

August 2018

Vol. 48, Issue 5

Kings Park West Civic Association

Greetings! I hope the summer months have been relaxing and enjoyable.

First, the Board and I are pleased to hear that three KPW volunteers were recognized at the Braddock District Council annual Best of Braddock Awards for their contributions to make this such a great place. Sarah Lennon, our KWPCA Parks and Lakes Chairperson, was awarded the Braddock District Citizen of the Year! Cathy DeLoach and Mary Hovland were awarded the Organization Making a Difference in the Braddock District! Congratulations! And of course, many thanks for our volunteers and their dedication to KPW.

The Northern Virginia Training Center Site Task Force has completed their assessment and made recommendations for the development of the site. Many thanks to Frank Cumberland, the KPWCA Task Force Representative, who participated in several community and task force meetings, planning workshops, and conducted an online survey.

Please check out Fairfax County Channel 16, or online at [www.fairfaxcounty.gov/cableconsumer/channel-16/braddock-neighborhood](http://www.fairfaxcounty.gov/cableconsumer/channel-16/braddock-neighborhood). This month's episode focuses on Environmental Stewardship – individuals who serve as stewards of our natural resources. Supervisor Cook interviews Jen Cole, the Executive Director for the Clean Fairfax Council, Paul Gross, the President of the Friends of Royal Lake (and KPW resident), and Bryan Campbell, the President of the Friends of Long Branch Stream Valley. The episodes air on Sundays and Fridays at 5 pm, and Wednesdays at 7 pm.

The 2019 budget has been prepared by the Board and is published on Page 7. The budget assumes a 950-membership participation at \$20/membership. Two key items in the budget are the three signboard replacements and the printing of the KPWCA directory. Please take a moment to review the budget. The Board will be presenting this at the Annual Fall Membership Meeting on September 25<sup>th</sup> at 7:30 pm at Robinson Secondary School, DaVala Hall. We are thankful for all neighbors who join. It is also time to elect the Board officers, which will take place at the Membership Meeting. This year, the President, Vice President, Secretary and Treasurer positions are open for election to a two-year term. You can contact Jonathan Reiser, Member at Large, via email at [boardmember1@kpwca.org](mailto:boardmember1@kpwca.org) if you are interested.

The West Springfield Police Citizens Advisory Committee would like to remind everyone that we still have a hot summer ahead of us, and donations of water to the Police Station would be greatly appreciated from any who would like to provide water for our officers. Donations can be dropped off at the West Springfield Station, 6140 Rolling Road in Springfield.

The Braddock Nights Summer Concerts are being held at Royal Lake (5344 Gainsborough Drive) on Friday evenings through August 24<sup>th</sup> from 7:30-8:30 pm. Please mark your calendars for the free community events (visit [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances)).

Please contact me at [president@kpwca.org](mailto:president@kpwca.org) with any questions or concerns. And enjoy the rest of the summer!

Best Regards, Jeanmarie Roberson

# KINGS PARK WEST CIVIC ASSOCIATION

P.O. Box 7114, Fairfax Station, VA 22039-7114

[www.kpwca.org](http://www.kpwca.org)

## OFFICERS

President	Jeanmarie Roberson	703-425-1286
Vice-President	Steve McCarty	703-978-0222
Secretary	Frank Cumberland	703-426-2868
Treasurer	Jim Mays	703-978-0317
Members-At-Large	Adrienne Barna	703-323-0518
	Mary Crowder	703-239-2581
	Jonathan Reiser	571-423-8030

## COMMITTEES

B.A.G.G. **Vacant**

### Community Support Services

Consumer Affairs	Mary Hovland	703-946-1775
Dumpster Day	Mary Hovland	703-946-1775
GMU Student Liaison	<b>Vacant</b>	
Neighbor Assist	Bruce Wallachy	703-401-0275
Welcoming	Melissa Morgan:	<a href="mailto:welcome@kwpc.org">welcome@kwpc.org</a>
Zoning, Code, Safety	Jackie Agnew	703-862-8471

### Communications

Herald Newsletter:

