

FRIENDS OF THE NORTH FORK of the Shenandoah River

Our River. Our Community. Our Choice



Volume 24 Number 3

Winter 2013

Our 25th Year and Beyond - Friends Plans for the Future

Advocating, educating, monitoring - all in an effort to keep the North Fork of the Shenandoah River clean, healthy and beautiful. That is our core mission and Friends' recently completed strategic plan sets forth our path towards a cleaner and healthier North Fork. Friends has adapted throughout the past 25 years to the challenges facing the river and our organization - tackling the Fish Kills of the early 2000's, leading the way on studies of the invisible pollutants in our water like pharmaceuticals and other endocrine disrupting chemicals, expanding our education programs to include students and teachers, partnering to bring hundreds of watershed residents to the river and streams in our area, mentoring students, and creating a student workbook featuring Stanley the Stoneroller's Stand for the River.

Our accomplishments are many. However, there is much river protection work still to do. Think of Friends' future focus as *a river of education, science and monitoring that flows into an ocean of advocacy.* **YOU** want Friends to be a well-informed and science-backed Voice for the health of the North Fork and all of its constituents – wildlife, fish and Us! Our advocacy focus will be on reducing pollution related to nutrients, sediment, bacteria and man-made chemicals and maintaining adequate flow to support healthy fish and wildlife. We will address the issues impacting the North Fork in the following ways:

- **Working at the town and county levels as well as state to promote water friendly regulations;**
- **Using information on pollution levels, sources, and incidents to inform and encourage water protection action;**
- **Educating at the grassroots, community level to promote water stewardship by all watershed residents;**
- **Partnering with our fellow watershed organizations to influence water related decisions at the local, state and federal levels.... We need YOUR help to accomplish these goals - whether it's your time, brain or muscle power or financial support - or all of these, see how you can help at www.fnfsr.org.**

North Fork Explorations 2013 - students and teachers



Help Friends Reach our Goal of 25 River Stars (we're almost there!)

To celebrate our 25th Anniversary, we have created a new program—our River Stars Program—to honor a special group of members who have contributed \$1,000 or more this year to our river protection efforts.

We would like to welcome 25 River Stars in this inaugural year of the program in celebration of our 25 years of river protection. The following individuals and businesses make up this group of extraordinary supporters of Friends and lovers of the North Fork of the Shenandoah River. **A great way to give this year is explained on page 3 - take advantage of current income tax laws related to Qualified Charitable Distributions (QCDs).**

Individual River Stars

- Frank Cihlar & Ann Warshauer
- Paula & Brian Dailey
- Kindy French
- Mary Gessner & Bud Griswold
- Bill Grillo
- Tanya Harvey & Jay Eiche
- Michael & Mary Hogan
- John Holmes & Diane Zipursky Quale
- Sean & Melissa Lankard
- Margaret Lorenz

- Pat Munoz & Dorcas Adkins
- Margaret Nelson
- George Ohrstrom II
- Bill Johnston & Leslie Ruppert Johnston
- Kim & Peter Scudera
- Russell Shay & Debbie Sease

Business River Stars

- Carlson Plumbing – Susan & Dale Carlson
- Mercury Paper, Inc.
- Shentel

Friends 9th Annual Fish Fry and our 25th Anniversary - A Huge Success for the North Fork!

There is an ENORMOUS number of people to thank for the amazing success of our 2013 Fish Fry. We raised more than \$30,000 to help Friends continue to be a Voice for the North Fork and to move us solidly into our next quarter century of river protection work. Thanks to EVERYONE involved in this amazing effort to improve the health of the North Fork Shenandoah River.

OUR THANKS!

Thanks to the artists, live and silent auction donors, our sponsors, Ritchie Minton of Laughlin Auctions, Shaffers Catering for GREAT food, wonderful music by the Central High School String Quartet (*Senza Fine*), all those who purchased live and silent auction items and our wonderful Fish Fry committee members. Special thanks to Pat Koch at PJ Designs in Woodstock for displaying the art work, to Rick Simonetti and Casey Orndorff at the Woodstock Moose, AND to Diane Gould, our masterful MC.

