



# The Dragon's Tale

Friends of Dragon Run

P. O. Box 882

Gloucester, VA. 23061

Volume XLI Issue 3 June 2022

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## From the President

*Jeff Wright*

The spring paddle season was a success and volunteer members made good progress on stewardship management plans, conducted maintenance activities on four FODR properties, and made plans for more member activities as well as future paddle trips.

EVER SAVE A DRAGON? We're looking for volunteers to help answer that question. Here are some of the things we do to protect and preserve the Dragon and educate others about this rare ecosystem. Please join us!

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# The Dragon's Tale

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## **General Meeting June 22 at 7 p.m. Via Zoom**

### *Fishes of the Dragon: Hidden Treasures of the Middle Peninsula*

Dragon Run, mostly a Bald Cypress-Tupelo swamp, drains into the Piankatank River which flows into the Chesapeake Bay. It is unique because it looks today nearly as it did when John Smith traveled the lower portion in the early 1600s. This makes it a treasure in so many ways including the fish that occur in one of the least disturbed watersheds within the Chesapeake Bay and the mid-Atlantic. And nothing shows this better than the Dragon's fish and aquatic fauna. Whether you are a fisherperson, an amateur naturalist, or a lover of nature, the diversity of fishes in the Dragon will amaze you! Get the [Zoom](#) info for the program.

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# The Dragon's Tale

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## Spring Paddle Wrap-up

*By Carol Kauffman, FODR Vice President*

Day 1 splash, Day 2 splash, Day 3 splash! Starting off the spring season with three tip-overs wasn't exactly what we had planned for 2022. The three guests who took a drink in the Dragon were unharmed and quite refreshed. Our exceptional crew, from then on, stressed the importance of not leaning sideways in a kayak. Thirty-one paddles later, we can proudly say no one else took a dip in the swamp!

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# The Dragon's Tale

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## **We're Already Planning Our Summer Paddle Trips** *By Jack Kauffman, Paddlemaster*

This year's summer paddle season begins July 21<sup>st</sup> and ends August 2<sup>nd</sup>, with sign-ups opening June 15<sup>th</sup> at 9:00 AM. We will conduct paddles every day during the season. We are happy this summer to welcome 4H groups to the Dragon (July 19<sup>th</sup> and 20<sup>th</sup>).

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## Youth Groups on the Dragon

*By Molly Broderson and Carol Kauffman*

Forty-five students from Aylett Country Day School (ACDS), Peasley Middle School, Middlesex High School, and local homeschoolers kayaked Dragon Run with FODR volunteers during the week of May 16 - May 20, 2022.

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# The Dragon's Tale

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## **Members Are the Backbone of Our Organization**

*By Anne Ducey-Ortiz, Membership Chair*

Members are the backbone of the Friends of Dragon Run and are the best volunteers and long-time supporters. One of the reasons FODR started our paddle trips was (and still is) to get people excited about protecting this beautiful natural and cultural resource so that they join us in our mission to help save the Dragon. Welcome to our new members from our recent paddle trips including our newest Life Members--Jenny McGehee and Thyra Harris--who paddled the Dragon with us this past spring and joined us for life. As of May 31, 2022, we have 324 current members - including 103 Life Members.

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# The Dragon's Tale

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## **Streamside Attractions**

### Summer Blooms

*By Kevin Howe*

Swamps, like Dragon Run, have a summer publicity problem; that is, unless you have been there. Talk to most people about swamps and they visualize muddy, murky, dark places, steamy and sweaty, a place full of snakes, mosquitos, flies, gnats, with “stuff” hanging off trees. And, in the case of Dragon Run swamp, maybe even Dragons live there.