Display Editor	Leah Larson-Taylor	703-283-0208
Communications Editor	Samantha Juni	703-395-4049
Herald Advertising	Samantha Juni	703-395-4049
Herald Classifieds	Ejona Lika	<a href="mailto:classified@kwpc.org">classified@kwpc.org</a>
Signboards	Adrienne Barna	703-323-0518
Web Admin	Kathy Shifflett	<a href="mailto:website@kwpc.org">website@kwpc.org</a>
Membership	Patti Dickerson	<a href="mailto:membership@kwpc.org">membership@kwpc.org</a>
NW Coord.	Tara Mooney	<a href="mailto:tarajmooney@yahoo.com">tarajmooney@yahoo.com</a>
Parks & Lakes	Sarah Lennon	703-978-5608
Invasive Species	Greg Sykes	703-426-8246
Signs, St.s, Sidewalks	Jeff Root	703-323-4438

### Special Activities

Easter Egg Hunt	Pack 1967	
Halloween Festival	Jeanmarie Roberson	703-425-1286
	Keith Jodoin	<a href="mailto:kjodoin@gmail.com">kjodoin@gmail.com</a>
Scholarships	Gayle Ostrom	703-323-0206

## Email Addresses for KPWCA Inc.

### OFFICERS

President	<a href="mailto:President@kwpc.org">President@kwpc.org</a>
Treasurer	<a href="mailto:Treasurer@kwpc.org">Treasurer@kwpc.org</a>

### COMMITTEES

Membership	<a href="mailto:Membership@kwpc.org">Membership@kwpc.org</a>
Welcome Coordinator	<a href="mailto:Welcome@kwpc.org">Welcome@kwpc.org</a>
Consumer Affairs	<a href="mailto:Consumer@kwpc.org">Consumer@kwpc.org</a>
Zoning	<a href="mailto:Zoning@kwpc.org">Zoning@kwpc.org</a>
B.A.G.G.	<a href="mailto:BAGG@kwpc.org">BAGG@kwpc.org</a>
Parks & Lakes	<a href="mailto:Parks@kwpc.org">Parks@kwpc.org</a>
Signs, St.s, Sidewalks	<a href="mailto:St.s@kwpc.org">St.s@kwpc.org</a>
Neighborhood Watch	<a href="mailto:Watch@kwpc.org">Watch@kwpc.org</a>
Scholarships	<a href="mailto:Scholarships@kwpc.org">Scholarships@kwpc.org</a>
Neighbor Assistance	<a href="mailto:NeighborAssist@kwpc.org">NeighborAssist@kwpc.org</a>

### HERALD STAFF

Editor	<a href="mailto:Editor@kwpc.org">Editor@kwpc.org</a>
Classifieds	<a href="mailto:Classified@kwpc.org">Classified@kwpc.org</a>

Advertising See Below

### General Information

Community Association	<a href="mailto:Info@kwpc.org">Info@kwpc.org</a>
	<a href="mailto:KPWHO@kwpc.org">KPWHO@kwpc.org</a>

## How Do I Advertise in The Herald?

**CLASSIFIEDS:** KPWCA Newsletter classified advertisements for the September 22nd issue must be received no later than September 5th by Ejona Lika, 9810 Bronte Drive, Fairfax, VA 22032, or email [classified@kwpc.org](mailto:classified@kwpc.org). Please print clearly, and include payment to KPWCA. Furnish your name, address, and phone number. Rates: KPWCA members, \$2 for each 15 words; nonmembers, \$5 first 25 words, plus \$3 for each additional 15 words. Found items listed free.

**ADVERTISEMENTS:** KPWCA Newsletter Advertisements are received by Samantha Juni; please email [editor@kwpc.org](mailto:editor@kwpc.org). Contact Samantha for rates.

## How Do I Get My News in The Herald?

The easiest way to get your news items in The Herald is to e-mail the editor at [editor@kwpc.org](mailto:editor@kwpc.org). We invite items on neighborhood schools, churches, organizations, and other noteworthy neighborhood news. News items and letters will be published if deemed suitable and as space permits. We reserve the right to edit any item submitted to The Herald. Acceptance of news items does not constitute endorsement by KPWCA.

## How Do I Join the Kings Park West Civic Association?

Send your name, address, and phone number, along with a check for \$20.00, to KPWCA, P.O. Box 7114, Fairfax Station, VA 22039-7114. Members receive the Community Directory and support from community programs such as Neighborhood Watch, Scholarship Awards, community social activities, Parks & Lakes Clean-up, and a free subscription to The Herald. Alternatively, go to [www.kpwca.org](http://www.kpwca.org) and pay using PayPal.

## The Herald

Published eight times yearly by the KPWCA.

