

Thank You!

05/26/10 – 8/13/10

INDIVIDUALS

Sustaining Members:
Mr. & Mrs. Harry Lester

Pearl Members:
Mr. & Mrs. Robert Lloyd
Ms. Grace Moran

Reef Members:
Mr. George Sadler
Mr. Dan Brockwell
RADM & Mrs. Stanley Bryant

General Members:
Mr. & Mrs. Harry Valentine, Jr.
Ms. Sue Royster
Ms. Bryceleigh Royster
Mr. Alexander Campbell
Ms. Mary Picardi
Mr. & Mrs. Jim Deppe
Ms. Kathy Shambo
Mr. Ryan Gingrich
Mr. John Neumayer
Ms. Laura Koubsky
Mr. Todd Graff

Mr. Glen Caldwell
Mr. David B. Goode
Ms. Karen W. Forget
Mr & Mrs Sid Vaughn

BUSINESSES & GROUPS

Sustaining Members:
Runnymede Corp.
DIA Inc.

Pearl Members:
Lynnhaven River Garden Club
Community Fund for the
Environment - Hampton
Roads Community Foundation
Johnson Ohana Charitable
Foundation
The Heritage Store -
Mr. Tom Johnson

Reef Members:
Aquarius Engineering -
Ray & June McDaniels

General Members:
Best Body Company -
Ms. Pamela Best
May Farm Garden Club
Virginia Beach Garden Club

**MEMORIAL & DONOR
DONATIONS**
**In Honor of Bruce Dehn and
Doug James – following the
purchase of a rain barrel**
London Bridge Greenhouses
& Nursery

**In Memory of Mr. Roland E.
Hargrove, Sr.**
Mr. & Mrs. Hap Chalmers

In Memory of Mr. Jim White, Jr.
Tidewater Anglers Club

**SPECIAL THANKS TO DOLLAR
TREE**, for their generous
support of our Wetlands in
the Classroom program and
school outreach and to Oyster
Reefkeepers of Virginia for
their partnership in the teacher
and student Oyster Gardener
program.

**If you are not receiving our semi-monthly electronic
newsletter, the E-News, please call our office to sign
up or sign up on our website, www.LRNnow.org.**

LYNNHAVEN River NOW

Pleasure House Point Property Protected – Almost

The Pleasure House Point property, 69 acres of upland and 20 acres of water, is a beautiful, undeveloped peninsula between Crab Creek and Pleasure House Creek, on the western shore of the Lynnhaven Inlet. If you are careful, you can view this wonderful piece of property from Shore Drive as you cross the Lesner Bridge. Some day soon, you may be able to walk trails on this property and learn about the wetlands along its shore.

As one of the only undeveloped properties in the Lynnhaven watershed and the Virginia Beach Bayfront community, it has been the desire of many, including Lynnhaven River NOW, to protect this property from development, open it to the public for environmental education and allow it to continue to be a haven for wildlife and an important wetland and oyster habitat for the river.

Today, we are much closer to that reality than we thought possible a few years ago. A partnership among the Trust for Public Land, the City of Virginia Beach and the Chesapeake Bay Foundation has put together a plan to purchase the Pleasure House Point property from Wells Fargo Bank and protect it as open space for the river and for the citizens of Virginia Beach.

Several challenges still remain though to completing the purchase. When this article was written, the fate of a \$3 million grant application was still unknown. And an additional \$4 million was still needed to complete the purchase which may need to come from the sale of the ten acre parcel of land closest to Shore Drive.



Lynnhaven River NOW has been critically involved in the efforts to protect this valuable piece of property for several years and celebrates with the community the progress that has been made toward that goal. If all goes well, someday soon the “No Trespassing” signs will come down and the public will be invited to enjoy Pleasure House Point.

The vision of the Mayor, Vice Mayor, City Council, Open Space Committee, Trust for Public Land and the Chesapeake Bay Foundation as well as other community leaders has made this possible. We thank everyone involved in this process for their vision and hard work on getting us closer to realizing this goal.

Make Your Point – A Community Fundraising Effort for PHP

The community has organized to raise the \$4 million needed to purchase the last piece of the Pleasure House Point property, the 10 acres closest to Shore Drive. The goal is very ambitious, but the enthusiasm is also strong. The Virginia Beach Parks and Recreation Foundation is the steering organization for this effort. Many other groups including Lynnhaven River NOW are helping. All donations are being accepted by the Virginia Beach Parks and Recreation Foundation and are tax deductible.