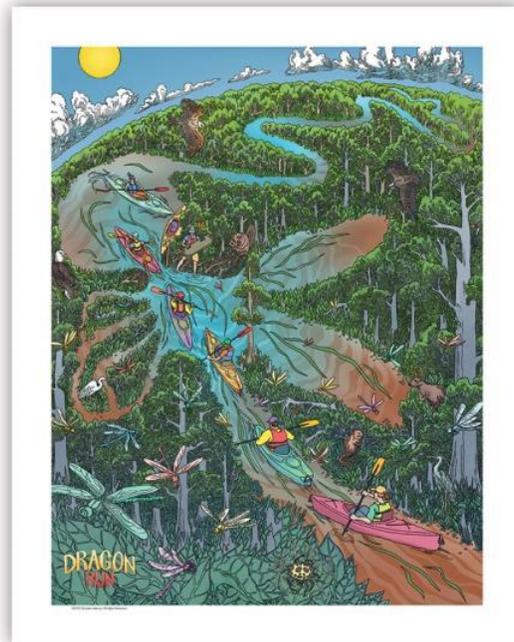
**[Read more](#)**

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## Hang a Piece of the Dragon on Your Wall

*The Local Scoop*, an attractive magazine that highlights locations and events for visitors as well as full-time residents of the Northern Neck and Middle Peninsula, devoted most of the spring issue to describing Dragon Run through articles and stunning photos by Cory Miller. Suzanne McFadden, Editor, commissioned Irvington Artist, Christian Johnson, to create a colorful drawing of the Dragon that captures many of its unique features. She generously donated 200 signed copies to Friends of Dragon Run to use for fundraising.

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# The Dragon's Tale

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## **Caddisflies**

*By Adrienne Frank and Anne Atkins*

Because of the Dragon's unique and pristine ecosystem, researchers sometimes ask for help with accessing the Dragon to support a research project. Teta Kain has escorted many of these researchers. One of her favorite researchers was Dr. Ollie Flint who came with his wife several times over the years to study the caddisflies in the Dragon.

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# The Dragon's Tale

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## **Smile! You're on Amazon**

*By Carol Kauffman*

If you're looking for a simple, automatic way to support Friends of Dragon Run, shop at Smile.Amazon.com. It's the same Amazon you've always known; however, AmazonSmile makes it easy to contribute to your favorite charity. No extra clicks, no extra cost, no extra set up. Just put your items in your shopping cart and checkout! Amazon takes care of the details.

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# The Dragon's Tale

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## Help Wanted

FODR is looking for volunteers to assist with paddle trips! All volunteers must be FODR members and attend a one-day training event on the Dragon. **Paddle crew** members should be able to kayak well and get in and out of the kayak to open beaver gates while on the water.

**Logistics volunteers** are needed to set-up equipment and provide support to the crew while they are paddling. Volunteers are also needed to sell merchandise at the end of the paddle trips. Please contact our Paddle Masters at [PaddleMasterDragonRun@gmail.com](mailto:PaddleMasterDragonRun@gmail.com) to join our crew.

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## You're Invited . . .

FODR members are invited to submit articles and pictures pertaining to Dragon Run and related topics. Share your knowledge about and experiences on Dragon Run. Written submissions should be three or four paragraphs. Images should be in JPG format. We look forward to including you in *The Dragon's Tale*.

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# The Dragon's Tale

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## From the President

*Jeff Wright*

The 2022 spring paddle season was great! Wonderful guests, wonderful school groups, beautiful water and weather, prothonotary warblers, bald eagles, flowering trees, flowering plants, butterflies, dragonflies, beaver dams, and thousands of bald cypress knees. A key factor in the success of the paddle season was the 30+ volunteers who staffed the paddle and logistics crews.

We are already getting ready for the summer paddle season in July. Registration opened on June 15 and the paddle season runs from July 21 to August 12. Summer shows another face of the Dragon when the foliage is green and lush, plants are in bloom, butterflies and birds abound, and turtles can be seen hanging out on logs. We plan these paddle trips for the morning when its cooler; however, much of the paddle route is in the shade.

This spring we focused on creating stewardship management plans for each of our properties. We also conducted maintenance on roads, trails, and signage. Teams have visited Powcan, Kostyal, and our Big Island and Church View complexes.



# The Dragon's Tale

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Properties under conservation easements were successfully inspected by the Virginia Outdoors Foundation and no violations were found. We will continue work on stewardship management and property maintenance throughout the year.