NEXT DEADLINE is September 5, 2018

for delivery on September 22, 2018

Note: Acceptance of articles and advertising does not constitute endorsement by KPWCA, nor liability for products or services advertised in its publications.

**SUBSCRIPTIONS:** If you are moving out of the neighborhood and want to keep in touch with what's happening, gets a subscription. Send \$20 per year to:

KINGS PARK WEST CIVIC ASSOCIATION  
P.O. Box 7114, Fairfax Station, VA 22039-7114.

### Volunteer Opportunities

**Herald Classified Ads Coordinator:** *2-4 hours per issue.* Receives and organizes all classified ads by coordinating communication with interested parties, manages and submits fees, and maintains the ads and payment records database. Please contact [classified@kpwca.org](mailto:classified@kpwca.org) or call 703-459-4577.

**Herald Display Ads Coordinator:** *2-3 hours per issue.* Coordinates communication with interested parties for business ads, manages and submits fees, and maintains the payment records database. Please contact [editor@kpwca.org](mailto:editor@kpwca.org).

**KPWCA Sign Posting:** *30 minutes per month.* KPWCA maintains three signs that serve to keep KPW residents informed of community activities. We have a team for each sign and would like to add a member to each team. Responsibility is to post announcements provided by the KWPCA Board periodically throughout the year.

**Parks & Lakes Committee:** We are looking for 3-5 motivated members to help plan and organize twice-a-year park/lake clean-ups. *A few hours per month in the months leading up to the April and October clean-ups.* Please contact Sarah Lennon at [parks@kpwca.org](mailto:parks@kpwca.org) and/or [sarahjlennon@gmail.com](mailto:sarahjlennon@gmail.com).

**B.A.G.G. Coordinator:** *1-2 hours per month.* Coordinates annual contract for common area maintenance, coordinates purchase/delivery of mulch for common areas, coordinates common area clean ups with volunteers, monitors the KPW subdivision signs and signboards for maintenance and arranges for repairs. Please contact Jeanmarie at [president@kpwca.org](mailto:president@kpwca.org).

**Neighbor Assist Volunteers:** *As needed.* Looking for friendly callers (a great way to volunteer without having to leave your home), computer experts to provide IT assistance, and handyman volunteers. Contact Bruce Wallachy at [wallbdc@gmail.com](mailto:wallbdc@gmail.com) or call 703-401-0275.

**Road Raiders:** *1/2 hour each month.* Performs common area clean-up around neighborhood once per month early Saturday mornings. Please contact Sarah Lennon at [sarahjlennon@gmail.com](mailto:sarahjlennon@gmail.com).

**Invasive Management Area:** *3 hours a few times per year.* Details at [www.grsykes.com/main.php?page=32](http://www.grsykes.com/main.php?page=32). Send an e-mail to [greg@grsykes.com](mailto:greg@grsykes.com) and ask to be on the volunteer distribution list.

### The Turtles Are Back... and So Are the Snakes

*By Tony Vellucci*

If you've walked around the lake recently, you can't help but notice that the turtles are back; it seems there are more now than before the lake was dredged. And so are the snakes.

Most snakes in Virginia are harmless to humans and are necessary to help keep the rodent population in check. In fact, of the thirty-four snake species known to live in the state, only three are venomous. And of the three, only one is found in northern Virginia – the northern copperhead. The other two, the eastern cottonmouth and the timber rattlesnake, are found in other parts of the state.

Sightings of snakes in and around Royal Lake have included the northern water snake, the queen snake, the black rat and eastern rat snakes, and milk snakes. Of these, the eastern rat snake is the only six-foot-plus snake found in Virginia. Most often, snakes hide under rocks or logs or in holes along the water's edge as they either wait for prey, or rest to digest the prey they just consumed.

If you come across a snake, the best thing to do is to just let it be and allow it to naturally play its part in the eco-system. For more information not only about snakes, but also frogs and toads, other lizards, and turtles, visit the Virginia Herpetological Society website at [www.virginiaherpetologicalsociety.com](http://www.virginiaherpetologicalsociety.com). The site provides a wealth of information about reptiles, such as their appearance and distribution in the state. It also contains a listing of "dos and don'ts" in the event of a venomous snake bite.



**FCPA Honors KPW Resident John McAnaw**

*Tony Vellucci*

If you walk, jog or run around Royal Lake, you may have noticed some new signs on the path. On May 17, 2008, in a ceremony at Royal Lake Park, the FCPA honored long-time KPW resident John P. McAnaw by naming the areas comprising Royal Lake Park, Lakeside Park, Kings Park West Park and their surrounding areas as the John P. McAnaw Woodlands & Recreation Area at Royal Lake.

