

Thank You!

INDIVIDUALS

Founding Members:
Mr. & Mrs. Ramon Breeden
Ms. Mary Reid Barrow

General Members:

Mr. Harry A. Allen, III
Mr. Carl L. Master Jr.
Mr. & Mrs. David Costenbader
Ms. Linda Lexier
Mr. & Mrs. Mike Barbachem
Mr. & Mrs. James Kinkaid
Ms. Anne Savage
Mac & Susie Walston
Ms. Becky Werner
Mr. & Mrs. David Pariser
Mr. & Mrs. Gary Leffke
Mrs. Barbara Duke
Mr. & Mrs. David Goode
Mr. Samuel Garrett
Mr. Peter A. Thomas
Ms. Linda House
Mr. Charles Weigand
Mr. & Mrs. Scott Crumley
Mr. & Mrs. Christian Cool
Mr. & Mrs. Terry Ritter
Mr. & Mrs. James Cook

BUSINESSES & GROUPS

Founding Members:
Runnymede Corp.
DIA Inc.

General Members:

Great Neck Point Garden Club

MEMORIAL & HONOR DONATIONS

In Honor of Meyera Oberndorf, Louis Jones, Reba McClanan, Harry Diezel, James L. Wood, Rosemary Wilson, Ron Villanueva, Bob Dyer, Barbara Henley, John Uhrin, William DeSteph: Mr. R. Edward Bourdon, Jr., Sykes, Bourdon, Ahern & Levy PC

In Memory of Mr. Stephen Steinhilber: Mr. Hugh S. Meredith

In Memory of Mr. & Mrs. Roy D. Dozier: Mr. Richard L. Drescher, Sr.

In Memory of Mr. & Mrs. Joseph C. Addington, Sr.: Mr. Richard L. Drescher, Sr.

Fat Free

Many of our New Year's resolutions involve the term "fat free," but none of them refer to our kitchen sinks. Improper disposal of fats, oils, and grease is the leading cause of sanitary sewer blockages in Virginia Beach. When poured down the drain, fats, oils, and grease cling to pipe walls and solidify. Eventually, pipes will become clogged and wastewater may backflow into a home or overflow at a manhole in the street. The wastewater can then flow into the environment, exposing us to bacteria and other harmful contaminants which can eventually end up in our lakes, rivers, and the ocean. Never pour grease down the drain. Instead, pour used grease and cooking oil into an empty food can and store it in the freezer. When the grease hardens, throw the can away. You can pick up free grease can lids at the Public Utilities Business Office, or at Virginia Beach libraries and recreation centers. You can also donate used frying oil to the Virginia Beach SPCA to be used as bio fuel for their Neuter Scooter. For more information, go to VBSPCA.com/grease. Remember to "can it" this year—keep your drains fat free and protect the environment. It's one resolution that we all can keep!

Check out our new website,
www.LRNow.org

Details inside.

Don't Miss the 7th Annual Oyster Roast at the Stanton's on April 18th!

See details on our website or contact our office. We look forward to seeing your beautiful photographs of the Lynnhaven River watershed.

Do you enjoy spending time taking photos outdoors? Would you like an opportunity to share your photos with others?

PHOTO BY: CAROLYN OSMOND



2009 RESTORING THE LEGEND PHOTOGRAPHY CONTEST

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LYNNHAVEN River NOW

LRNow Selected for the Governor's Environmental Excellence Award

Lynnhaven River Now was selected to receive the Gold Level Governor's Environmental Excellence Award for 2009. The Award was presented by Secretary of Natural Resources L. Preston Bryant, Jr. on April 1st at the Environment Virginia Conference Dinner. The award recognizes the significant contributions of environmental and conservation leaders in three categories: environmental projects, environmental programs and land conservation.

We won the Gold Award for Environmental Programs. This is exciting recognition of the excellent work of Lynnhaven River NOW and the community over the past six years to restore and protect the Lynnhaven River.

Much of the credit for our success goes to the City of Virginia Beach for making restoration of the Lynnhaven

River a priority and to you, our members and supporters, who have rallied around this effort.

Awards were made to businesses and industrial facilities, government agencies, partnerships, not-for-profit organizations and individuals from across the state. Award winners were chosen based on criteria related to environmental scope, impact, management and protection; community outreach, involvement and access. Awards at the Bronze, Silver and Gold Level were given in each category.

We are proud of this state-wide recognition of the good work being done in Virginia Beach. Thank you for everything you have contributed to this effort.

You Don't Want to Miss the 7th Annual Oyster Roast



Come enjoy the music, good food, great friends and lovely location on the Lynnhaven River at our 7th Annual Oyster Roast, Saturday, April 18th!

The Lynnhaven River NOW Oyster Roast has raised more than \$150,000 over the past six years for our educational outreach and restoration programs. Drawing almost 500 supporters each year, the roast celebrates our progress toward restoring the legendary Lynnhaven River.

Eleanor and Bob Stanton have again generously offered to host us. We will be enjoying aqua-cultured Lynnhaven Oysters and Linda's delicious oyster stew. That alone is reason to be there. The menu is rounded out with barbeque and all the fixings and beer, wine and soft drinks will also be available.

In addition, our favorite bluegrass band, More Perfect Jones, will provide the entertainment and you can test your skills in our oyster shucking contest.



Don't miss out on the fun! Join your friends and neighbors and support LRNow's work to restore and protect the Lynnhaven River. Call 757-962-5398, come by our office today, or email Laura at lbaity@lynnhaven2007.com to purchase your tickets.

See you there!



