NOTES FROM THE BOARD

Mary Keenser, President FLAP

Thank you for your continued feedback and recommendations. We have continued to work several important projects, activities and efforts; additional information is provided in this newsletter and on our social media. We would like to welcome Tony Bulmer as Acting Manager of Lake Accotink Park. Tony brings a wealth of expertise, and knowledge to Lake Accotink Park, having over nineteen years’ experience with FCPA. We look forward to continuing working with you Tony. We are very pleased to announce Adam Wynn will be our upcoming General Membership meeting guest speaker. Please plan on joining us 26 September 7:30 at 5610 Inverchapel Rd, Springfield.

Critical to our overall success are our Committee Directors, members and volunteers. We need your talents, skills, and dedication to lead or work (a few hours a month): FLAP Committees: Stewardship, Recreation, Fundraising, and Special Projects. Encourage your neighbors, colleagues, friends and family to get involved and make a positive difference to your Lake Accotink Park. To volunteer send your contact information to contact@flapaccotink.org. Thank you for being an active member of FLAP, together we can make a positive impact for our community and our Lake Accotink Park. See you on the trail.
OUR IMPACT

FLAP Volunteers continue our Positive Impact to Lake Accotink Park. Our monthly cleanups remove debris-trash from the marina, trails and woodlands, you are seeing our results! WE NEED YOUR HELP - VOLUNTEER
CRITTER OF THE QUARTER

Great Blue Heron

By Jim Hickey, FLAP Secretary and Past President

When you see that large bird in the air with very slow wingbeats, a tucked-in neck and long, trailing legs you know it is the majestic great blue heron. One of the favorite animals found at Lake Accotink Park, this heron is found through most of North America. A year round resident in the southern part of the continent, it will migrate to areas that ice over in the winter.

Heron help control fish population, feeding primarily on small fish. They can adapt to almost any wetland habitat – marshes, swamps, lakes, streams, shorelines, anywhere fish are present. But they will eat shrimp, crab, and small mammals, amphibians and reptiles. They wade or just stand in water up to two feet deep, spot their dinner and strike quickly with their long neck and bill. Herons are often found near an active beaver population, as those swimmers create areas perfect for heron foraging and nesting.

Great blue herons never stray far from the water, usually nesting in tall trees, sometimes bushes. They often nest on small islands, as this lessens the threat from some predators. Their eggs and nestlings are prey for raccoons, turkey vultures, ravens, crows and hawks. Adults are threatened only by alligators and crocodiles down south, and eagles, though rarely.

Full-grown herons stand about five feet tall, with a wingspan reaching six feet. Very lightweight at about six pounds, they can fly over twenty miles per hour. They mate with only one partner a year, and produce three to five eggs. Both male and female help raise the young in breeding colonies.

Florida has a white version of the heron, and all are protected by the Migratory Bird Treaty Act. Herons are elegant in flight, especially when taking off or landing.

Their popularity is evident by how many things are named after them. There are Great Blue Heron restaurants, golf courses, apartment complexes and parks across the land. New York boasts a Great Blue Heron music festival and Ohio is home to the Great Blue Heron brewery. So the next time you see one, take some time to just watch and enjoy the view.
FLAP UPCOMING MEETINGS – EVENTS
By Meghan Walker

https://www.facebook.com/friendsoflakeaccotinkpark/

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/19- Public meeting on Lake Accotink Master Plan</td>
<td>10/12- FCPA Cleanup at Lake Accotink</td>
<td>11/10- FLAP monthly cleanup</td>
<td>12/8- FLAP monthly cleanup</td>
</tr>
<tr>
<td>9/26- FLAP General Meeting and Lake Accotink Master Plan Update</td>
<td>10/13- FLAP monthly cleanup and Pollinator Garden care</td>
<td></td>
<td>12/12- FLAP General Meeting</td>
</tr>
<tr>
<td>10/19 FCPA Fall Festival at Lake Accotink</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Service Hours Provided For All FLAP Volunteer Activities: https://www.flapaccotink.org
https://volunteer.fairfaxcounty.gov/custom/1380/#/organization_details/71653
LAKE ACCOTINK STAFF NOTES

Anthony Bulmer,
Acting Park Manager Lake Accotink Park:
I have worked for Fairfax County Park Authority for nineteen years. I spent the first fourteen years as a naturalist with the Resource Management Department. My last four have been with the lakefront section as the person in charge of anything nature related, from programs to hiring naturalists. Before working for the park authority I was in the United States Airforce and received an honorable discharge. I can name every bird, reptile, amphibian and mammal that moves in Fairfax County. I am honored to work at Lake Accotink Park and look forward to meeting the people of FLAP.