Winnie Shapiro, the Park Authority Board Member for the Braddock District, and long-time KPW resident, provided opening remarks at the ceremony and noted that, “every once in a while, someone comes along willing to do more than their share. Willing to go that extra mile. Willing to make the local park a life’s work. John McAnaw is one of those individuals and I am very glad that the Park Authority agreed unanimously to pay tribute to him.” Ms. Shapiro continued: “This is not an action we take lightly or an action we take very often. For an individual to be recognized by the Park Authority Board in this manner reflects the importance and the contribution the individual made.”

Ms. Shapiro then introduced Braddock Supervisor Sharon Bulova, who praised John’s hard work and determination. She noted that, “in his role as Chairman of the [KPWCA] Parks and Lakes Committee, John has worked hand-in-hand to resolve issues dealing with gravel along the trail, trash clean up, reinforcing eroded areas, raising trail areas subject to flooding as well as cleaning up after storms. In short, he has done a lot and the result is folks from Kings Park West, as well as residents of Rolling Woods Estates, Lake Pointe and Glen Cove, to name just a few, have the opportunity to enjoy the view and pastoral surroundings.”

John then got up and offered his remarks, saying that he certainly did not this by himself, but had lots of help through the years from many organizations, such as the local girl and boy scout troops and packs, from members of his VFW post, from both Robinson and Lake Braddock students, from various church groups, and of course, from the community itself. John also thanked the many Park Authority personnel who have given support to the park over the years. John then offered special thanks to his wife Mary. After that, the guests of honor and John unveiled the sign. A short reception followed the ceremony. Supervisor Bulova summed it up best when she said, “Thank you John and thank you for allowing us to be a part of this special celebration.”

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## **KPWCA FY 19 (2018-10-01 to 2019-09-30) Budget**

*James Mays, KPWCA Treasurer*

The Board has prepared an FY19 budget for the October 1, 2018 to September 30, 2019 Fiscal Year. The FY 18 budget and expenditures are on track as of July 31. The FY 19 budget is based on this year's budget and expenditures, with several differences.

- The Board is planning to replace the existing three message boards with upgraded signs. The capital improvement cost will be covered under our cash reserves and optional donations made to the Common Area Maintenance and Unrestricted Community accounts.
- KPWCA is doing an insurance review. We expect an increase since our insurance company has said that we need to list community activities KPWCA supports that they were not aware of, like the Spring Easter Egg Hunt.
- We publish the KPWCA Directory every two years. This addition is an increase over last year's budget.

The membership drive allows members to make optional donations for community interests. Optional income and expenditures are not part of the budget process. We put the optional donation funds into QuickBooks equity accounts, and we only spend the optional donations for what they were intended. Optional donations are not zeroed out at the end of the year. Any remaining funds are kept in each optional equity account and are carried over for use in future fiscal years.

This year, some of the optional accounts supported these organizations and activities:

- Optional Volunteer Fire Department donations are sent to Burke VFD (60%) and Fairfax VFD (40%) that cover Kings Park West. So far this year, we have received optional donations of over \$4,700 that will be divided between these two organizations at the end of the Fiscal Year.
- Optional Boy Scout donations of \$670 were divided between Troop 1966, Pack 1967 and Pack 1968.
- Optional Scholarship donations of \$906 were divided between the two scholarships that we awarded, in addition to \$1,000 that they each received from budgeted funds.
- Optional All Night Graduation Party checks totaling over \$900 were sent to Robinson and Thomas Jefferson, in addition to the \$200 and \$50 amounts budgeted for these two schools.

This plan requires us to balance the budget by planning to use income from our reserves designated as Other Income.

Members that would like to comment on the budget are encouraged to attend the September general membership meeting where it will be voted on. Board members will be available to answer questions.

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### **KPWCA Board Offices Open for Nomination**

*By Jonathan Reiser*

During August and through September 25th, you can be a nominee (or nominate another KPWCA member) for the four Officer positions (President, Vice President, Treasurer and Secretary) whose two-year terms expire as of our September 25, 2018 meeting.

The nominees must be willing to serve the full term, act on behalf of and for the benefit of KPWCA and its members, and be approved by ballot by the members, or their proxies, present at the meeting.