PHOTO BY: MARY REID BARROW

DEAR MEMBERS,

I am waking up these days to the sound of birds singing outside my window. What a lovely sound. As the temperatures warm and the days get longer, we are drawn to our gardens.

While your gardening enthusiasm is high, we want to remind you that your backyard care is an important part of cleaning up the Lynnhaven River. It is easy to think that our individual decisions do not make much difference, but nothing could be further from the truth. The cumulative effect of our decisions about fertilizer, pesticides, herbicides, plant selection and lawn mowing practices have a big effect on water quality in the Lynnhaven. During the past few years, as our bacteria levels have decreased, our nutrient levels have continued to rise. We must decrease nutrients also.

The nitrogen and phosphorus that are in the fertilizers we use, feed the plants in our yard. When they runoff into the storm drain, they feed the plants in the river (algae) and cause them to grow excessively. With too much algae, the water is cloudy, preventing light from getting to the healthy submerged vegetation we want and need.

Two other problems can also occur because of too much algae. One, just like land plants, the algae will bloom during its life cycle and some algal blooms are toxic to marine life. Second, when the algae die, the bacteria that feed on the dead algae proliferate and use up all of the dissolved oxygen in the water. This creates areas with low or no dissolved oxygen. When that happens, we have created a "dead zone," an area in the river where marine life cannot exist. Just like we would be unable to live on the land without oxygen, marine animals are also unable to live without oxygen. Those that can move, will try to move to an area with higher dissolved oxygen levels, but not every thing can move or move in time to survive. This produces fish kills, crab jubilees and other tragic events.

There are many ways that we can contribute to improving water quality in our river and ultimately in the Chesapeake Bay through our gardening practices. The insert in this newsletter provides tips to follow in your lawn care practices. Please consider changing your practices to conform to these guidelines.

You can also consider going beyond these tips and installing a rain garden, rain barrels or a buffer garden to reduce stormwater runoff from your property. The goal for all properties is zero runoff. If we can keep the water on the land when it rains and give it a chance to soak into the ground, instead of running off into the storm drain and back into the river, we will have contributed greatly to decreasing the harmful pollutants entering the river.



RAIN BARREL AT LYNNHAVEN MIDDLE SCHOOL.

We may want to think that "what happens in our backyard, stays in our backyard," but that is not true. Thanks for making this your spring to begin transforming your yard into a "river friendly" place. And let us know what you are doing. We would like to share your successes and inspire each other. Changing our behaviors is not easy, so give yourself a pat on the back.

KAREN WILSON FORGET
EXECUTIVE DIRECTOR

Upcoming Events

This is a partial list of events going on this spring. For a complete list, please check our website calendars at www.LRNNow.org.

April 1: Awards Dinner, Environment Virginia Conference in Lexington, VA

April 18: 7th Annual Oyster Roast, noon - 3PM

April 22: Earth Day

April 25: Mid-Atlantic Paddlers Association, Paddle for the Lynnhaven. 8 AM at the Narrows, First Landing State Park

May 3: Earth Day Celebration at Mount Trashmore Park, 11 AM - 5 PM

May 11: Lynnhaven Symposium at Cape Henry Collegiate School, noon - 6 PM

May 15: Pearl School Applications are due

May 16: Lynnhaven History Trail Bike Tour, meet at Bayside Library, 10 AM - 2 PM

June 4: Public Meeting at Dockside Inn, 8 AM



A Little History, A Little Exercise and A Lot of Fun



Experience the Fun!

Virginia Beach Parks and Recreation



for more details and registration information in our E-News, on our website, www.LRNNow.org or contact our office at 757-962-5398 or kforget@lynnhaven2007.com. This event is co-sponsored by the Tidewater Bicycle Association and Virginia Beach Parks and Recreation.

2nd Lynnhaven River Symposium

MARK YOUR CALENDARS!
PLAN TO JOIN US FOR THIS IMPORTANT EVENT.

WHERE: Cape Henry Collegiate School Dreyfus Science Auditorium

WHEN: Monday, May 11th, Noon to 6:00 PM

WHAT: The most interesting and current research being done in the Lynnhaven River.

COME AND LEARN ABOUT...

- the status of our native oyster restoration effort
- the possibility of scallop restoration
- what sea level rise could mean to us
- what is wrong with Mill Dam Creek and what we can do about it
- And much, much more

Don't miss it. Watch for more details in our E-News and on the website www.LRNNow.org.



PHOTO BY: ?

Do I Need to Fertilize?

Unnecessary fertilizer that runs off into the storm drain and into the river adversely affects water quality and wastes your money and time. Reducing or eliminating unnecessary fertilizer is one of the most important things a homeowner can do to improve water quality.

This spring, before you put any fertilizer on your lawn or garden, get your soil tested. Soil test results will tell you what nutrients are needed to help your lawn and garden grow. It can also help you make sense of all those ingredients listed on the fertilizer bags. Do you need phosphorus? The answer is probably no, but a soil test will confirm that for you.

Soil test boxes and directions for gathering soil samples are available free in public libraries and at the LRNow office. The boxes are mailed to Virginia Tech in Blacksburg and cost just \$7 for a general test. On the form, you can indicate what you want to grow—grass, vegetables, fruits, shrubs, trees, even houseplants and Virginia Tech returns the form to you telling you exactly how much and what kind of fertilizer you need, if any.

Do I need to fertilize? The answer to that question can be influenced by many factors including your own preferences and uses of your yard. Many people are reducing or eliminating fertilizer to help to reduce the excess nutrients that wash off into our river and spur algae growth. If you do your homework first and get your soil tested, you can feel more confident that you are doing the responsible thing.