Donations can be made on their website, www.vbprf.org or mailed to Virginia Beach Parks and Recreation Foundation, P.O. Box 2237, Virginia Beach, VA 23450. For all contributions over

\$100, you can specify that you want your contribution returned if the goal of protecting the last 10 acres is not reached. All retained funds, if the goal is not reached, will be donated to the City of Virginia Beach Open Space Fund. So “Make Your Point” today and donate to the effort to protect the last piece of the Pleasure House Point property and help to insure the integrity of the entire piece. We will never get another chance to do this. How often can you buy a gift that will be enjoyed by your grandchildren and great grandchildren?

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Upcoming Events

SEPTEMBER 25

Citizens Wetlands Workshop, 9 AM-3 PM. Learn about the functions and value of wetlands as well as the regulations that protect wetlands from development. To register, contact LRNow at office@lynnhaven2007.com.

SEPTEMBER 30

(6-9 PM, Virginia Aquarium, \$35 per person)
Sensible Seafood Fest: A Celebration of Sustainable Foods. For more information visit Virginia Aquarium at www.virginiaaquarium.com.

OCTOBER 23

The Sunset Six—Hampton Roads first 6K night run to benefit Lynnhaven River NOW! Beginning and ending at the Little Neck Swim and Racquet Club, this is a competitive race, managed by Tidewater Striders. For more information, see the article in this newsletter, visit our website, E-News or call our office at 757-962-5398.

OCTOBER 25

CITY COUNCIL CANDIDATES FORUM
In November, we will be electing six members of our 11 member City Council. On October 25th, Lynnhaven River NOW and the Shore Drive Community Coalition are co-sponsoring a Candidates' Forum at Cape Henry Collegiate School's Dreyfus Auditorium from 7:00-9:00 PM. Joel Rubin will be our emcee and a panel will address questions to the candidates. You will have an opportunity to submit questions in advance.

If you have a question that you would like to hear our City Council candidates address, please send it to kforget@lynnhaven2007.com. This will be an excellent opportunity for you to meet the candidates and hear their positions on key issues before the November elections. You don't want to miss it.

NOVEMBER 6

LRNow Buffer Plant Sale and Rain Barrel Workshop at our LRNow office, 1608 Pleasure House Road. Watch for details in the E-News and/or visit our website, LRNow.org.

DEAR MEMBERS,

As fall approaches, the long days of summer wane, my house guests have gone home and I begin to think about the new school year starting. After many years as a student, a teacher and a school administrator, fall brings for me a sense of hopefulness and renewal. Whether your own school days are near or far away, perhaps you too think about the new school year beginning when you see the school supplies appear in your favorite store and begin to think about fall.

One of LRNow's fall traditions is to bring you news about our school programs. With your help and support, LRNow presented the Pearl School Award for Excellence in Environmental Education to 30 schools in Virginia Beach last year. Please check out the list on page five and see if your school was one of those awarded. During the past year, Helen Kuhns, our Education and Outreach Coordinator, and Laurie Sorabella, our Oyster Program Specialist, taught six courses for teachers, made presentations or facilitated field experiences for 46 schools involving over 8,000 students, and assisted eight schools with special projects like rain gardens, rain barrels, native plant gardens and cleanups. In addition, 30 Virginia Beach teachers and their classes participated in oyster gardening with Oyster Reefkeepers this past year.

As the new school year begins, we look forward to an even more exciting year working with the talented teachers and students in our Virginia Beach schools. We began our Pearl School Program four years ago. The first year that we gave awards, we had seven proud winners. Each year that number has increased first to 10, and then 22 and this past year to 30! In addition, more of our schools are growing oysters, growing wetlands grasses, installing rain barrels, building rain gardens and restoring wetlands areas on their campuses. These days, learning about the environment and how to be good stewards of our land and water is integrated throughout the curriculum. Ask a fourth grader about watersheds and he or she could probably teach us all something new.

The Virginia Beach City Public Schools are leading the way in the pursuit of sustainability through their building programs. From the first LEED certified school in Virginia, Hermitage Elementary, to the new Renaissance Academy, the school system is truly building schools for the 21st century. They are energy efficient, use natural light everywhere possible, and are using innovative ways to reduce stormwater runoff. And they incorporate all of this into the learning experience for students. Their innovations are winning awards and praise from many and are discussed in an article later in this newsletter.

We are fortunate to have both visionaries and talented, dedicated educators in our schools. Spend a little time with some of these young people and you too will feel much more hopeful about our future.