The incumbents of these positions are Jeanmarie Roberson (President), Steve McCarty (Vice President), Jim Mays (Treasurer), and Frank Cumberland (Secretary). All of the incumbents are eligible to run for at least one more two-year term.

To nominate yourself or someone else prior to the meeting, contact Jonathan Reiser, Board Member at Large, at [Boardmember1@kpwca.org](mailto:Boardmember1@kpwca.org) or (571) 423-8030, between now and September 25th, or submit the nomination in person at the meeting.



**Kings Park West Civic Association**  
**FY19 DRAFT Budget**  
**October 01, 2018 through September 30, 2019**

		<u>Budget</u>
Income	Directory Ads	200.00
	Herald Classified Ads	700.00
	Herald Display Ads	8,500.00
	Herald Subscriptions	50.00
	Investment Income	20.00
	Member Dues	19,000.00
	Other Income	26,730.00
<b>Total Income</b>		<b>55,200.00</b>
Expense	<b>Admin &amp; Misc Expenses</b>	
	Bank Charge	60.00
	BDC of Community Assoc Dues	100.00
	Insurance	5,000.00
	Other Admin & Misc Expenses	150.00
	PayPal Fees	140.00
	State Corporate Registration	25.00
	Tax Prep & Filing Fees	100.00
	Volunteer Appreciation Dinner	260.00
	<b>Total Admin &amp; Misc Expenses</b>	<b>5,835.00</b>
	<b>Common Area Maintenance</b>	
	Area Maintenance Contract	3,000.00
	BAGG Expenses	150.00
	Message Board Maintenance	16,800.00
	Parks and Lakes Maintenance	250.00
	Utilities	210.00
	<b>Total Common Area Maintenance</b>	<b>20,410.00</b>
	<b>Communications</b>	
	Herald Admin Expenses	10.00
	Herald Delivery	3,000.00
	Herald Printing	14,000.00
	Website kpwca.org	150.00
	<b>Total Communications</b>	<b>17,160.00</b>
	<b>Membership</b>	
	Admin Expenses	120.00
	Block Captain Appreciation	300.00
	Directory Printing	3,100.00
	Welcome Committee	100.00
	<b>Total Membership</b>	<b>3,620.00</b>
	<b>Special Activities</b>	
	Fall Halloween Festival	2,200.00
	Spring Easter Egg Hunt	300.00
	Spring/Fall Dumpster Day	1,500.00
	Winter Home Decorating Contest	75.00
	Yard of the Month	100.00
	<b>Total Special Activities</b>	<b>4,175.00</b>
	<b>Youth Support Services</b>	
	Boy Scouts Sponsor Support	700.00
	Grad Party Robinson Support	200.00
	Grad Party T Jefferson Support	50.00
	Scholarship Admin Expenses	50.00
	Student Scholarships	3,000.00
	<b>Total Youth Support Services</b>	<b>4,000.00</b>
<b>Total Expense</b>		<b>55,200.00</b>
<b>Net Income</b>		<b>0.00</b>

## Understanding Orchids: Part 2

By Greg Sykes ([greg@grsykes.com](mailto:greg@grsykes.com))

In *Understanding Orchids: Part 1* (June 2018), we learned how orchids interact with their environment, especially their dependency on the soil fungal network and other forest plants. We discovered that orchids are biological barometers, i.e., what is good for them benefits other species within that community. The article introduced several orchid species native to Northern Virginia. Whereas some of those species are commercially available, they are anywhere from difficult to impossible for most people to grow and the orchids waste away. Gardeners who would like to responsibly and sustainably give a Virginia native orchid a go have a couple of choices. Both options are bog orchids, requiring a moist, sunny location.

The easiest species to cultivate is the Chadds Ford orchid (*Spiranthes odorata*, sometimes listed as *S. cernua odorata*), also called fragrant ladies'-tresses and marsh ladies'-tresses. The “odor” part of their Latin name comes from the creamy white blossoms’ strong vanilla smell<sup>1</sup>. Whereas it can grow in moist garden conditions, they thrive and reproduce in rain gardens containing acidic, low-nutrient soil. During dry periods, these plants need non-chlorinated water in this sourcing preference: 1) rain-water (retained from previous storms), 2) spring water, 3) reverse osmosis water, and 4) distilled water.

