



# Friends of the North Fork of the Shenandoah River

Our mission is to keep the North Fork of the Shenandoah River clean, healthy, and beautiful through community action, education, science and advocacy.

Volume 24, Number 1

Spring 2013

## Help Friends Celebrate Our 25th Anniversary of River Protection at Our Family Fun Day and Annual Membership Meeting - Saturday April 27, 2013

**25 YEARS!** For a quarter century Friends of the North Fork of the Shenandoah River has worked to protect the North Fork, the life blood of this beautiful Shenandoah Valley. **We will celebrate our work on Saturday, April 27, 2013 from 11:30am to 3:00pm** at the home of our long time members, Bill and Ginny King, located at 4241 Smith Creek Road along Smith Creek, near New Market. ***This is a FREE, family friendly afternoon of hands on fun and learning... so bring your whole family and your friends too! Activities include:***

- **Hands-on** fishing and fly tying opportunities;
- **Hunting for River Bugs;**
- **Bird walks;**
- Learn about **wildlife management on your property** and how to keep our rivers and streams healthy... AND enjoy a
- **Free Lunch** by Boy Scout Troop #88!

***Thanks to a generous grant from the Kenametal Foundation and the New Market Rotary, this is a FREE event!*** But we need to know how many people are going to join us, so **please register** for the event at [www.fnfsr.org](http://www.fnfsr.org) or by calling Leslie at 540-459-8550 or emailing at [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) or check us out on FACEBOOK at Friends of the North Fork of the Shenandoah River for directions and more information.

**\*\*SPECIAL GUESTS\*\***  
**The Blue Ridge Wildlife Center of Virginia!** They will present a live animal program with animals and birds from the Valley.



Look what WE Found!



Critter Hunting

**The Kenametal Foundation presented a grant to the New Market Rotary in February 2013, that will help Friends fund our Family Fun Day and also our July North Fork Exploration Camp for students (see pg. 2 for information and to register for the camp!).**

Pictured from left to right: Julie Barnhouse, Plant Manager Kennametal New Market, Jeff Kahl, President of the New Market Rotary, Anita Callihan, Human Resources, representing the Kennametal Foundation, and Leslie Mitchell, Executive Director, Friends.



**THANK YOU!!!**

**Education Corner - Cindy Frenzel, Education Coordinator**  
**[cindy.frenzel@fnfsr.org](mailto:cindy.frenzel@fnfsr.org), 540-459-8550**

### Upcoming Events and Workshops

#### **Friends' River Cleanup**

**When:** April 13 9am-12pm.

**Where:** Meet at Friends' office - 122 South Commerce Street in Woodstock

**What:** Friends River Cleanup! Bring a friend and help us clean up a special spot along the banks of the North Fork. Please wear long pants, long sleeved shirt and thick soled shoes. Bring rubber boots and/or waders if you have them (don't need them), leather gloves and water to drink. Call Leslie at 540-459-8550 or email [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) if you want to help!

#### **Worm Composting Workshop**

**When:** Thursday April 25, 2013 at 5:30pm

**Where:** Natural Art Garden Center

**What:** Build your own worm compost bin and recycle kitchen waste into worm castings - GREAT fertilizer for your flowers and garden. All materials are included.

**Cost:** \$35 for Friends members/\$40 for non-members

**Activity #:** 270687A

Register with Shenandoah Parks and Rec. Dept. at [www.scprsignup.info](http://www.scprsignup.info) or email Leslie at [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) for more info.

#### **Friend's 25th Annual Meeting and**

#### **Family Fun Day - FREE event!**

**When:** April 27, 2013

**Where:** 4241 Smith Creek Road, New Market

**What:** Bring your family and friends to a home along Smith Creek to enjoy an afternoon of great food and lots of water fun - see live animals with the Blue Ridge Wildlife Center of VA, hunt for macroinvertebrates (stream bottom critters), see fish from the river and other exciting and hands-on things to do! This is a FREE event but please visit [www.fnfsr.org](http://www.fnfsr.org) or call Leslie at 540-459-8550 to register.