Live Auction Artists

Gilda Allen, Elizabeth Ashe, Ali Carithers, Lynne Crumpacker, Diane Gould, Kary Haun, Wolfgang Neudorfer, Nancy Slye, Helen Jean Smith, Bobbi Walker, Susie Wilburn

Live Auction Donors

Jack Chapman, Paula & Brian Dailey, L.E. Rhodes at Hatchmatcher Guide Services, Sara Garland, Jane Butler, Linda Murphy, Brenda Rawlings, Suzanne Montgomery, and Valley Ballooning

Silent Auction Donors

Kathy & Guy Ackerson - Quilted Solutions; Martha Heisel - Blue Ridge Dog Training Club; Jane Butler; Rob Schwartz - Bryce Resort; Barry Thomas - Bryce Resort; Walt Cary; Leigh Catlett; Dr. Joe Cheff - Cheff Chiropractic Care; Con & Cash; David Means - Copper Forest LLC; Brian & Paula Dailey; Sam Dellinger & Kim Uhl; Richard Green - Evergreen Landscape Solutions; Francis & Mary Flaherty - Flaherty's Iron Works; Annette Fitzsimmons; Fort Valley Nursery; G and G Limo Services; Joe's Steakhouse; Las Trancas; Jeff Little; Ken Lutz; Frank Marcey; The Market Frame Shop; Martha Heisel - Masterworks Chorus; Brian McKee; Muhlenberg Ford; Natural Art Garden Center; Paul Jay Neal, Jr.; Brenda Rawlings; Glenn Richardson; Saumaj Health Spa; Shenandoah River Outfitters; Helen Jean Smith; Jan Sommerfeldt - Wild Birds Unlimited; Speedy's Auto Express; Tall Oaks Nursery; Gene Tay-

lor; The Hotel Strasburg; Theatre Shenandoah; Holly Heine - Trusty Companion Pet Sitting; J.C. Wetzel; Valley Flower Shop & Greenhouse; Woodstock Cafe & Shoppes; Woodstock Gallery & Frame Shop; Woodstock Garage

SPONSORS of this Great Event!

Corporate and Small Business Sponsors

Corporate Gold: Shentel

Corporate Silver: Mercury Paper

Small Business Gold: Muse Vineyards, PJ Designs

Small Business Silver: Cheff Chiropractic Care, Woodstock Cafe and Shoppes

Individual Sponsors

Largemouth Bass: Brian & Paula Dailey, Bill Grillo, Michael & Mary Hogan, John Holmes & Diane Zipursky Quale, Bill Johnston & Leslie Ruppert Johnston, Margaret Lorenz, Kim & Peter Scudera

Smallmouth Bass: Margaret Nelson

Great Blue Herons: Bill & Judy Beavers, Bill & Judy Buechner, Frank Cihlar & Ann Warshauer, David Evans, Alice Findler, Mary Gessner & Bud Griswold, Tanya Harvey & Jay Eiche, Bob Kranich & Bobbie Hinkins Kranich, Bruce & Vicki McClinton, John & Pat McKenna, John & Katherine Morrison, Elroy & Jan Sommerfeldt, Jeanne Teller & Robert Zimmerman, Kim Uhl & Sara Garland

River Otters: Don Albright & Earlynn Miller, Milton & Margaret Boyce, Jane & Don Butler, Susan & Joe Chiamonte, Judy Miller & Ed Clark, Bob Cline, Joan Comanor & Tony Dorrell, Francis & Mary Flaherty, Barbara & Warren Halvorson, Bruce & Brenda Hatton, Martha Heisel, Joe Hoffman, Richard & Lynn Howell, David & Leah Jeffers, Andi Kasarsky, Ed & Suzie Koller, Susan & Bill Lane, Margaret Loewith, John & Mary Modolo, Suzanne Montgomery, Brenda Rawlings, Laura Revitz, Varda Shoham & Michael Rohrbaugh, Kathyne Rosen, David & Karen Timer, Sherrie & Jack Wain, Jan & Kevin Whalen, Capt. Ryan Wojtanowski & Janice MacPherson

Fish Fry Committee - THANK YOU!!!

April Moore - Chair, Mary Gessner, Carolyn Kreitzburg, Mary & John Modolo, Suzanne Montgomery, Brenda Rawlings, Annita Seckinger, Jan Sommerfeldt, Kim Uhl and Diane Hanson - Graphics!

Past Friends of the North Fork President Bill Gaidos and his brother attended the Fry! Past President John Kreitzburg came as well and we sent fond 100th!! birthday wishes to Friends' co-founder Bob Kranich



Friends' Education Coordinator Cindy Frenzel Recognized as Outstanding Educator for 2013, Friends' members Jeff and Ali Carithers (Spring House Farm) recognized as Outstanding Conservation Partner and Wilkins Brothers Dairy in New Market Awarded the

Conservation Farm Award by the Lord Fairfax Soil and Water Conservation District!