The grass pink orchid (*Calopogon tuberosus*) is another species worth bearing in mind for a home rain garden or other sunny, soggy spot. In the wild, it is most conspicuous when sprouting up along roadsides, turning the ditches pink during the summer blooming season. Unlike the Chadds Ford orchid’s spikes-loaded rows of small flowers, the grass pink only produces a handful of scentless blossoms on stems approximately one foot tall. The intense, magenta flowers span an inch across. Whereas this plant is not a grass, its common name hails to the long, narrow leaves – thinner than those of just about any other orchid species. In fact, when not in bloom, the casual observer could mistake this plant for a grass! In home gardens, grass pink orchids flourish under the same growth conditions as described for Chadds Ford orchids. However, grass pinks are more temperamental bloomers, sometimes foregoing annual flowering events. These orchids also reproduce slowly; dividing a clump – a common practice to create multiple smaller clones from a single “mother” plant – can injure the specimen.

The ideal way to study orchids is by observing them in the wild, which means they need healthy habitats populated by other native plants, fungi, bacteria, and pollinators. Anyone searching for local orchid species will be out of luck in woods dominated by non-native invasive trees, such as Bradford pear (*Pyrus calleryana*), mimosa (*Albizia julibrissin*), princess tree (*Paulownia tomentosa*), and Higan cherry (*Prunus subhirtella*, also called weeping cherry) – all of



**Figure 1.** Chadds Ford orchids bloom in late summer and early autumn. The spiraling floral spikes reach approx. 14 inches tall. This specimen grows in a rain garden with carnivorous pitcher plants (background).



**Figure 2.** Found throughout the eastern half of North America, grass pink orchids are generally widespread though can be endangered at the state level.

<sup>1</sup> The interesting connection is that vanilla – the same spice flavoring many foods – is from an orchid, officially named *Vanilla planifolia*. Calling its edible seedpod a “vanilla bean” incorrectly implies that vanilla is a legume. Opening the fruit reveals minuscule seeds common to orchids. Due to crop failures, vanilla is now worth more than its weight in silver and is second only to saffron as the world’s most expensive spice.



which are weeds targeted by the FCPA Invasive Management Area (IMA) program. Likewise, orchids are absent in areas where exotic weeds smother the ground. Native orchids require natural, undisturbed habitat rich with native biodiversity – no encroaching, trampling, digging, dumping, draining wetlands, mowing, or other destructive actions.

When looking for orchids or other cool plants, please stay on the trail, since recreational stomping through woods destroys those living treasures. Loving the parks is great, but please refrain from loving them to death! In natural areas where people stick to the trails, orchids grow next to paths. Their dust-like seeds enable rapid dispersion so new orchids can settle onto a plot if the habitat is right. Case in point, Part 1 discussed how a cluster of lady's slippers were wiped out from Royal Lake Park. Now the good news: this spring, an IMA patrol found a single new pink lady's slipper growing far from where the others were! A tiny seed, from near or far, settled into ideal habitat and prospered!

Would you like to help make Royal Lake Park a better place for native orchids and other sensitive plants? Join us on Saturday, August 25, 2018, from 7:00-10:00 am for an IMA habitat restoration workday! To RSVP and get the exact meeting site with workday details, send an e-mail to [greg@grsykes.com](mailto:greg@grsykes.com) with your request. At the end of the session, one lucky person who works the whole three hours will win a Chadds Ford orchid, which was locally garden-propagated and donated to us!

#### References and Bibliography:

- Brown, Paul Martin and Stan Folsom. 1997. *Wild Orchids of the Northeastern United States*. Cornell University Press, Ithaca, New York. pp. 236.
- Cutlip, Kimbra. February 28, 2018. Why the conservation of orchids is no simple matter. *Smithsonian Magazine*. [smithsonianmag.com/smithsonian-institution/why-conservation-orchids-no-simple-matter-180968270/](http://smithsonianmag.com/smithsonian-institution/why-conservation-orchids-no-simple-matter-180968270/)

Additional material is at these websites:

- [bgci.org/garden.php?id=4901](http://bgci.org/garden.php?id=4901)  
[gardenista.com/posts/everything-you-need-to-know-about-north-american-native-orchids/northamericanorchidcenter.org/](http://gardenista.com/posts/everything-you-need-to-know-about-north-american-native-orchids/northamericanorchidcenter.org/), also under [goorchids.northamericanorchidcenter.org/](http://goorchids.northamericanorchidcenter.org/)  
[usbg.gov/conserving-north-america%E2%80%99s-native-orchids](http://usbg.gov/conserving-north-america%E2%80%99s-native-orchids)

For information purposes only and not an endorsement, two companies selling sustainably propagated orchids are Plant Delights Nursery, Inc. ([plantdelights.com](http://plantdelights.com)) and Sunshine Farm and Gardens ([sunfarm.com](http://sunfarm.com)).