NOTE: Tony will be attending all FLAP General Membership meetings

Operations: Park Hours: 7:00 AM – 7:30 PM
The Marina new operation hours: Weekends/Holidays 10:00 AM – 8:00 PM,
Weekday hours, 2:00 PM – 8:00 PM, begin June 17th

Programming and Events:
Registration is open for summer camp. Popular offerings like our Dog Obedience Series, Mountain Biking classes, and Kayak classes are already starting to fill up don’t miss your chance to register. Lake Accotink has expanded it summer camp offerings and now has truly unique summer camp experiences for your child(ren). Find a complete list of programs, events and camps on our website, https://www.fairfaxcounty.gov/parks/lake-accotink/classes-camps.

Need to report damage or maintenance concerns? Please call the visitor center, 703-569-3464. We appreciate your support!
U.S. EPA Region 3 Outreach

We have reached out to U.S. EPA, Region 3 in hopes of securing a guest speaker for our December general meeting. We were provided with several helpful links to EPA tools and data provided by Gina N. Soscia, Office of Public Affairs, U.S. EPA, Region 3. Use the links below to use the EPA tools and view the environmental data of Lake Accotink, Accotink Creek and much more:

**WATERS GeoViewer**

**Description**

The WATERS GeoViewer tool is an EPA GeoPlatform based web mapping application that provides access to:

- spatial data sets stored in WATERS, such as NHDDPlus, EPA and Non-EPA Linked Data.
- Watershed level reports containing both NHDDPlus and StreamCat information.
- Linked Data information, along with hyperlinks to web reports containing additional attribute information.
- Interactive Upstream / Downstream Search capabilities supporting Linked Data discovery.
- Interactive Watershed Delineation.
- Underlying EPA GeoPlatform items that can be used to create other mapping applications.

https://www.epa.gov/tmdl/resources-tools-and-databases-about-impaired-waters-and-tmdls
https://www.epa.gov/waterdata/waters-geoviewer
Don’t Feed the Animals: Wildlife Feeding Facts

By Katherine E. Edwards, Ph.D., Certified Wildlife Biologist®
Fairfax County Wildlife Management Specialist
Fairfax County Police Department – Animal Services Division

Many people enjoy feeding wildlife because it allows them to have close encounters with animals; others believe it is contributing to the overall health and survival of the animal. It may seem harmless to offer a few snacks here and there, but providing food to wild animals can have unintended consequences for both humans and wildlife. Animals of primary concern include raccoon, fox, deer, black bear, coyote and waterfowl.

Human and Animal Safety
Feeding of wildlife can threaten both human and animal safety. As wild animals are fed they tend to lose their natural fear of humans. This can create potentially dangerous situations when wild animals begin to associate people with food. There have been instances in county parks where animals, such as foxes, have approached people in picnic areas or along trails because they were accustomed to being fed. Feeding wildlife can also lead to aggression and competition among other wild animals, leading to fighting and injury, when populations become concentrated and animals are in closer contact than would naturally occur.

Diseases
Feeding wildlife increases the chance for rapid spread of disease by concentrating animals in higher numbers over a short period of time—more than they would normally experience under natural conditions. Healthy animals may become infected by direct contact with other animals or by eating contaminated feed, ingesting contaminated feces, or nearby vegetation. Any diseases, infections or parasites can be spread more readily under these conditions (e.g. rabies, distemper, parvovirus, mange, viral enteritis (aka “duck plague”), avian cholera, aspergillosis, chronic wasting disease, roundworm). Some of these diseases that affect wildlife also have human health implications.

Nutrition
Wild animals require a balanced diet for proper growth and development just like people do. Typically, many of the food items that people present to wildlife (such as bread, corn, popcorn, pastries) equate to junk food that do not provide proper nutrients. Artificial feeding can lead to malnutrition and serious health problems for wildlife. For example, waterfowl who are fed artificial foods, like bread, and suffer from poor nutrition can develop a permanent deformity called Angel Wing, which renders them unable to fly. Feeding may also impact the ability of young animals to develop necessary foraging skills to survive once they are taught to depend on human-provided food.

Environmental Impacts
Crowding of animals at feeding sites may also damage the local habitat including accumulations of droppings or trampled vegetation.

