

The healing sight and sound of water

Thank you for uplifting posts, uniting us in our common love for our home river



Michael Dolsey of Norfolk shared this journey on Instagram for our #LoveLiz initiative. See constantly updated posts and share yours at elizabethriver.org/loveliz.

Sometimes you need to DO for those you love, and sometimes you just need to rest in that love.

As the world turned upside down this spring, we launched #LoveLiz to invite you to rest in our common love for our home river. Science said it might be good for you.

“The mere sight and sound of water can induce a flood of neurochemicals that promote wellness, increase blood flow to the brain and heart and induce relaxation,” reports Wallace Nichols, author of *Blue Mind*.

WOW how you’ve responded. Throughout this issue, we’re sharing some of the wellness-inducing river moments you’ve posted at #LoveLiz on Facebook, Instagram and ElizabethRiver.org/loveliz - and cheering you on to post more.



Fishing counts

“Under the new VA executive order, fishing counts as obtaining food. So go fellow Virginians, obtain that food! The fish are very shallow, mirrolures did the trick, God bless.” #LoveLiz

Glen Pizzanello (not pictured) and Warren Reese (left) of Chesapeake posted this on #LoveLiz. They give frequent fishing tips on their social media site, Run the Marsh.

“We have been fishing the Elizabeth River for nearly 20 years. Over time, we have seen the river gain so much clarity. The speckled trout have returned in very healthy numbers,” Glen told us. Share your river love.



Listen to Skye Zentz perform her original RIVER SONG at ElizabethRiver.org/loveliz. She grew up on Knitting Mill Creek. She says she’s “giving the river a voice.” See how we’ve set her song to your #LoveLiz river posts.



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From the Executive Director



Crisis or no, you made me happy on this morning journey.

In the chill of a spring Sunday morning, I go paddle boarding with my white lab, Sallee, crouched still on the bow, her nose following the birds lifting up in constant punctuation to our journey.

We pass the wetlands and oyster reefs Elizabeth River Project helped restore along the Virginia Zoo shore. A kingfisher flits before us, tree to tree. Red-winged blackbirds chortle, swaying, atop marsh grasses. Along a shoreline restoration we completed with a homeowner, the green heron, a chunky bird with a rusty breast, sits motionless on a branch.



The wind picks up, ruffling the river. The board makes a satisfying slap, lifting and falling as we cut across the waves. A man and two small girls are sharing binoculars on a pier. “We came out to see the birds. We didn’t expect to see a dog,” he calls.

As I turn home, the chatter of birds in the wetlands is almost as loud as the organ music I also hear from an outdoor speaker on the opposite shore, and I am unexpectedly happy amid the crisis. I feel an abiding gratitude for you; donors, partners, staff and board, for decades of ecosystem restoration that helped bring this morning to its rich swell of life.

Almost home, I see my neighbor on her deck. I ask her to take a picture of me for the Elizabeth River Project’s #LoveLiz campaign and One Flock sub-theme. You hold your arms wide, social distancing, but in solidarity with our One Flock sculptures at Paradise Creek Nature Park, where humans seem to take flight with metal blue herons. Benediction: Moments after I resume paddling, a real blue heron glides overhead.

#LoveLiz
Elizabeth River Project

Marjorie Mayfield Jackson
Executive Director

Thank you for considering a special donation to keep our work strong if you are able. Return the attached card or visit elizabethriver.org.



Social distance together as one flock. Take your photo next to the One Flock statues at Paradise Creek Nature Park and post it at elizabethriver.org/LoveLiz.

(L) “Pics from our homeschooling fieldtrip... nature learning!” #LoveLiz

- Carolyn Hutchings Holland, April 17, 2020

#LoveLiz
Elizabeth River Project

Mission – To restore the Elizabeth River to the highest practical level of environmental quality through community, business and government partnerships.

Mudflats is the newsletter of the Elizabeth River Project, a membership-based non-profit working to restore the Elizabeth River through citizen, government and business partnerships. “Mudflats” refers to that slippery, biologically active zone where land and water meet, symbolizing our search for common ground among diverse interests.

Elizabeth River Project
Making restoration a reality
757-399-RIVR (7487)
elizabethriver.org



This entire mailing was printed on 100% post-consumer waste recycled paper with soy inks.



*"Because we could all use more rainbows right about now." #LoveLiz
- Rodney Riddle, Scott's Creek, Portsmouth*



"Singing male marsh wren at the Money Point restoration site" - Dave Gibson



"Easter Brunch cannot be stopped by quarantine." #LoveLiz - brunchinbrad

#LoveLiz
Elizabeth River Project

Living River Trust preserves 500 acres of pristine land



*Part of 500 acres added to the Great Dismal Swamp Refuge. Photo:
David Gibson*

While the rest of the environmental movement chafed at home this Earth Day, our sister non-profit, the Living River Trust, celebrated something huge: The transfer of 500 acres of forest to the Great Dismal Swamp Wildlife Refuge, to be protected forever.