#### **Make and Take Rotating Compost Bin Workshop**

**When:** May 15, 2013 from 6pm-8:30pm

**Where:** Peter Muhlenberg Middle School

**What:** No experience needed to build your own rotating compost bin using a large recycled plastic barrel and a wooden stand. All is included, we just need your

muscle power to assemble the barrel. Composting helps you save money by making your own organic garden fertilizer and it is part of the three R's of recycling: reducing, reusing and recycling kitchen and yard waste.

**Cost:** \$49 for Friends members/\$59 non-members

**Activity # 270673A**

Register with Shenandoah Parks and Rec. Dept. at [www.scprsignup.info](http://www.scprsignup.info) or email Leslie at [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) for more info.

#### **North Fork Explorations for STUDENTS**

This year we are offering two opportunities for students (rising 6th-12th graders) to participate in a week long, daytime river education workshop. A majority of the workshop will be held outdoors and include a canoe trip on the North Fork, visits to river-friendly farms, presentations by local forestry, wildlife and conservation professionals, fishing and a cookout. One workshop will take place mostly in the Strasburg area and the second will take place mostly in the Mount Jackson area. **This workshop costs only \$20, thanks to grant support from the Chesapeake Bay Restoration Fund, New Market Rotary and Kenametal Foundation.**

##### **Workshop 1 - Strasburg area**

**When:** June 24-28

**Activity #:** 330861A (specify date)

##### **Workshop 2 - Mount Jackson area**

**When:** July 8-12

**Activity #:** 330861A (specify date)

Register with Shenandoah Parks and Rec. Dept. at [www.scprsignup.info](http://www.scprsignup.info) or email Leslie at [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) for more info.

#### **North Fork Exploration for TEACHERS - FREE!**

Teachers - an extraordinarily fun and interactive opportunity to **receive 45 professional development credits!** Join Friends on a 3 day workshop to explore the North Fork of the Shenandoah River and learn how to use the river as an educational resource. **This workshop is open to teachers of all subjects and any grade level AND it's FREE**, thanks to a grant from the Chesapeake Bay Trust and generous private donors. This workshop will take place in the vicinity of Strasburg, VA.

**When:** June 25-27, 2013 from 8:30-4:30

**Register by calling Leslie at 540-459-8550 for an application or visiting Friends website [www.fnfsr.org](http://www.fnfsr.org).**

## Friends News

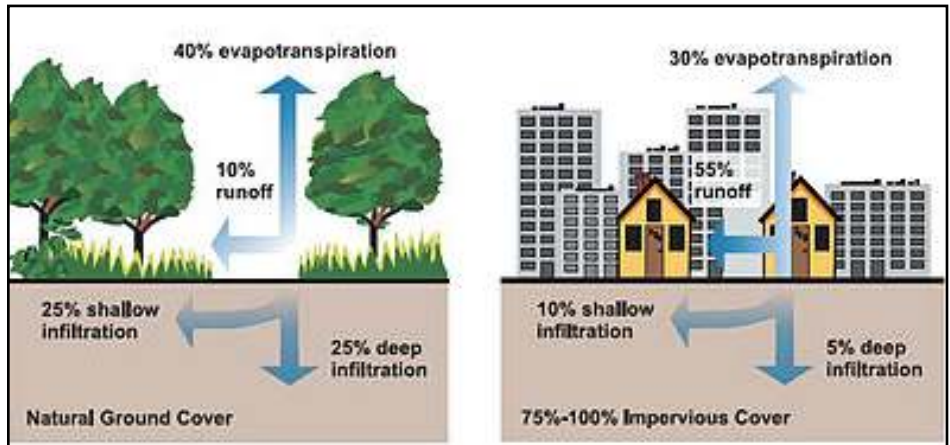
### Stormwater, Shenandoah County and Friends of the North Fork

Stormwater may not be the most exciting of dinner table topics, but controlling and containing stormwater runoff is of great importance to improving water health in the North Fork and its tributaries. What is "stormwater runoff"?