It is for these reasons that state and local authorities have implemented restrictions on feeding wildlife.
Don’t Feed the Animals: Wildlife Feeding Facts (Continued)

Park Rules- Feeding of Wildlife Prohibited
Fairfax County Park Authority regulations prohibit the feeding of any wild animal within a park unless the feeding is expressly authorized by the Park Authority by either a posted sign or in writing (§1.22 Wildlife and Habitat Protection – Part B. Feeding of Wild Animals).

State Regulations – Administered by the Virginia Department of Game and Inland Fisheries
It is against the law to feed deer from September 1st through the last Sunday in April in Fairfax County. It is also illegal to feed bears – whether intentionally or inadvertently – in Virginia year-round. Additionally, it is unlawful to place, distribute, or allow the placement of food, minerals, carrion, trash, or similar substances when it attracts any species of wildlife in such numbers or circumstances to cause property damage, endanger any person or wildlife, or create a public health concern.

Please see the links below for the full text within the Virginia Administrative Code.
http://law.lis.virginia.gov/admincode/title4/agency15/chapter40/section286

What we do in the parks impacts our wildlife community. Even though it may seem like a minor thing to offer a few crumbs of your cookie or piece of your peanut butter sandwich, it is shaping the behavior of the wild animals we love to see, and not in a good way. Unfortunately, when wildlife problems occur, it is usually the animal that suffers and pays the price, even when it is a human-created issue. For these reasons, please do not feed wildlife within county parks, clean up around picnic areas, and make sure to dispose of any trash in proper receptacles or remove it when you leave the park. Help us to keep our parks safe and our wildlife healthy and wild!

Unless the animal is sick or injured, or poses a threat to public safety, the Fairfax County Animal Protection Police do not take actions to remove bears from a neighborhood. Bear sightings should be reported to the Virginia Department of Game and Inland Fisheries through the Virginia Wildlife Conflict Helpline at (855) 571-9003. The Fairfax County Animal Protection Police can be reached through the Police non-emergency number at 703-691-2131.
MASTER PLAN UPDATE

Adam Wynn, Senior Landscape Architect and Project Manager will be attending our General Membership meeting 26 September to discuss the status of the Master Plan, including LAP dredging project options and answer your questions.

The Lake Accotink Park CIP dredging project was presented to the BOS budget committee on 17 September. You can download the presentation and the 2020-2024 CIP at [https://www.fairfaxcounty.gov/budget/board-supervisors-budget-committee-meeting-september-17-2019](https://www.fairfaxcounty.gov/budget/board-supervisors-budget-committee-meeting-september-17-2019) you can also watch the presentation on channel 16 at [https://www.fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television](https://www.fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television)

ATTEND the FLAP GM meeting 26 September (see events section) to ask questions directly to the PM
FLAP LAKE ACCOTINK POLLINATOR EDUCATIONAL GARDEN

The garden is installed; we are using mulch supplied by FCPA along with additional mulch we will be purchasing to complete the first phase of the garden. We are in need of Volunteers to help water and maintain it.

NEXT STEPS:

- Determine location of main signs
- Develop sign designs
- Staff the designs for approval
- Obtain approval for bench (signage on bench)
- Obtain Funding for all
- Develop installation schedule
- Staff for approval
- Dedication Ceremony

Please provide your input to contact@flapaccotink.org
SOUND OFF - OUR LAKE ACCOTINK PARK

By Karole Nielsen

Why Pet Waste stands?
The pet waste stands along the Lake Accotink trail are an important part of keeping our watershed safe and clean. When pet waste is washed into lakes or streams the waste decays, it uses up oxygen and sometimes releases ammonia. Pet waste also contains nutrients that encourage weed and algae growth.

This summer the stands along the Lake Accotink trail supplied 3200 bags to dog walkers in the Park. It is estimated that the average dog excretes .75 pounds of waste every day. http://clearchoicescleanwater.org (Judging from the size and weight of the dogs I see on the trial, this is a conservative estimate). If each bag contained .5 to .75 pounds of dog waste, then the this summer alone the use of the stands prevented anywhere from 1200 to 2400 pounds of waste from entering the lake.

The question is often asked “Why can’t dog owners bring their own bags? Many do! Some of the reasons people do not pick up their pet waste include forgetting bags at home, forgetting to buy bags, too cheap to buy bags, no waste bins nearby, don’t want to carry a bag, or don’t want to stop while on a power walk or run. Many believe that the waste will break down naturally in the ground and do not realize it poses a threat to the watershed. Conveniently placed stands and waste bins along with signs educating dog owners about the problem will hopefully encourage use by all dog owners who use the trail. If all dog lovers who use park do their part, we can continue to enjoy a safe and beautiful lake for years to come.