Please consider joining these stewardship and maintenance teams. We are always looking for additional FODR members to participate in property monitoring and maintenance efforts.

Be sure to pick up a copy of the spring edition of *The Local Scoop* magazine. The cover story and much of the issue are devoted to Dragon Run. If you haven't paddled down the Dragon, you can experience it from the comfort of your armchair or hammock. No problem if you don't have a hardcopy issue, just go online to read the articles:

<https://www.bluetoad.com/publication/?m=66116&i=740433&p=1&ver=html5>

Susan McFadden, publisher of *The Local Scoop* magazine, and cover artist Christian Johnson, generously donated prints of the artwork for the cover of the spring issue to FODR. We are offering framed and unframed prints of the artwork which depicts many of the characteristics of the Dragon. All proceeds go to Friends of Dragon Run. More on how to purchase the prints can be found in this newsletter or at [DragonRun.org](http://DragonRun.org).

If you have ideas for additional activities in 2022 or want hands-on involvement, please contact me at [presidentdragonrun@gmail.com](mailto:presidentdragonrun@gmail.com). We are expanding many of our programs and looking for additional volunteers to support our programs and properties. In addition to our spring, summer, and fall paddle seasons we will also offer hikes on one or more of our properties this fall. Join us for yet another view of the Dragon.

EVER SAVE A DRAGON? Volunteers are always welcome to help answer that question.

Best of the seasons and the Dragon Run to all. Hope to see you soon.



# The Dragon's Tale

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## **General Meeting June 22**

### *Fishes of the Dragon: Hidden Treasures of the Middle Peninsula*

The Friends of Dragon Run (FODR) will present a Zoom program entitled “Fishes of the Dragon: Hidden Treasures of the Middle Peninsula,” by Dr. Eric Hilton on Wednesday, June 22 at 7 pm. The presentation will be held via Zoom. See [How to Zoom](#) for instructions on participating with Zoom.

Dragon Run, mostly a Bald Cypress-Tupelo swamp, drains into the Piankatank River which flows into the Chesapeake Bay. It is unique because it looks today nearly as it did when John Smith traveled the lower portion in the early 1600s. This makes it a treasure in so many ways including the fish that occur in one of the least disturbed watersheds within the Chesapeake Bay and the mid-Atlantic. And nothing shows this better than the Dragon's fish and other aquatic fauna. Whether you are a



# The Dragon's Tale

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fisherperson, an amateur naturalist, or a lover of nature, the diversity of fishes in the Dragon will amaze you, from sportfish like pickerel, white catfish, largemouth bass, sunfish and bowfin to interesting nongame fish like the tessellated darter, swamp darter, comely shiner, and brook lamprey. As the website *hookandbullet* states "Fishermen will find a variety of fish in this rich ecosystem. So grab your favorite fly-fishing rod and reel, and head out to Dragon Run."

Sixty-five different fishes have been reported from the Piankatank-Dragon Run waters with about half of them occurring within Dragon Run. No one is better equipped to tell us about Dragon Run fishes than Dr. Hilton, a Professor of Fisheries Science at the Virginia Institute of Marine Science and William and Mary. For more than 20 years he has been researching all aspects of fish biology from biogeography to genetics.

Most of his attention has been on local species in our coastal waters. Along with teaching duties, grad students, and a wide array of projects on local fishes, he serves on technical committees for the Atlantic States Marine Fisheries Commission. His knowledge of Virginia's coastal fish will give us all a new appreciation for the fishes in the Dragon, so please join the Zoom general meeting on June 22 at 7 p.m.