For further reading and links to additional resources, see the full article by scanning the QR code with your smart phone or go to: [www.grsykes.com/pdf/eco-articles/84a\\_2018-08.pdf](http://www.grsykes.com/pdf/eco-articles/84a_2018-08.pdf)



\* \* \* \* \*

# REAL ESTATE CORNER

by Mary and Cathy



## KPW STATS

43 Sold YTD • 3 Under Contract • 6 Active Listings  
 Average List Price: \$593,156 • Average Sold Price: \$593,221

KPW's real estate market has been HOT this summer! Well-presented homes have received multiple offers and even poorly presented houses are starting to sell (though at a lower price). Inventory is low - it's a great time to sell!

Address	Model	List Price	Sales Price	DOM	Status	Address	Model	List Price	Sales Price	DOM	Status
10412 Stallworth Ct	Baron	\$675,000	\$680,000	2	SOLD!	5102 Pommeroy Dr	Prince	\$524,200	\$521,400	136	SOLD!
10444 Collingham Dr	Baron	\$685,000	\$685,000	3	SOLD!	4939 Gainsborough Dr	Prince	\$534,888			Active
10188 Bessmer Ln	Baron	\$685,000	\$675,000	0	SOLD!	5213 Ellington Ct	Prince w/sunroom	\$575,000	\$580,000	2	SOLD!
10329 Commonwealth Blvd	Baron	\$650,000	\$658,000	24	SOLD!	5080 Coleridge Dr	Queen	\$575,000	\$569,500	32	SOLD!
4762 Tapestry Dr	Baron	\$644,900			Contract	10017 Latimer Ct	Queen	\$575,000	\$582,003	5	SOLD!
10305 Nantucket Ct	Baron	\$675,000			Contract	5399 Gainsborough Dr	Queen	\$575,000	\$558,000	22	SOLD!
10325 Commonwealth	Baron w/unf bsmt	\$640,000	\$628,965	30	SOLD!	9712 Commonwealth Blvd	Queen	\$529,900	\$521,000	161	SOLD!
10307 Nantucket Ct	Cromwell	\$575,000	\$575,700	28	SOLD!	5211 Claridge Ct	Queen	\$575,000	\$580,000	7	SOLD!
10178 Bessmer	Cromwell	\$569,900	\$562,900	6	SOLD!	4955 Swinton Dr	Queen	\$579,900			Active
4745 Fardon Ct	Cromwell	\$549,000	\$530,000	88	SOLD!	5131 Richardson Dr	Queen w/addition	\$585,000	\$585,000	27	SOLD!
5209 Richardson	Duchess	\$563,000	\$562,250	0	SOLD!	10021 Whitefield St	Queen w/addition	\$599,900	\$580,000	24	SOLD!
10206 Bessmer Ln	Duchess	\$560,000	\$560,000	5	SOLD!	5212 Richardson	Queen w/addition	\$699,000	\$715,000	1	SOLD!
10314 Commonwealth Blvd	Duchess	\$544,900	\$536,400	19	SOLD!	5921 Cove Rd	Queen w/addition	\$669,900	\$672,000	4	SOLD!
5211 Noyes Ct	Duchess	\$589,900			Active	5307 Stonington Drive	Queen w/addition	\$659,000	\$672,000	8	SOLD!
10006 Whitefield St	Duchess	\$544,900			Active	10023 Eastlake	Queen w/enclosed garage	\$575,000	\$560,000	18	SOLD!
4905 Wheatstone	Duchess w/addition	\$625,000	\$625,000	33	SOLD!	5209 Pommeroy Dr	Regent	\$615,000	\$615,000	0	SOLD!
4906 Wycliff Ln	Duchess w/pool	\$600,000	\$600,000	8	SOLD!	5118 Pumphrey Dr	Regent	\$573,000	\$571,000	24	SOLD!
4936 Gainsborough Dr	Duke	\$514,000	\$490,000	61	SOLD!	5236 Pumphrey Dr	Regent	\$624,900	\$600,000	5	SOLD!
10010 Latimer Ct	Duke	\$505,000	\$505,000	30	SOLD!	5212 Noyes Ct	Regent	\$625,000	\$635,000	1	SOLD!
5209 Richardson	Duke	\$550,000	\$550,000	31	SOLD!	10161 Bessmer Ln	Regent	\$600,000	\$605,000	4	SOLD!
4972 Swinton	Duke	\$549,000	\$532,530	113	SOLD!	10447 Collingham Dr	Regent	\$600,000	\$606,100	3	SOLD!
9895 Becket Ct	Duke	\$535,000			Active	4988 Swinton Dr	Regent	\$585,000	\$584,750	6	SOLD!
10010 Latimer Ct	Duke	\$550,000			Contract	5240 Pommeroy Dr	Regent w/add on lake	\$695,000	\$690,500	0	SOLD!
4824 Gainsborough Dr	Essex	\$535,000			Active	5208 Ellington Ct	Regent w/addition	\$650,000	\$650,000	3	SOLD!
9702 Commonwealth Blvd	King	\$500,000	\$482,000	76	SOLD!	10028 Eastlake Dr	Regent w/addition	\$725,000	\$735,000	86	SOLD!
5364 Gainsborough	King w/sunroom	\$580,000	\$580,000	0	SOLD!	5275 Pumphrey Dr	York w/basement	\$525,000	\$521,500	5	SOLD!