Left - Cindy (right) receives her award from Director Lauck Walton (left) and Shenandoah County Supervisor Conrad Helsley



Right - Jeff and Ali Carithers (right) receive their award from LFSWCD Director and Friends' Board member Mary Gessner and Shenandoah County Supervisor Conrad Helsley

North Fork Exploration for Teachers - North Fork Shenandoah River to the Chesapeake Bay - June 23-27, 2014

Friends of the North Fork is partnering with the Chesapeake Bay Foundation (CBF) to bring a teacher professional development opportunity to teachers within the Shenandoah River watershed (Shenandoah, Rockingham, Warren and Page Counties).

This will be a week long workshop that will begin in the North Fork watershed and end at one of CBF's island education centers in the Chesapeake Bay.

This will be a highly interactive workshop involving field trips and experiential, hands-on water oriented exploration and investigation by foot, canoes and fishing workboats. Two days will be spent in the North Fork watershed and 3 days will take place at CBF's teaching center in the Bay.

This is an amazing opportunity for teachers to bring water to life for themselves and their students. **Graduate and recertification points will be available for participants, and there will be a very minimal cost (\$20) thanks to grants.** Please call Cindy or Leslie at 540-459-8550 or email leslie.mitchell@fnfsr.org to register or to learn more about this opportunity. **Space is limited for this life changing opportunity, so apply now!**

QCDs from page 1.....

Qualified Charitable Contributions!

How you Can Help Friends of the North Fork continue our river protection efforts well into the future and take advantage of provisions of the current income tax laws:

If you are age 70½, there's still time in 2013 to benefit Friends of the North Fork through a Qualified Charitable Distribution (QCD) from your IRA.

(The following information is condensed from an article published on Vanguard's mutual fund website)

As part of the "fiscal cliff" tax compromise legislation passed on January 1, Congress reinstated the taxpayer's ability to take required annual distributions from their IRAs and contribute these withdrawals directly to charitable organizations. These are treated as "tax free" distributions. It's a convenient way to satisfy IRA distribution requirements, **support charitable causes like Friends of the North Fork**, and receive a tax break all at the same time. *It's unknown whether qualified charitable distributions (QCDs), also known as an IRA charitable rollover, will remain an option beyond 2013.*

If you are age 70½ or older, you generally must withdraw a minimum amount each year from your traditional IRAs and employer sponsored retirement plans. Under the QCD rule, you can have all or part of your distribution made directly from your IRA to a qualified charity (up to \$100,000 per taxpayer). Unlike conventional required minimal distributions (RMDs), these distributions aren't subject to ordinary federal income taxes. However, you cannot also include this distribution as a charitable contribution when itemizing deductions. **The amount of such gifts is excluded from gross income, often resulting in significant tax benefits, however, money must be transferred directly from the IRA to a permissible organization, such as Friends of the North Fork of the Shenandoah River. We encourage our members to take action that will benefit themselves as well as Friends of the North Fork and the river and waterways we all hold close to our hearts.**

This is only one of several methods to make charitable contributions from your IRAs or other assets. Always consult a professional tax advisor for specific guidance. The information provided here is intended to be general and educational in nature and shouldn't be construed as a substitute for legal or tax advice.

A special Holiday THANK YOU to all of our volunteer monitors who give their time and effort for Friends of the North Fork and the river. Many of these individuals* have been volunteering year around (rain, cold, blazing heat and chiggers, too) to gather water and bug samples for monitoring water health in the North Fork watershed for 5-10 years or more!

Thank you to ALL of our monitors:

- | | |
|--------------------|-------------------------|
| Roger Bolland* | Steve Lowe |
| Michael Cash | Remy Luerssen |
| Jack Chapman* | Margaret Nelson* |
| Ross Clem* | Ken Owens* |
| Lee Dieter* | Darnice Pettigrew* |
| Jim Fitzsimmons | John Proudman |
| Hugh Hanson | Zoe Sollengberger |
| John Holmes | Ibby Stratton |
| Mary Gessner* | David Timer |
| Bud Griswold | Beverly & Chuck Veatch* |
| Barbara Horstmeier | Herb Wilburn* |
| Frank Hovermale* | The Wolf Family* |
| H.B. Lantz* | Nick Yarnold |
| Katherine Layton* | |



2013 Member Renewal, New Member or River Star Form

_____ \$35 _____ \$50 _____ \$75
 _____ \$240 _____ \$1,000 River Star

Name: _____
 Address: _____
 City: _____ State: ____ Zip: ____
 Phone: _____
 Email: _____

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Return Service Requested

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