KAREN WILSON FORGET
EXECUTIVE DIRECTOR

INTEGRATE SUSTAINABLE PRACTICES

The second school division goal is to integrate environmentally sustainable practices throughout the school division. Through the formation of the Sustainable School Committee (SSC), VBCPS monitors the sustainable practices of every department in the school division. The committee has instituted programs ranging from using only Green Seal certified cleaning products in all schools, to automated computer shutdowns at the end of each day.

INCREASE AWARENESS

The first two goals establish a platform that gets schools closer to the ultimate goal, which is to increase awareness through education. By identifying a Sustainable School Liaison (SSL) at each school the SSC is able to track the various environmental programs throughout the division and offer suggestions in return. Some of these suggestions range from cell phone recycling programs to outdoor teaching gardens to posting recycling numbers. For example, the Virginia Beach City Public School System recycles an average of approximately 1,200 tons of material from the classrooms each year. Each month, recycling data is sent to individual schools so they can track their recycling progress. The total weight diverted from the landfill is presented along with more tangible data that equates the savings to barrels of oil, gallons of water, trees preserved, and the number of homes that can be powered with the energy saved. Providing data like this, along with a quarterly Green News newsletter that is electronically sent to all school employees, is an example of how increasing awareness can be used to educate the public.

Partnerships with local environmental organizations like Lynnhaven River Now have proven to be a great tool for increasing awareness through education. This year VBCPS had 30 schools enroll in the Pearl School Program, and we can expect to see more participate next year. Programs like the Pearl School Program help students understand watershed concepts and develop an ethic of environmental responsibility.

The practices noted below are currently being used at schools throughout Virginia Beach to raise awareness and reduce cost:

- The VBCPS no idle policy for buses improved air quality and reduced fuel costs by approximately \$50,000 during the 2008-2009 school year.
- By adjusting temperature ranges in classrooms, VBCPS reduced energy consumption and saved \$500,000.
- By removing personal appliances such as space heaters, coffee makers and microwaves from unauthorized spaces, VBCPS is estimated to save \$110,000 for the 2009-2010 school year.
- Automated computer shutdown saved \$75,000 during the 2008-2009 school year.



WIND TURBINES POWER THE NEW TRANSPORTATION CENTER

These programs are just a sampling of what schools can do to move towards a more sustainable future. In Virginia Beach we subscribe to the idea that great teachers don't just teach, they also provide an environment where learning can take place. Whether sitting in a classroom with clean indoor air quality and plenty of natural daylight or standing in an outdoor teaching garden discussing why a tomato that is grown locally rather than in another country might have an effect on our future, the common denominator that affects teaching and learning in both of these examples is the environment.

The problem that we face today is similar to what happened after seatbelts became mandatory in the late 1960s. It took approximately one generation before seatbelts became ingrained in social behavior. The survival of the human species may depend on how well we convince the current generation to adopt environmentally sustainable behavior. So buckle up, it's going to be an interesting ride.

For more information on what is currently taking place in Virginia Beach City Public Schools, please visit www.vbschools.com/greenschools.

By: J. Tim Cole, Virginia Beach City Public Schools



THE GREEN ROOF ON THE RENAISSANCE ACADEMY

Virginia Beach Schools Leading the Way

THREE GOALS ARE MOVING THE SCHOOL SYSTEM TOWARDS ENVIRONMENTAL SUSTAINABILITY.

BUILDING CONSTRUCTION

The first goal is to build environmentally sustainable schools. When you realize that a typical high school in Virginia Beach can use between \$500,000 and \$600,000 worth of electricity per year, it makes good fiscal sense to design a more sustainable school. In 2005, Virginia Beach City Public Schools (VBCPS) opened Hermitage Elementary School, the first LEED certified (Leadership in Energy and Environmental Design) elementary school in Virginia.

Virginia Beach currently has eight LEED projects in various stages of completion, construction or design. At a minimum, all new projects are designed to attain a LEED silver rating. Many are designed to achieve a gold or platinum certification (visit www.usgbc.org for more information on the LEED rating system.) The Renaissance Academy, which opened for classes on January 4, 2010, is the first of these new schools to utilize rainwater harvesting, solar hot water, photovoltaics, and geothermal heating and cooling systems – to name a few of the building's sustainable features.