# The Dragon's Tale

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## How to Zoom

Topic: FODR General Membership Meeting - 22 June 2022

Time: Jun 22, 2022 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89669015022?pwd=VVc1K1gyeXcvYXJnWGR4bGJaN1NpQT09>

Meeting ID: 896 6901 5022

Passcode: 355557

One tap mobile

+13017158592,,89669015022#,,,,\*355557# US (Washington DC)

+13126266799,,89669015022#,,,,\*355557# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 896 6901 5022

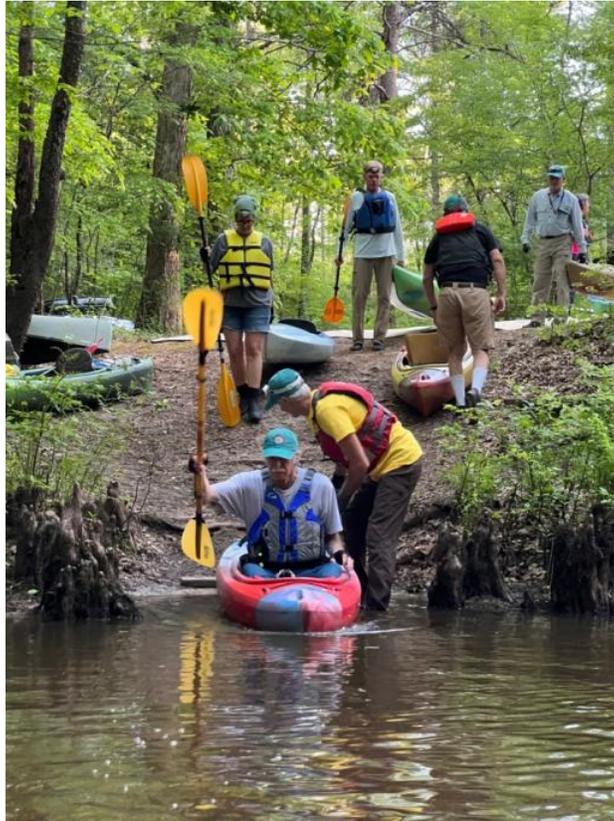
Passcode: 355557

Find your local number: <https://us02web.zoom.us/u/kbJoTmgzUq>



# The Dragon's Tale

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## Spring Paddle Wrap-up

*By Carol Kauffman, FODR Vice President*

Day 1 splash, Day 2 splash, Day 3 splash! Starting off the spring season with three tip-overs wasn't exactly what we had planned for 2022. The three guests who took a drink in the Dragon were unharmed and quite refreshed. Our exceptional crew, from then on, stressed the importance of not leaning sideways in a kayak. Thirty-one paddles later, we can proudly say no one else took a dip in the swamp!

We had 31 tireless crew members, 252 guests, four school/youth groups, six beaver dam crossings, and a birding paddle trip requested by a member. Only three paddles were canceled because of bad weather.



# The Dragon's Tale

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The prothonotary warblers gave our guests quite a show, flying close to the water and posing for photos in the silky dogwood. Other highlights of the spring included: bald eagles, great blue herons, belted kingfishers, wood ducks, pileated woodpeckers, summer tanagers, muskrats, northern water snakes, eastern painted turtles, feather foil, and wild blue flag iris.

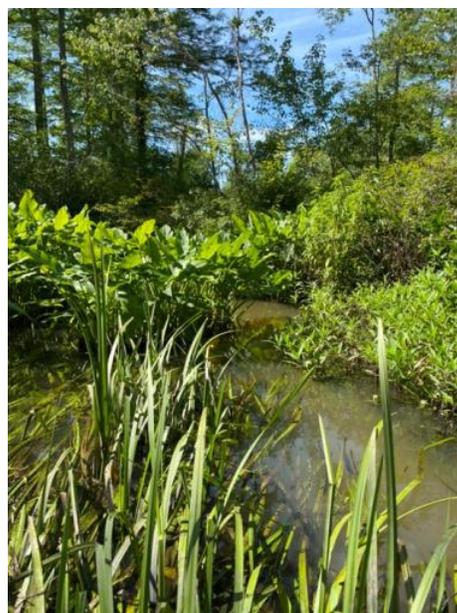
A special moonlight paddle for the crew was held May 17<sup>th</sup> during the full super moon. The evening adventure was spectacular with Teta Kain leading the search for "spida eyes". It was wonderful opportunity for the crew to celebrate after completion of a successful paddle season on the Dragon!





