



# FRIENDS OF THE NORTH FORK

of the Shenandoah River™

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

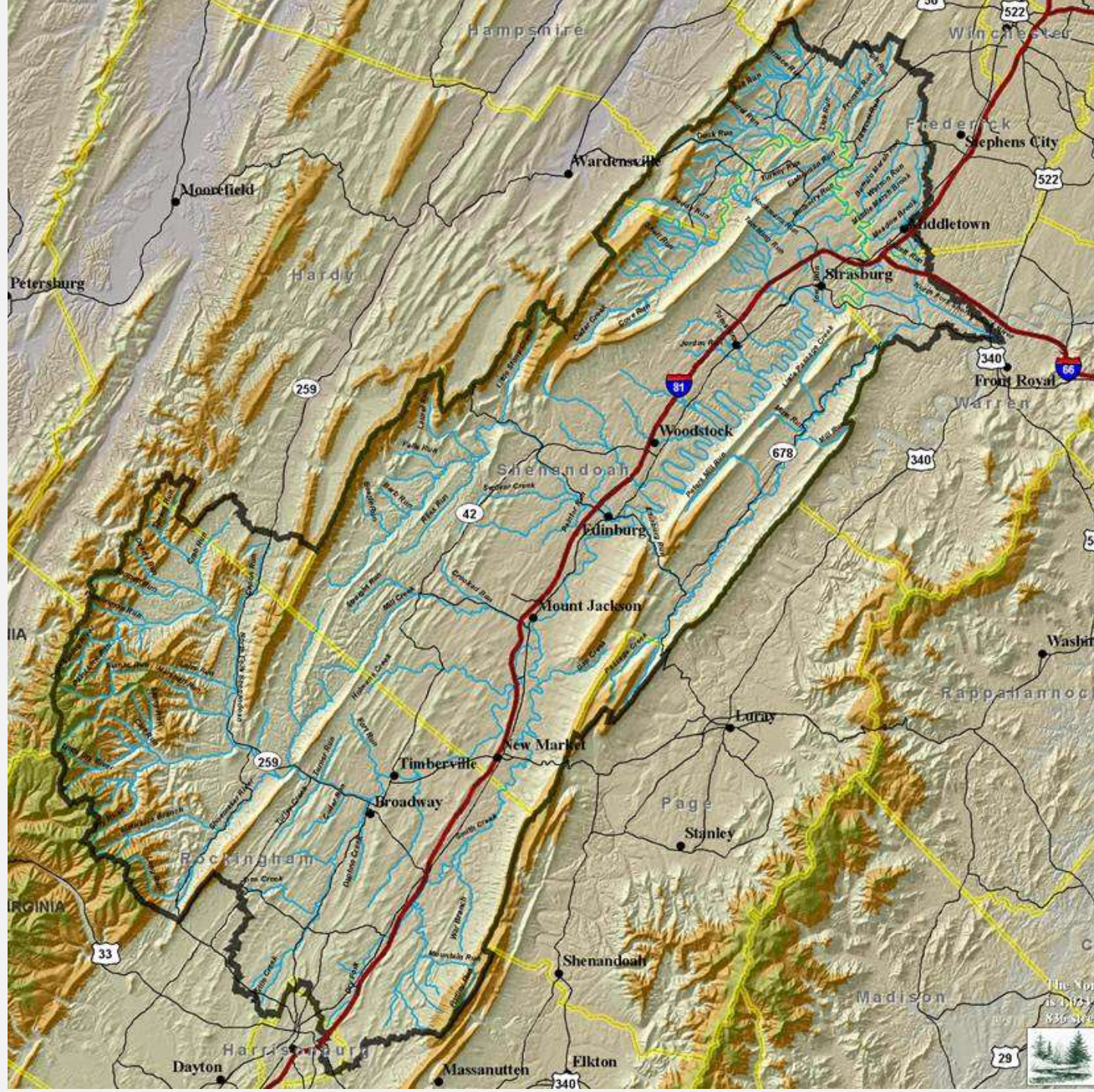
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Friends of Seven Bends State Park

A program of FNFSR supporting and advocating for the educational and recreational use of the park for all.















