' programs and more than 100 members gave their time and effort in 2013. Volunteers



Volunteers Wendy Yarnold, Mary Modolo and Brenda Rawlings help at our 2013 Fish Fry Fundraiser

serve on our Board, monitor water health, assist with our educational presentations, workshops and events, write advocacy letters, help with cleanups, serve as mentors for high school students and help with administrative duties. We couldn't do our work

without you. Thank You!

## Fundraising

**River Stars** - One way Friends celebrated our 25th year was to create a new group for donors who annually contribute \$1,000 or more. We were extremely excited to have surpassed our goal of raising \$25,000 from new River Stars in 2013. 2013 River Stars are shown below:

### 2013 River Stars include:

**Anonymous**

**Dale and Susan Carlson - Carlson Plumbing**

**Frank Cihlar & Ann Warshauer**

**John & Ann Marie Cunningham**

**Brian & Paula Dailey**

**Kindy French**

**Bill Grillo**

**Tanya Harvey & Jay Eiche**

**Mary & Michael Hogan**

**John Holmes & Diane Zipursky Quale**

**Leslie Ruppert & Bill Johnston**

**Sean & Melissa Lankard**

**Margaret Lorenz**

**Bruce & Vicki McClinton**

**Pat & John McKenna**

**Pat Munoz & Dorcas Adkins**

**Robert & Sally Muse - Muse Vineyards**

**Margaret Nelson**

**Peter & Kim Scudera**

**Russell & Debbie Shay**

**SHENTEL**

**THANK YOU!**

## Spring Fling 2013-

Friends threw a party for the North Fork and for our members and friends living in the DC Metro area in April of 2013. This was our second DC event and thanks to



Enjoying Our Spring Fling at the Potomac Boat Club

the organizing committee, led by Tanya Harvey, this was a hugely successful event for our protection efforts.

**Fish Fry 2013** – Our committee of Fish Fry volunteers set an ambitious fundraising goal this year and with YOUR support, we met our goal and then some! We thank everyone who helped Friends raise almost \$40,000 to keep our river protection efforts alive and growing.

## Accolades for our Work

A clean and healthy North Fork of the Shenandoah River - this is the grand vision that Friends of the North Fork and our members and volunteers have pursued for more than a quarter century. While challenges to the health of the North Fork and its tributaries remain, much has been accomplished to improve water health. Friends is proud to be a leader in the quest for clean water and with the continued involvement and support of our volunteers, members and partners, we will continue our water protection efforts well into the future. Friends' efforts were acknowledged this year in the following ways:

- **Shenandoah County Government** - Friends received recognition for our quarter century of service to Shenandoah County citizens and the protection of the North Fork from county supervisors at our April Annual meeting. Supervisor Dennis Morris presented a plaque highlighting our contributions to improving water quality in Shenandoah County.
- **Lord Fairfax Soil and Water Conservation District** - Friends' education coordinator, Cindy Frenzel, was recognized for her and Friends' education and outreach efforts in the North Fork watershed. We've touched thousands of students, teachers and individuals with our river protection message and interactive education opportunities. We are grateful to be recognized for these efforts!

## Looking Forward

Healthy water is not a luxury. It is a necessity for all life. Our board, volunteers and staff devote hours and hours of their time to enhancing and protecting the River, not only because the River holds a special place in our hearts, but because we know the importance of this water to our future and that of generations to come.

As Friends transitions to new leadership in 2014, our organization stands on a firm financial and programmatic foundation. We are poised to continue and to expand our river protection work, guided by a strategic plan that is focused on creating a flow of science-backed educational programs and monitoring efforts that feed a river of advocacy and community action to improve water health in the Valley.

Friends will continue our work because of the dependable and generous support of our members, funders and partners, who are listed on the following pages. As the North Fork is the life blood of the Valley, your generous and dependable support is the life blood of Friends of the North Fork. Thank you.

# Friends of the North Fork of the Shenandoah 2013 River Supporters - THANK YOU!!

## **\$1,000 +**

Anonymous  
Susan & Dale Carlson -  
Carlson Pluming  
Frank Cihlar & Ann Warshauer  
Ann Marie & John Cunningham  
Paula & Brian Dailey  
Tanya Harvey & Jay Eiche  
Kindy French  
Bill Grillo  
Michael & Mary Hogan  
John Holmes & Diane Zipursky  
Quale  
Leslie Ruppert & Bill Johnston  
Melissa & Sean Lankard  
Margaret Lorenz  
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Kim & Peter Scudera  
Debbie Sease & Russell Shay  
SHENTEL  
Beverly & Chuck Veatch

## **\$500 - \$999**

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Samuel Turner  
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## **\$250 - \$499**

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## **\$35 - \$249 contd.**

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Northern Shenandoah Valley Master Gardeners Association  
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Anne Zirkle  
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Elizabeth Zucker



The North Fork of the Shenandoah River  
by Andy Thayer

# Our Funders and Partners - THANK YOU!

## Businesses

Carlson Plumbing  
Laughlin Auctions  
Mercury Paper, Inc.  
Natural Art Garden Center  
PJ Designs  
SHENTEL  
Wightman Insurance Agency, Inc.  
Woodstock Café and Shoppes

## Partners

Cacapon Institute  
Friends of the Shenandoah River  
Lord Fairfax Soil and Water Conservation District  
Master Gardeners  
Master Naturalists  
Natural Art Garden Center in Toms Brook  
Natural Resources Conservation Service  
Potomac Riverkeeper  
Shenandoah County Schools and Agriculture  
Teacher, Derek Ritenour  
Shenandoah County Water Resources  
Advisory Committee (WRAC)  
Shenandoah Forum  
Shenandoah Riverkeeper  
Shenandoah University and Woodward Bousquet  
Shenandoah Valley Network  
Shenandoah Valley Pure Water Forum  
Smith Creek Watershed Partnership  
Town of New Market - Mike Ritchie  
United States Forest Service  
Virginia Department of Conservation and Recreation  
Virginia Department of Environmental Quality  
Virginia Department of Forestry  
Virginia Department of Game and Inland Fish

## Foundations

Agua Fund  
Chesapeake Bay Funders Group  
Chesapeake Bay Trust  
Chesapeake Bay Restoration Fund  
Kennametal Foundation and  
New Market Rotary  
MARPAT Foundation  
Shenandoah County Government  
Virginia Environmental Endowment  
VA Naturally  
YSI Foundation

**AND, A HUGE THANK YOU to the  
Shenandoah Valley Pure Water  
Forum and First Bank in Stras-  
burg for sponsoring our Family  
Fun Day "Down on the River"**



Family Fun Day 2013—Building river boats of natural materials to race down Smith Creek.