The Elizabeth River Project salutes the Trust for protecting this enormous swath of forest on the southern edge of the Elizabeth River ecosystem. The land not only will aid wildlife and recreation but protect water quality. "We're thrilled," said John Harbin, Trust administrator – and he should be. The Trust is fast gaining

traction as the only locally based land trust in South Hampton Roads.

The Living River Trust is on the lookout for both landowners and community representatives interested in discussing how to protect high-value open space in perpetuity. And transferring ownership of the land is not the only option. A "conservation easement" is another option that allows the landowner to retain ownership and gain tax benefits.

Find out more: livingrivertrust.org, or jharbin@elizabethriver.org.

Deepest thanks to our donor societies

The Elizabeth River Project is proud to recognize members of our leadership giving societies. Thank you for contributing \$500 or more annually to support our award-winner restoration and education programs. Welcome members of our new Seahorse Society! Join us! For more information about our donor societies, contact Susan Smith at 757-399-7487 (o) or 757-407-1406 (c) or ssmith@elizabethriver.org.



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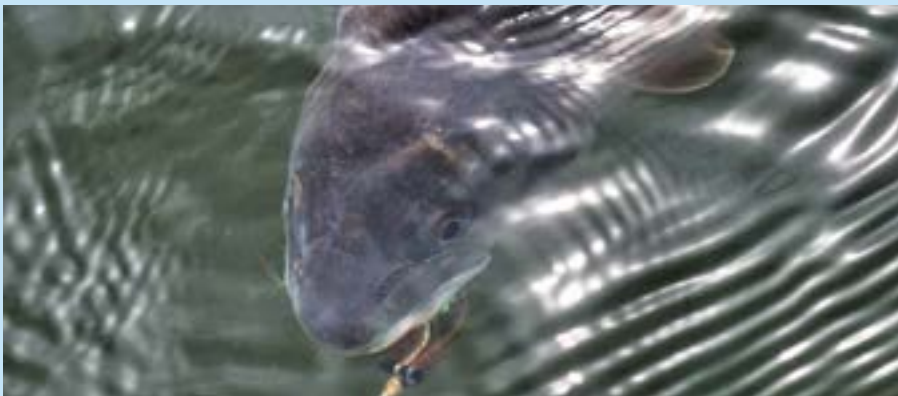
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Donor Spotlight - Fun on the fly



"No quarantines were violated in the taking of this photo. This outing was required for health (mental) reasons." #LoveLiz
- Kendall Osborne, Norfolk

Kendall Osborne, valued donor and avid fly fisherman, posted this "fun catch," as he describes it, for our #LoveLiz campaign. He's lived in Norfolk on the

Lafayette branch of the Elizabeth since the 1990s. He says it's wonderful to see the return of fish, mussels and abundant breeding oysters. "Count the otters, minks,

rabbits, raccoons, and other land animals to the birds, and there's an incredible and largely healthy wild environment right here in the city."

#LoveLiz
Elizabeth River Project

Elizabeth River Project Expanding

We are opening a
NEW LOCATION

5205 Colley Avenue
(target date June 15)

... But we haven't left Portsmouth!

Visit our education headquarters,
expanding soon at
Paradise Creek Nature Park,
1141 Victory Blvd.

Stay tuned for exciting news soon about
our purchase of the old American Legion
building on Colley!



"Kayaking on the river allowed us to spend a beautiful day with family, especially with my grandchildren! Being in kayaks allows us to be together and at same time social distancing. We even saw two otters or maybe mink that day!! Best day ever!" #LoveLiz

- Deb Foytik

#LoveLiz
Elizabeth River Project

Deep Eddy

Better than a clock, this river
sweeping past my window,
first gathering the inward tide
then emptying as it ebbs.

And under a late summer sun
sometimes a fish leaps free
from the surface, an egret
glides low doubling its figure
into bows:

one tipped up to cup the sky,
one tipped down to scoop the depths
and me at my desk, a witness
to wonder, how it pierces time
like a heron's beak.

- Wendi White, Norfolk (Hear her read
Deep Eddy at elizabethriver.org/loveliz.)



"Our national symbol, once near extinction, recovered
when we put our hands to saving them." #loveliz
- Original drawing by Lynn Gilbert

"My hammock spot is on the Hague. But due to social
distancing (a family was sitting on the bench near the only
tree that works for hammocks) I was forced to relocate to
Beechwood Park- Still enjoyed a nice stroll by the water!