# The Dragon's Tale

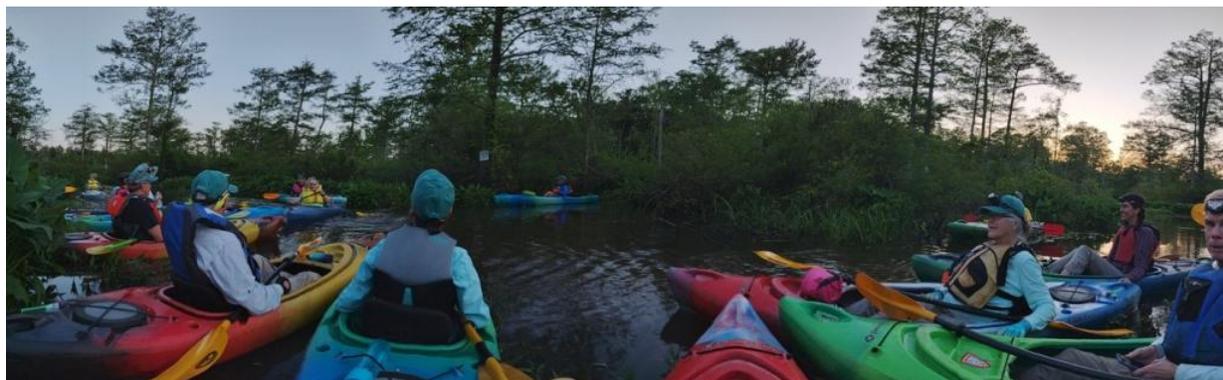
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# The Dragon's Tale

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# The Dragon's Tale

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## **We're Already Planning Our Summer Paddle Trips: 2022 Summer Paddle Season**

*by Jack Kauffman*

Demand for paddling the Dragon continues to grow. Word has spread and our paddle trips fill quickly.

This year's summer paddle season begins July 21<sup>st</sup> and ends August 2<sup>nd</sup>, with sign-ups opening June 15<sup>th</sup> at 9:00 AM. We will conduct paddles every day during the season. We are happy this summer to welcome 4H groups to the Dragon (July 19<sup>th</sup> and 20<sup>th</sup>).

Yes, we are still operating with caution to avoid the spread of Covid. For this reason, we are avoiding the carpooling required with one-way trips and limiting the number of guests per paddle trip to eight. Trips will be round-trip beginning at Big Island.

Summer paddle trips are a wonderful time to experience the Dragon. Flowers are everywhere and the water feels cool in the hot weather. Anyone unable to



# The Dragon's Tale

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schedule a paddle trip will have the option of adding their name to a cancelation list.

We hope that as more people experience the beauty of the Dragon, they will join us in preserving and protecting it.



# The Dragon's Tale

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## Youth Groups on the Dragon

*By Molly Broderson and Carol Kauffman*

*We had a blast on our paddle of the Dragon! It was a fantastic way to end our school year and wrap up our study of ecosystems. The species ID competition was a hit! The 2 groups found 69 and 62 species, respectively. For the record, the first team that paddled won the competition and they enjoyed ice cream on the last Friday of the school year!*

*Our species ID program has been supported with funding from the Three Rivers Soil and Water Conservation District Mini-Grant. Funds helped purchase field equipment and scopes to help ID Macro and Micro Invertebrates in the watershed. We also received funding from the Chesapeake Bay Restoration 'Friend of the Chesapeake' License Plate Fund to help get our students out into the best parts of our watershed.*

*Our students get to explore the bay from the Atlantic to the Blueridge. The Dragon Run is our backyard...and for the last 2 years it has been the favorite field trip of our 7th Grade students. Thank You all for your help pulling this program together, I am very excited about how this partnership is developing.*

Richard Moncure, Science Teacher at ACDS



# The Dragon's Tale

Forty-five students from Aylett Country Day School (ACDS), Peasley Middle School, Middlesex High School, and local homeschoolers kayaked Dragon Run with FODR volunteers during the week of May 16, 2022. They have been studying the Dragon Run watershed in their science classes, so a field day in the Dragon Run swamp was a fantastic way to finish up the school year! Two schools hiked the FODR trails near Big Island and ACDS also performed some water quality testing.

