

Family Fun Day at Seven Bends State Park



Young Mila enjoys a ride in the North Fork with snorkeling instructor, Keith Williams, Executive Director of the NorthBay Education Foundation.

Dozens of children helped their parents and grandparents get to the river on July 30th to enjoy Family Fun Day at Seven Bends State Park near Woodstock. Whether they were going for a hike, learning about snakes or other animals, snorkeling in the river, kayaking and tubing, or trying their hand at fishing or archery, everyone who attended got a full outdoor experience.

Thanks to the following partners who made the fun happen:

NorthBay Adventure Foundation, Green Bow Foundation, Valley Wildlife Care, Murray's Fly Shop, Route 11 Outfitters, Chesapeake Bay Foundation, Virginia Department of Forestry, Virginia Department of Game and Inland Fisheries, United States Forest Service, and our hosts with Virginia State Parks, the Virginia Department of Conservation and Recreation.

The event was supported by grants from the VDGIF eStore through the Wildlife Foundation of Virginia and the Pure Water Forum. We are also most grateful for financial support from these businesses: Old River Creative, Cargill, First Bank, Muse Vineyards, Cheff Chiropractic, and Woodstock Café and Shoppes. Shaffer's served a great lunch with additional food and drink provided by Virginia Eagle Distributing and Route 11 Potato Chips.

Fish Fry Keeps Growing

The Woodstock Moose Lodge was bustling with activity as about 180 members and supporters enjoyed fine food and company at our Annual Fish Fry and Auction on October 1st. Generous bidders went home with unique items and helped Friends set another record for our fundraising event. We greatly appreciate the committee who shepherds this event, the sponsors who nourish it, and the participants who enjoy and support it.

Thanks to these business sponsors:

PLATINUM LEVEL

Old River Creative

GOLD LEVEL

Kennedy Konstruction
The Market/Spin-a-Yarn
Muse Vineyards
Perry Engineering
PJ Designs
Top Bead Welding Service
Veterinary Diagnostic Pathology
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SILVER LEVEL

American Woodmark
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Trex Company
Woodstock Cafe & Shoppes

Volunteers Make it Happen

We are so lucky to have great volunteers out in the field, working with our education programs, pulling up trash, and helping out in the office. Thanks to everyone!

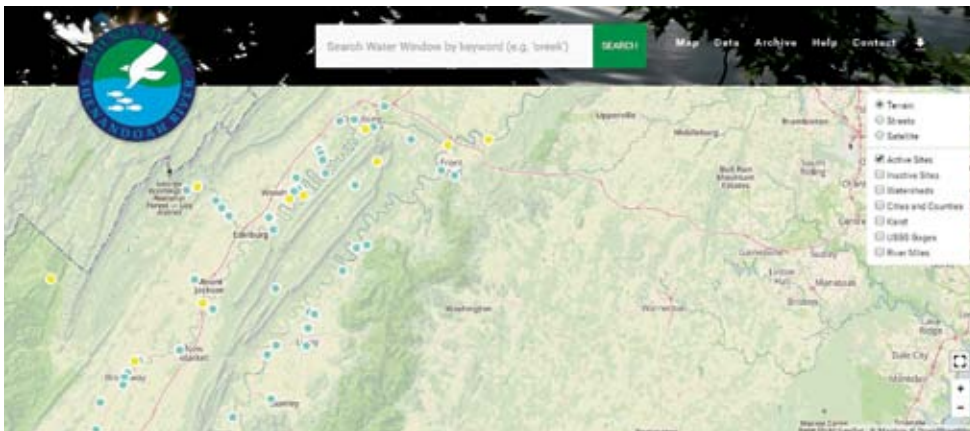


Volunteer of the Year, Jack Chapman, with some of the fishing line collected at various sites in the watershed.



Summer intern Nadia Rahula and regular office volunteer Lucy Reilley prepare for Family Fun Day.

New and Improved Water Window Reveals River Data



Our partners at Friends of the Shenandoah River have long been leaders in citizen science. FOSR runs a certified laboratory at Shenandoah University and handles the training of monitors and collection and analysis of samples for the North Fork and the entire Shenandoah River Basin. Recently they completed work with the tech team at Chesapeake Commons to upgrade how you can access their 20 plus years of data online.

Through interactive maps and downloadable spreadsheets, you can zoom in and see how your stream might be doing. The system includes the regular chemical testing for nitrogen, phosphorus, and other parameters, and information from special projects like our E.coli study done in partnership with FOSR.

Visit <http://waterwindow.fosr.org/> to view the data and explore your part of the Shenandoah watershed.