'Twas a lovely island of peace day!" #LovLiz



- Mary Bennett



"Living the adventure life." #loveliz - Molly Marder



Financials

The Elizabeth River Project Statement of Activities Fiscal Year Ending September 30, 2019

Unrestricted revenues and other support	
Grants and contributions	850,754
Program income	200,907
Membership dues	61,529
Other income	2,706
Interest income	40
Change in provision of uncollectible pledges	620
Net assets released from restrictions	997,144
	<u>2,113,700</u>
Expenses	
Program services	1,681,575
Management and General	420,002
Fundraising	126,576
	<u>2,228,153</u>
Change in unrestricted net assets	(114,453)
Temporarily restricted net assets	
Grants and contributions	958,473
Contributions	12,382
Gain (loss) from beneficial interest in assets held by others	25,475
Net assets released from restrictions	(997,144)
	<u>Change in net assets without donor restrictions (814)</u>
Change in net assets	(115,267)
Net assets - beginning of year	1,359,953
Net assets - end of year	1,244,686



Program services
Management and General
Fundraising

The Elizabeth River Project Statement of Financial Position Fiscal Year Ending September 30, 2019

Current Assets	
Cash without donor restriction	197,014
Cash with donor restriction	246,927
Accounts receivable	188,347
Promises to give - net	55,430
Prepaid expenses	8,781
Total Current Assets	<u>696,499</u>
Property and Equipment - Net	139,478
Noncurrent Assets	
Noncurrent promises to give - net	37,540
Other non-current assets	25,000
Beneficial interest in assets held by others	603,091
	<u>1,501,608</u>
Current Liabilities	
Accounts payable and accrued expenses	109,576
Current portion of long-term debt	29,075
Deferred revenue	23,707
Total Current Liabilities	<u>162,358</u>
Long-term Liabilities	
Long-term debt - less current portion	94,564
Total Liabilities	<u>256,922</u>
Net assets	
Without donor restrictions	129,375
Without donor restrictions, board designated	125,930
Without donor restrictions, invested in property and equipment	97,404
Total Net Assets without donor restrictions	<u>352,709</u>
With donor restrictions	891,977
Total Net Assets	<u>1,244,686</u>
Total Liabilities and Net Assets	<u>1,501,608</u>

Last 12 months

5.9 M lbs pollution
reduced by businesses

134 River
Star Businesses
participating

5,700
River Star
Homes
participating

25,333
students
reached

3,477 linear ft
residential shore
restored

330
schools
participating

Governor thanks businesses: "Tremendous progress"

Governor Ralph Northam offered congratulations from the top as our participating business and government facilities documented this year's total: Nearly six million pounds of pollution they voluntarily reduced before it could reach the Elizabeth River.

"Together, we have made tremendous progress... It takes a village to be stewards of the environment," said Northam, addressing the Elizabeth River Project's annual River Star Businesses Recognition Luncheon Jan. 23 at the Portsmouth Renaissance. Naval Station Norfolk won River Star Hall of Fame, the top award, sponsored by Inside Business, for constructing a super-efficient, "combined heat and power plant," completed

in 2018, not only is decreasing greenhouse gas emissions – but is also saving the Navy \$6.5 million a year in utility costs.

Recognized at four-star Model level in the program were Bay Environmental, Farmer John's Market, Lyon Shipyard and Nauticus. Since the River Star Business program's inception in 1997, 134 participating facilities have reduced pollution to the Elizabeth by 356 million pounds and created or conserved more than 1,882 acres of wildlife habitat.

Thank you for making this program possible with your generous support. Find out how your business can "star" in river stewardship: pboatwright@elizabethriver.org, RiverStarBusinesses.org.



"One Flock" pose for #LoveLiz: Charlie Hammer (L) and Robert Ficca, River Star Business, BAE Systems Ship Repair

Virtual River School: Her Highness is in session!

She'd always meant to do it, but perhaps it makes sense that it took "this great pause," as she puts it, for Princess Elizabeth to get around to creating an on-line version of her education treasure box.

After all, she hails from the 1600s. That's when the Elizabeth River was named for her and parchment was more in style.

She's doing rather well adjusting to this century. Since the spring, she's been posting "A Royal Minute" a week as a YouTube video for Elizabeth River Project's new Virtual River School at elizabethriver.org/kids, where you'll also find a growing list of original river activities for kids, from water quality testing to how to make a pelican puppet, as well as many favorites from education partners.

"We have been wanting to create this new education platform and this (Covid-19 stay-home orders) has allowed

us to do that," reports her highness, aka Robin Dunbar, Deputy Director – Education, Elizabeth River Project.

Help us return to live education as soon as possible with our Learning Barge and Paradise Creek Nature Park. Your special gift would really help.



NEW! Kids' River Reading Club

Kids! No need to stay stuck at home this summer.

Take an imaginary journey with the Mole, who discovered in *Wind in the Willows*, "there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats," or some of our other favorite nature books for children, such as *Island of the Blue Dolphin*.

Read 10 from our new list for the River Reading Club at elizabethriver.org/kids. Our Princess Elizabeth will send you a royal bookmark – and you might win a free book!

This could help: Audible Amazon is offering free streaming right now of an enormous book collection.