Henrik Ibsen is credited with the adage *"A picture is worth a thousand words."* With that said, please enjoy the Dragon through the words and eyes of students.



*"I liked it and I learned about smart weed, that it's Indian pepper, and that dead trees are full of life! I enjoyed kayaking and hiking!"- CJ*



*"It was really fun and I enjoyed it. I would want to do it again!" Kara*



# The Dragon's Tale

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*The "kayaking part was really fun and I liked learning about all the birds, it was exciting! - Natalie*



*Milkweed, damsel flies, muskrats, princess pine, bald cypress and arrow arum are some of the cool plants and animals we learned about. It was relaxing to paddle down the Dragon run- Blake*

*Thanks for making this learning opportunity happen for our students. They were excited to explore this ecosystem. It was well organized, informative and well-staffed. - S. Sowers-*



# The Dragon's Tale

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## **Streamside Attractions: Summer Blooms**

*By Kevin Howe, FODR Treasurer*

Swamps, like Dragon Run, have a summer publicity problem; that is, unless you have been there. Talk to most people about swamps and they visualize muddy, murky, dark places, steamy and sweaty, a place full of snakes, mosquitos, flies, gnats, with “stuff” hanging off trees. And, in the case of Dragon Run swamp, maybe even Dragons live there.

The only thing of truth in that description is that the Dragon is muddy; but floating down the Dragon, that is the last thing you notice. When you float through the bald cypress trees, the temperature is cool, you rarely see snakes (all nonpoisonous), and the “stuff” hanging off trees are lichens, mistletoe, and resurrection fern that have developed intriguing adaptations to survive.



# The Dragon's Tale

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*Duckweed*



*Pickerelweed*

The blooming flora really comes alive in summer with abundant tiny floating leaves of duckweed (showcasing North America's smallest flower, if you could see them), abundant pickerelweed with its spikes of gleaming purple flowers, and our stunning native swamp rose, lovelier and more delicate than its Asian cousins. With pale pink flowers it lights up the banks and hummocks along Dragon Run.

Pickerelweed is an eastern North American aquatic plant living in waters to a depth of a foot or two and rising above the water about two or three feet. It is abundant along the sunnier parts of Dragon Run and at this time of year pickerelweed is in its blooming splendor. The large waxy green leaves have spectacular purple flower spikes covered in small flowers.

The small flowers on the spike have yellow markings which are thought to be nectar guides to help pollinators find the nectar and, in the process, pick up pollen.



# The Dragon's Tale

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*Swamp rose and common eastern bumble bee*

These guides have co-evolved with specific pollinators. There are at least two pickerelweed-specific bees – one is the pickerelweed long-horned bee, and the other is the pickerel short-face bee. Both bees are solitary bees living along banks near, you guessed it, pickerelweed.



*Pickerelweed*



# The Dragon's Tale

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While many insects may visit pickerelweed for nectar, it appears that these two bees are the key pollinators, and the pickerelweed provides the pollen necessary for young bees and nectar for the adult. The relationship between the pickerelweed and these two bees is tight and necessary for each to survive – an example of coevolution at its finest.

Swamp rose also ranges throughout eastern North America. We see it in summer along the water's edge especially on small hummocks created by the bald cypress trunk buttresses where the rose grows in a tiny community usually with mosses and violets. While the swamp rose has thorns, and I always warn kayak guests not to grab the thorny canes, its flower is a real beauty. You must admire the plant for having such a fantastic adaptation as thorns to defend itself.

We often see bumblebees bumbling around in the swamp rose and they may be the best rose pollinators. In the fall, we find the rose hips – the fruit, a seed-filled red berry that reminds me of tiny radishes.



*Lizards tale*



*Button bush*



# The Dragon's Tale

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Rose hips are used to make a tea and often claimed to have a variety of medicinal benefits. They are high in vitamins, especially C, but how many do you have to eat to get a benefit – if there is one. Rose hips are sought by many animals especially fall migrating songbirds. The red color is easily seen after a migrator has been flying all night burning all that energy moving south. Rose hips are probably a welcome sight. I'm not sure how the rose hips taste to a bird but they are said to taste like a cross between a plum, a rose petal, and a tart apple. I admit that the one time I tried a rose hip, I only tasted the tart and only long enough to eject it out of my mouth.