I Am a Proud Oyster Gardener



By: Peter G Fisher, DVM

I am a proud oyster gardener. I got involved through Lynnhaven River NOW, of which I am an active member. One year ago I attended an oyster gardening workshop and built a Taylor float, a 2.5 x 4 foot floating cage which holds my oysters. Starting with 1,000 spat, supplied by the Chesapeake Bay Foundation, I placed them in a protective mesh bag in my Taylor float which sits behind my house. Every week during the warmer months I would take the bag out of the water and spray it down with well water from my backyard hose. This cleans away excessive muck that may build up and deter oyster growth. Over the winter I pretty much left them alone, just

checking on them from time-to- time. During those freezing days we had this past January and February I was worried about them freezing to death, as the water on the Western Branch of the Lynnhaven River behind my house goes to mud at low tide. A marine biologist at the Virginia Institute of Marine Science told me that oysters are actually one species that can freeze and still survive. In Virginia's relatively mild winter climate exposed oysters should not die as long as they are not jostled which would stimulate a hard freeze and subsequent death.

On Saturday, July 24, I turned in my first year's oyster harvest. With the help of a neighbor I picked my bag, now chock full of 40 lbs. of oysters, out of the Taylor float and brought them to First Landing State Park where LRNow and CBF were holding an oyster roundup. Low and behold, my bag of oysters took the prize for biggest and best looking of all that had been turned in that day. Yeah! A proud day for papa! CBF then loaded our 12 or so baskets of oysters onto their skiff and we placed them on a sanctuary reef in a cove off the Alanton neighborhood in Virginia Beach. There they will remain protected, continue to grow and produce larvae that float away and become future spat and, if they survive the rigors of nature, adult oysters.

Why all this work for the oyster? Well, oysters are extremely efficient at filtering the water they live in. They remove sediment and debris and clear the water. The goal for our local estuary, the Lynnhaven watershed, is clearer water which encourages growth of the underwater grasses that are so important for an entire underwater ecosystem. These grasses provide the ideal environment for spawning shellfish, crabs and fish. In this small way the oyster contributes to the overall health of the Chesapeake Bay and its myriad estuaries. And the oyster gardener in his or her small way contributes to this process. And that is why I am proud to be an oyster gardener.

2010 Brings in a Bumper Crop of Lynnhaven Pearls

Lynnhaven River NOW has a watershed full of Pearls. These are not your typical pearls – they are Pearl Schools. The City of Virginia Beach boasts 30 Pearl Schools for 2010, the most schools to achieve the award since its first round of awards four years ago. A Pearl School is deemed exceptional in its environmental education and stewardship program.

Recognizing that teachers in the public and private schools are often our best stewards and advocates, Lynnhaven River NOW launched the Pearl School Program to encourage and support the efforts of these teachers and schools. Through the Pearl School Program, schools earn points by carrying out educational and service programs in their schools that teach environmental concepts, including an understanding of our watershed—its unique characteristics and its problems, and by encouraging students to take an active role in tackling some of our environmental challenges through service projects in their schools and in the community.

Lynnhaven River NOW encourages teachers and schools to expand their environmental focus by providing support and training opportunities. The Pearl School encourages action within the schools, especially when combined with workshops and classroom programs that provide teachers the resources they need to implement programs. These partnerships offer a win-win situation providing schools with additional resources and giving our students a personal connection to their local environment, the Lynnhaven River and the Chesapeake Bay.



HIGHLIGHTS OF OUR 2009-2010 SCHOOL PROGRAMS

FROG BOG IS HOPPING FUN FOR CREEDS ELEMENTARY

When life gives you lemons, make lemonade. When life gives you a sloppy, soggy school yard, make it a Frog Bog. Students and teachers at Creeds embraced their saturated schoolyard, involved volunteers from the Fire Department, Home Depot and the City's Landscape Management office and improved the area by planting 20 trees, 72 shrubs and 263 perennials. Add in composting, vermi-composting, enviro-blogging and you can see that Creeds Elementary thinks that outdoor learning is definitely something to croak about!

BLAZING TRAILS AT LINKHORN PARK

A "wasted" tract of land running along the side of Linkhorn Park Elementary is wasted no more. This area has been cleaned up and converted by the dedicated students and faculty of LPES to become a Nature Trail for Learning. A small stormwater overflow creates a creek through the woods and students monitor its quality as it flows into the Lynnhaven River system. Scoop the Poop boxes have been installed by trail workers to encourage after school users to keep the trail and the water clean. The school also composts food waste from the cafeteria which is used to feed plants in the herb and butterfly gardens, as well as, plants along the trail.