Stormwater runoff is the Nation's #1 source of water pollution. It consists of water from rain and snow events that "runs off" across land, driveways, parking lots, roads, yards, rooftops, and other hard, or *impermeable* surfaces. This runoff picks up and carries polluting substances, like chemicals, bacteria, sediment (dirt), and trash, into rivers, creeks and ponds. Stormwater runoff, is, of course, not treated for this pollution in any way, there-

for, all of the chemicals found on these hard surfaces end up in our waterways. Some of these chemicals are toxic to plants and animals and some of them are also endocrine disruptors - chemicals that can cause intersex in fish (the presence of female sex organs in male fish).

The Virginia Legislature recently mandated, that all municipalities must develop and implement a new stormwater control ordinance to address construction sites disturbing more than one acre of land. Friends is working closely with the County and the Shenandoah County Water Resources Advisory Committee (WRAC) to develop a strong stormwater ordinance and also to address changes and updates to other ordinances that will complement the stormwater requirements. Towards this end, Friends recently hosted a meeting with our partners in the County to determine ways to work together on this effort to effectively inform our decision makers and the public about the importance of this issue to our local water health.



Comparison of water infiltration of hard (impervious) surfaces like pavement and roofs vs. pervious surfaces like the forest floor

### FREE Drug Disposal Throughout the North Fork Watershed and National Drug Take Back Day on April 27, 2013!

Friends is working with the **Shenandoah Family Youth Initiative (FYI)** and local pharmacies to keep drugs out of the North Fork and out of the hands of our youth. Thanks to the individual initiative of several local pharmacies, support from the **Shenandoah Community Foundation** in 2011, and funding from FYI in 2012, local drug stores in Strasburg, Woodstock, Edinburg, Mt. Jackson and New Market will take your expired and unused, non-narcotic drugs and dispose of them properly at any time.



A special opportunity to dispose of all prescription drugs is being offered locally by the Woodstock Town Police and Town Police Depts. throughout Shenandoah County at **Woodstock's 2nd Annual Public Safety Day from 9am to 4pm on April 27 at W.W. Robinson Elementary School in Woodstock**. Officers will be taking all expired and unused prescription drugs. This service is FREE and anonymous, no questions asked. This drug take back day is nationwide so there will be a drop off location near you. Visit [www.fnfsr.org](http://www.fnfsr.org) for a link to the DEA Drop Off location website. **Dispose of your pharmaceuticals properly (not by flushing them down the toilet!) on your way to our Family Fun Day in New Market!**

**Celebrating 25 Years of River Protection!**

**Shenandoah River Stars!**

**Become a Shenandoah River Star, one of 25 \$1,000 donors honoring our past and sustaining our river protection efforts into the future.**

**Help Friends Protect the North Fork for the next 25 years.**

**Donate online at [www.fnfsr.org](http://www.fnfsr.org)**

**or call Leslie at 540-459-8550, email at [leslie.mitchell@fnfsr.org](mailto:leslie.mitchell@fnfsr.org) for more info.**



Help Friends Protect Our River. Photo by Andrew Thayer

We do this work because the river is the lifeblood of the Shenandoah Valley. For all of us involved, the River holds a special place in our hearts. But **Friends** cannot do this work and expand our efforts to meet the new challenges that constantly arise without your financial support.

**2013 Member Renewal or New Member Form**

\_\_\_\_\_ \$35      \_\_\_\_\_ \$50      \_\_\_\_\_ \$75  
 \_\_\_\_\_ \$120      \_\_\_\_\_ \$240      \_\_\_\_\_ Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_

Phone: \_\_\_\_\_

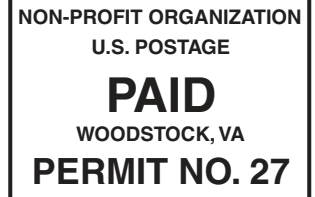
Email: \_\_\_\_\_

Friends of the North Fork of the Shen. River  
 P O Box 746  
 Woodstock VA 22664

**THANK YOU for your Support!**

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Return Service Requested



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