I hope you will join us for a summer paddle because it is spectacular, and I have not even mentioned the hundreds of summer dragonflies zipping back and forth, creating an aerial show – a wildlife Cirque du Soleil. OMG, I forgot the blooming Buttonbush, Lizard's-tail, Cardinal Flower, among others. See you in the Dragon!





# The Dragon's Tale

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## **Members Are the Backbone of Our Organization**

*By Anne Ducey-Ortiz, Membership Chair*

Members are the backbone of the Friends of Dragon Run and are the best volunteers and long-time supporters. One of the reasons FODR started our paddle trips was (and still is) to get people excited about protecting this beautiful natural and cultural resource so that they join us in our mission to Save the Dragon. We welcome our new members from our recent paddle trips including our newest Life Members--Jenny McGehee and Thyra Harris--who paddled the Dragon with us this past spring and joined us for life. As of May 31, 2022, we have 324 current members - including 103 Life Members.

We have been working on improving and simplifying our membership experience and processes. Our current membership levels are Annual (\$25), Family (\$50), and Life (\$1000). Members now have an option to have automatic renewals when they join online. We will continue to expand our membership with more activities and opportunities for engagement.

One of the benefits to membership is receiving our newsletter, "The Dragon's Tale," which is published five times a year and provides articles about the ecology of the



# The Dragon's Tale

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Dragon Run watershed, announcements of activities, and updates on FODR projects and accomplishments.

In addition to the newsletter, members also receive email updates about upcoming opportunities to volunteer or participate in FODR activities. For example, we held several popular hikes on FODR properties this winter and spring so that members could experience this beautiful watershed beyond the river's edge. We also have trash pickups four times a year to pick up trash on the highways where three of the bridges cross the Dragon, and we hold periodic workdays during which we check property lines, clear trails, and perform other maintenance duties on FODR properties.

These opportunities offer members a chance to get outdoors and make a difference in something we all care about. The FODR Board also works hard to bring engaging speakers to our three general membership meetings and our annual meeting. These meetings provide an opportunity to get acquainted with other FODR members and to hear speakers present topics related to Dragon Run, conservation, nature, and environmental issues. We are currently holding our meetings via Zoom but hope to return to in-person meetings soon. We are also exploring ways to expand opportunities for members to learn more about the ecosystem we work so hard to protect.

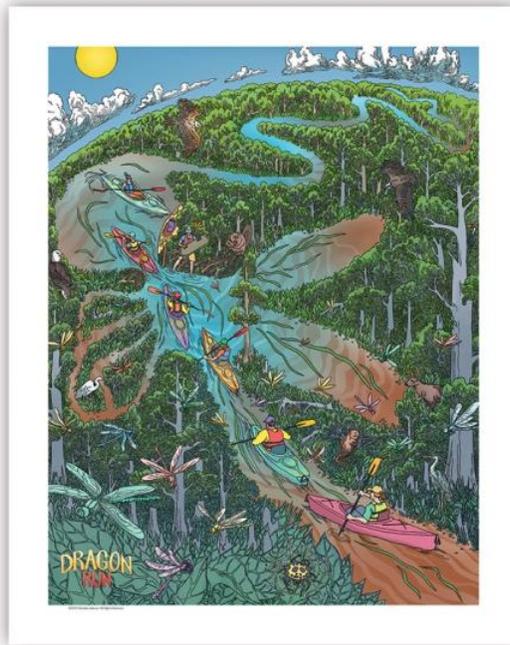
Annual membership dues provide a steady income that covers operating expenses such as taxes and insurance. The paddle trips provide additional income to help us further perform our mission of preserving the Dragon Run watershed. All our Board, committee, paddle, and logistics crew members are volunteers and all the funds we receive go right back to our mission of being good stewards of our properties, educating others about Dragon Run, and continuing preservation of this pristine resource right in our back yard.