A NEW SCHOOL, A NEW PEARL SCHOOL BANNER

The Virginia Beach Middle School Seahawks had an exciting year! They moved into their new, very green school mid-year. But, even amidst the craziness of moving, somehow they found time to earn their first Pearl School Award! Virginia Beach Middle launched an aggressive Oyster restoration project and curriculum. Dedicated young oyster scientists could even be found in the chill of January out checking, measuring and rinsing their oysters. In addition to oysters, the Seahawks participated in an essay contest about the Lynnhaven and its oysters. Students finished up the year with an environmental day themed "It's a Great Day for the Chesapeake Bay," talking to many professionals in the environmental field and enjoying eco-activities.

BAYSIDE MIDDLE DIGS GETTING GREEN



"This isn't a field trip," a Bayside Middle Green Team member shouts as she moves across a sand flat at Crab Creek to plant another plug of smooth cordgrass. "It's more like a vacation," she finishes as she and her club members enthusiastically help to restore a wetland shoreline. Later the same afternoon, the Green Team goes

out on the Lynnhaven River to place oysters on a sanctuary reef where they will help to restore the Lynnhaven's oyster population and improve water quality. These are just two of the projects accomplished this year by Bayside Middle School to earn the Raiders their first Pearl School Award. Installing a dual rain garden in their courtyard helped to address flooding problems the students have been trudging through for years. Placing storm drain markers on the school's grounds helped to educate fellow students about littering and its affects on their waterways. Recycling, cleaning their school grounds, restoring a butterfly garden, and installing an herb garden illustrates the commitment Bayside has made toward Environmental Excellence and makes them an outstanding addition to the Pearl School family.

COMMENTS FROM TEACHERS:

I can't tell you how much we appreciate all Lynnhaven River NOW does for us at Thalia. You help us become better teachers so we are able to teach our students about the wonderful resources we have right our own back door. If our students know what a treasure the Lynnhaven is, then they will be willing to become lifelong stewards of the environment. It is those little muddy steps that you help us to take, that create true learning that also happens to be a lot of fun. Thank you for planting our Spartina with us and hauling out our oysters with us.

Pat Sare
Special Education Teacher
Thalia Elementary School
3rd year Pearl School Award Winner

As a Pearl School, our students are involved in a myriad of service-learning projects that not only reinforce the SOL science content, but provide meaningful and relevant educational experiences. This year, we were able to transplant our spartina in our redesigned schoolyard wetland, which really gave the students a sense of stewardship. By participating in this project, our students truly know that their actions DO make a difference. Our Pearl School banner hangs proudly in the commons area, right above a Lynnhaven River watershed sign!

Cindy A. Kube
Seventh/Eighth Grade Science Teacher
Science Department Chair
Plaza Middle School
4th year Pearl School Award Winner

I was ecstatic that Bayside Middle achieved the status of "Pearl School!" It was my goal last year to start an environmental club, the "Green Team" that would tackle many issues facing both our school environment and our Lynnhaven watershed. To make this dream a reality, I partnered with both NECC and Helen Kuhns from LRNow. They offered much support and guidance in our numerous endeavors! In addition to their support, we had numerous students and staff members who contributed their time and effort in order for us to earn the "Pearl School" award! This was our first year as a club and we hope it will continue to grow and prosper in future years because our hard work has paid off in many areas!

Melissa Dion-Chifikoyo
Sixth Grade Science Teacher
Bayside Middle School
1st year Pearl School Award Winner



2010 LRNOW PEARL SCHOOLS:

- Baylake Pines Private School
- Bayside Elementary School
- Bayside Middle School
- Cape Henry Collegiate School
- Christopher Farms Elementary School
- W. T. Cooke Elementary School
- Corporate Landing Middle School
- Frank W. Cox High School
- Creeds Elementary School
- John B. Dey Elementary School
- Glenwood Elementary School
- Great Neck Elementary School
- Hermitage Elementary School
- Kemps Landing Magnet School
- King's Grant Elementary School
- Kingston Elementary School
- Linkhorn Park Elementary School
- Lynnhaven Middle School
- Malibu Elementary School
- New Castle Elementary School
- Pembroke Elementary School
- Plaza Middle School
- Red Mill Elementary School
- Salem Elementary School
- Shelton Park Elementary School
- Thalia Elementary School
- Three Oaks Elementary School
- Virginia Beach Friends School
- Virginia Beach Middle School
- Windsor Oaks Elementary School