# What It's All About...

















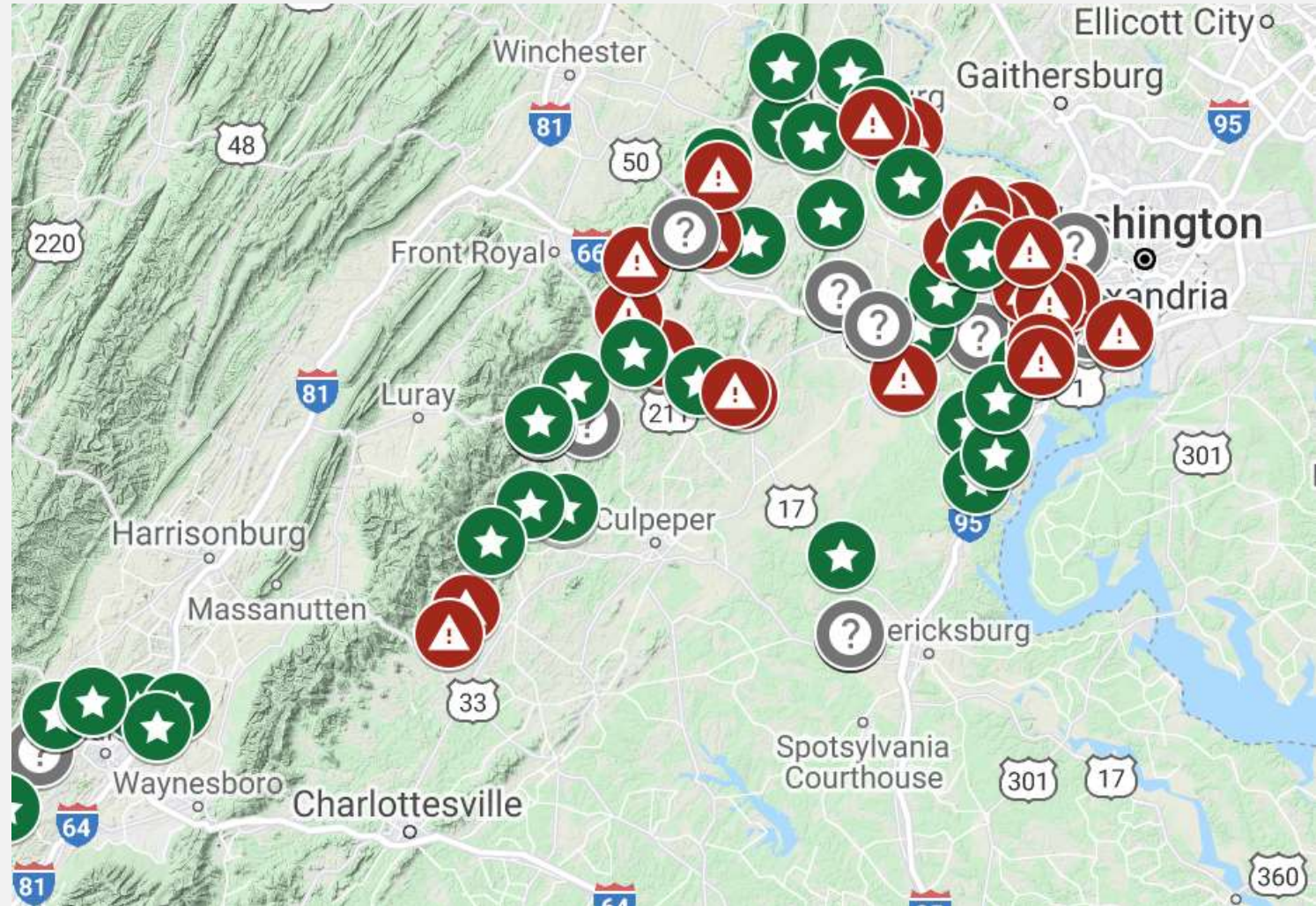


**Monitoring for Benthic Macroinvertebrates**



# VIRGINIA SAVE OUR STREAMS AND FNFSR

- **Why Monitor?**
  - Assess Stream Health
  - Data Sharing
- **When to Monitor?**
  - Twice Per Year
- **Get Certified!**
  - FNFSR/VASOS Online Certification
  - April Field Test





# RIPARIAN BUFFER SUPPORT TEAM

## Forested Buffers are Important for:

- **Water Quality**
  - Reducing nutrients and sediment entering waterways from runoff
- **Bank Stabilization**
- **Habitat for River Life**

## How you can Help

- **Weeding**
- **Vole Nest Removal**
- **Stake/Tube Maintenance**







# FRIENDS OF SEVEN BENDS STATE PARK

## Get Involved

- Host a workshop/ demonstration
- FSBSP Volunteer Days
- Attend Open Meetings
  - Bimonthly, First Wednesday: Next Meeting April 7<sup>th</sup> at 5:30pm







# GET IN TOUCH

Volunteer Coordinator, Julia Sargent: [julia.sargent@fnfsr.org](mailto:julia.sargent@fnfsr.org)

Executive Director, Dave Brotman: [david.brotman@fnfsr.org](mailto:david.brotman@fnfsr.org)