If you have ideas or suggestions for future membership activities or ways to improve our membership experience, please contact [MembershipDragonRun@gmail.com](mailto:MembershipDragonRun@gmail.com).



# The Dragon's Tale

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## Hang a Piece of the Dragon on Your Wall

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Prints were on sale at our spring paddle trips and will be available at our summer paddles as well. You may also order one online and pick it up at one of several locations throughout this area.

For more information, visit [DragonRun.org](http://DragonRun.org). And, if you haven't picked up a copy of the spring edition of *The Local Scoop*, you can find it at one of the many shops throughout the Northern Neck and Middle Peninsula.



# The Dragon's Tale

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## Caddisflies

*By Adrienne Frank and Anne Atkins*

Because of the Dragon's unique and pristine ecosystem, researchers sometimes ask for help with accessing the Dragon as part of a research project. Teta Kain has escorted many of these researchers and wrote in an earlier article:

*One of the greatest pleasures I've had in my affiliation with Friends of Dragon Run is accompanying various scientists on treks over our properties and down the river to study and inventory the flora and fauna of the area. What wonderful treasures they find and how patient they are to explain life histories and strange habits of the critters and plants that inhabit the watershed. I've followed botanists, ornithologists, herpetologists, wetlands ecologists, and a host of other experts.*

Dr. Oliver Flint, a leading expert on caddisflies (Trichoptera), and his wife came to the Dragon multiple of times over the years to study caddisflies as well as other insects and Teta was their escort. She admits that it was hard for her to find beauty in a caddisfly. She described them as looking like:



# The Dragon's Tale

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*. . . nondescript critters, and one looks like another to me. Even Ollie cannot tell for sure if he has captured a new species, even though he can usually tell, after studying the insect with a hand lens, whether it is a male or female. The differences are so minute, that the specimen must be studied under a dissecting microscope to determine its identity. I confess that I quickly lose interest in the chase when I can't figure out which is what, and I find my eyes straying to other more recognizable delights such as the flashy blue-green iridescence of the ebony Jewel wing damselfly or the giant compound eyes of slaty-blue skimmer dragonfly.*

Even though Teta found caddisflies of little interest, they are another species in the Dragon's intricate web of life. Caddisflies are insects found in freshwater habitats. They are distant relatives of dragonflies, stoneflies, and mayflies.

Caddisflies are also called sedge-flies or rail-flies, the adults are small moth-like insects with two pairs of hairy membranous wings.



*Caddisfly larvae and case*

Caddisflies have aquatic and terrestrial stages. The aquatic larvae begin life in the water. To protect themselves, some species construct a portable case that enables them to move around in search of food. They feed on plant material, fungi, or bacteria. Adults have a short life, may not feed, and die soon after mating.

Several species are found in Dragon Run because of the bountiful clean water. They are a sensitive species and cannot tolerate pollution.

Caddisfly larvae are high quality food for fish and frogs. Adult caddisflies have wings and fly at night. They provide food for a wide array of mammals, reptiles, spiders, and many others. Fishermen use them to catch freshwater fish.

Bald eagles may be majestic and easily seen, but there are myriad unseen creatures essential to life in Dragon Run.



# The Dragon's Tale

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## Smile! You're on Amazon

*By Carol Kauffman*

If you're looking for a simple, automatic way to support Friends of Dragon Run, shop at Smile.Amazon.com. It's the same Amazon you've always known; however, AmazonSmile makes it easy to contribute to your favorite charity. No extra clicks, no extra cost, no extra set up. Just put your items in your shopping cart and checkout! Amazon takes care of the details.

Through AmazonSmile, Amazon donates 0.5% of the purchase price from your eligible AmazonSmile purchases. Almost one million 501(c)(3) public charitable organizations participate in AmazonSmile.

You can tell you're shopping from the correct page if you see the AmazonSmile logo in the corner of the page and "Supporting Friends of Dragon Run" below the search bar. When you hover over the name of the charity, you can see additional information about it and track the amount of donations you've made through your purchases.

Ready to shop and give? Follow these steps:

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Sign in with the same ID and password that you use for Amazon.com
3. Select Friends of Dragon Run
4. Start shopping!