“Friend of 4-H” Award Recognizes Partnership

Last summer, Shenandoah County 4-H was facing low enrollment for their Junior Naturalist camp. With support from the Chesapeake Bay Restoration Fund, Friends stepped in and provided scholarships and river-focused programming. Virginia Cooperative Extension recognized our Education Coordinator, Cindy Frenzel, and Friends for this partnership at their recent banquet. While Cindy was away working with the US Forest Service on wildfires in North Carolina, her husband Fred did the honors of accepting this award.



*Thank you for caring
about the river!*

Improving our Systems with an Everyday Capacity Building Grant

Friends was recently awarded \$2,760 by the National Environmental Education Foundation (NEEF). These funds will be used to improve our volunteer and event management systems. This grant supports time and training to ensure that Friends is well positioned and prepared to tackle the many volunteer projects both the river and Seven Bends State Park will need in the years to come. We are grateful for the NEEF support which comes from Toyota Motor Sales USA, Inc.

Planting for the Future at Seven Bends



On Saturday, November 5th, eight Friends of the North Fork volunteers led by Sari Carp of the Northern Shenandoah Valley Master Gardeners, planted native trees and bushes at Seven Bends State Park. Volunteers planted dogwoods, redbuds, fringe trees, button bushes, and spice bushes at the head of a trail leading to the river and along the bank of the river where we held Family Fun Day. Come spring, we'll be on our way to having an attractive area for future education programs. This work was supported by a \$750 grant from Keep Virginia Beautiful.

Education Program Staying Busy

In the last few months, along with holding our own Family Fun Day, Friends staff and volunteers could be found spending a week at the Shenandoah County Fair, a weekend at the Edinburg Ole Time Festival, and a day at the Family Fun Day for Christ. We've provided classroom presentations for dozens of 5th graders at Ashby Lee Elementary and 1st graders at W.W. Robinson Elementary.

We also helped with "Meaningful Watershed Educational Experiences" for multiple school groups, including:

Watershed Field Day at Plains Memorial Park in Timberville with 75 4th graders

River Walk in Strasburg with 400 1st and 2nd graders

Watershed Day at Shenandoah River State Park with 250 6th graders from Front Royal



Bud Griswold



David Kaeuper

Board Changes

Thanks to Bud Griswold for his service on our board. His fisheries biology expertise will remain vital to our research efforts going forward, but we know he needs more time to actually go fishing. Bud steps down at the end of the year.

David Kaeuper, long-time Friends member and retired U.S. Ambassador to the Republic of Congo, joins the board in January. Along with his wife Brenda Bowman, they have enjoyed their historic home along the river east of Timberville for decades. His experience includes various environmental efforts such as leading the international facilitation for the Congo Basin Forest Partnership. He most recently served as the U.S. Chargé d'Affaires for Somalia.

Leave a Legacy

The river will be here after we're all gone. Please consider a legacy gift to Friends of the North Fork to help ensure that future generations enjoy a clean, healthy, and beautiful river. Discuss planned giving with your financial advisor. It can be as simple as remembering the river in your will.

Friends of the North Fork of the Shenandoah River

John Eckman *Executive Director*
Cindy Frenzel *Education Coordinator*
Concha Mendoza *Operations Manager*

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FRIENDS OF THE NORTH FORK
of the Shenandoah River

First Scholarship Winner Completes Outdoor Training



Local man Dillon Frazier recently returned from a five-day hike in the Grand Canyon along the Colorado River. Along the way he was trained to teach "Leave No Trace" classes; courses dealing with survival skills and ethical wild land practices provided by the National Outdoor Leadership School.

Frazier is the first recipient of the John Duncan Wilburn Adventure Scholarship which enabled him to fund his training.

"I couldn't have imagined a more perfect experience," said Frazier who is eager to share what he learned with the Shenandoah

River community. "I will forever be thankful to the Shenandoah Community Foundation and the Friends of the North Fork for this amazing opportunity."

Created in cooperation with the Wilburn family and the Friends of the North Fork of the Shenandoah River, the scholarship honors the memory of John Duncan Wilburn, who died in 2014 when he was just 30 years old. Wilburn was an avid kayaker, traveler, mountain climber, and biker who had a passion for the great outdoors. The scholarship commemorates his spirit of adventure and commitment to learning about and preserving the environment that he loved.

The scholarship is open to individuals who wish to participate in an outdoor adventure or environmental learning program and can be used for such program costs at a college or university, or for other non-profit outdoor learning institutions such as Outward Bound and the like.

Applications for the next round of scholarships will be accepted from January 1, 2017 to March 1, 2017. For more information on how to apply or to donate to the John Duncan Wilburn Scholarship Fund, please visit: www.shenandoahCF.org or call (540) 459-7737.