NOTE: FLAP funds the Dog Waste Stations (donate at the GM meeting or mail to FLAP at P.O. Box 1203, Springfield VA 22151). Your tax deductible donations will be accepted through our donation link at https://flapaccotink.org shortly.
SOUND OFF

FLAP Storage Shed
Several years ago our FLAP storage shed was broken into and all our tools (used to clean and maintain Lake Accotink trials, lake shoreline and streams. Our current shed is being used to store firewood, resulting in our volunteer members hauling the tools and supplies to every event. We have asked the park to relocate our storage shed in a more visible area, after which we will fix the door, lock and add shelves and signage. We are asking you to consider this project for school credit, community project (contact@flapaccotink.org).
YOUNG FLAPers

The Climate Crisis: We Care

By Yasmine L. Marrero, Edison High School Student

Currently, coral reefs and sea life are dying at an alarming rate. Extreme weather is becoming more frequent, and our glaciers are melting at an alarming rate. Clear cutting and forest fires are increasing CO2 levels to heights never seen before. Global warming and climate change are facts we are aware of, but now what?

We are passing on our Earth to new generations; ones who are worried about their future home and are determined to prevent its destruction. We have a responsibility to take care of and cherish our planet. As inhabitants of it, we must band together to save this Earth from our own devastating actions.

Greta Thunberg sailed across the Atlantic to stand behind her beliefs. While we may not have the means to do that, we can make a big impact. We can use our purchasing power message to big corporations that we will not stand by about their we must

ruin our ecosystems for profit. Shopping sustainably, repurposing, and recycling greatly decreases the amount of waste we create. By engaging with the community and participating in neighborhood clean-ups, we can prevent waste from ever reaching our lakes and rivers. We can reduce our carbon footprint by walking, biking, carpooling, or taking public transportation. By planting native species, we will be providing food and a habitat for wildlife.

Saving our planet starts with small changes that will lead to great results. Anne-Marie Bonneau, an advocate for the zero-waste lifestyle, once said “We don't need a handful of people doing zero-waste perfectly. We need millions of people doing it imperfectly”. It all starts with you.
COMMUNICATIONS and OUTREACH

**Positions OPEN – Volunteer(s) Needed**

You can make a positive impact - Volunteer any amount of time to help lead or serve on any of the below committees (a few hours a month). Join us at our many volunteer events. Minimum age to serve on a committee is 16 – no maximum age. The majority of our activities / events are perfect for the entire family – we provide service hours.

**Please Submit your articles for next quarters FLAP Newsletter “Sound Off” and “Young FLAPers”**

<table>
<thead>
<tr>
<th>POSITION</th>
<th>NAME</th>
<th>e-Mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>Elissa Myers</td>
<td><a href="mailto:membership@flapaccotink.org">membership@flapaccotink.org</a></td>
</tr>
<tr>
<td>Community Outreach and Communications</td>
<td>OPEN</td>
<td><a href="mailto:communications@flapaccotink.org">communications@flapaccotink.org</a></td>
</tr>
<tr>
<td>Stewardship</td>
<td></td>
<td><a href="mailto:stewardship@flapaccotink.org">stewardship@flapaccotink.org</a></td>
</tr>
<tr>
<td>Recreation</td>
<td></td>
<td><a href="mailto:recreation@flapaccotink.org">recreation@flapaccotink.org</a></td>
</tr>
<tr>
<td>Fundraising</td>
<td></td>
<td><a href="mailto:fundraising@flapaccotink.org">fundraising@flapaccotink.org</a></td>
</tr>
<tr>
<td>Special Projects</td>
<td></td>
<td><a href="mailto:specialprojects@flapaccotink.org">specialprojects@flapaccotink.org</a></td>
</tr>
</tbody>
</table>

**sections to: communications@flapaccotink.org**
Friends of Lake Accotink Park
FLAP

ISSUE 03  September 2019

https://www.facebook.com/friendsoflakeaccotinkpark/
https://www.twitter.com/accotinkfriends
https://www.flapaccotink.org
Contact@flapaccotink.org

Mail Donations to:
FLAP or Friends of Lake Accotink Park
P.O. Box 1203, Springfield, VA 22151