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### Invitation to Join a Stream Mussel Rescue Party

By Tony Vellucci

The Friends of Accotink Creek (FACC) want to invite you to join their party this summer! A mussel rescue party! At one time, fresh water mussels are believed to have inhabited a number of streams in Fairfax County; however, today the only place Accotink Watershed stream mussels survive is just south of the dam at Lake Accotink.

Fresh water mussels are not cute, warm or cuddly, but they do play an incredible and important role in lake and stream ecology – acting as water filtering and purification agents. And for that reason alone, they are worth saving, and we should make every attempt to save as many as possible. The FACC and Friends of Lake Accotink Park (FLAP) funded a fresh water mussel study about three years ago to learn more about these amazing organisms that can live to be eighty-years-old. The study determined that a primary impact to thriving populations is sediment caused by stormwater run-off. The study is posted on the FACC website at [www.accotink.org/2015/MusselSurvey2015.htm](http://www.accotink.org/2015/MusselSurvey2015.htm)



FACC is determined to save the fresh water stream mussels in Accotink Creek. After major storms, many mussels are picked up by the raging stormwater and deposited high on the stream banks. Unable to return to the stream bed on their own, they are easy prey for predators. FACC routinely sponsors Mussel Rescue Parties after major summer storms; volunteers go into Accotink Creek and return the mussels to the stream bed.

If you want to volunteer for a mussel rescue party, please contact the Friends of Accotink Creek at [accotink.org/contact.htm](http://accotink.org/contact.htm) and let them know of your interest. This is a great task for service hours that involves more than just picking up trash. Please remember that as a mussel rescue party volunteer, you will get wet and muddy, so dress accordingly.

\*\*\*\*\*

### Concerts at Good Shepherd



#### Concert Series 2018-19

This is the 7<sup>th</sup> season of concerts by prominent regional and national artists with something to fit every music taste. Join us for the first event on August 19, 2018.

#### Leonard Sanderman, Organist

Sunday, August 19, 6:00 pm (Sanctuary) - FREE!

A free organ recital featuring British organist Leonard Sanderman will kick off the 2018-2019 *Concerts at Good Shepherd* season. This brilliant young organist will present a program of music by Buxtehude, Mozart, and others as part of his U.S. tour.



Please join us at 6:00 pm for a wonderful hour of music followed by a festive reception.

Tickets for the upcoming season are on sale now at [www.brownpapertickets.com](http://www.brownpapertickets.com).

\*\*\*\*\*

The Church of the Good Shepherd

[www.good-shepherd.net](http://www.good-shepherd.net)



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**Get Off the Couch**

A roundup of family-friendly weekend events around the region...

**August 25-26****Shakespeare Theatre Company**

The company kicks off its season with their traditional *Free for All* performances. This year's offering is Shakespeare's *Romeo and Juliet*. Tickets go fast, so get there early. An online lottery for tickets will also be held. **\*\*FREE\*\*** Sidney Harman Hall, 610 F St., NW, DC. Check the website for times. [www.shakespearetheatre.org/events/free-for-all/](http://www.shakespearetheatre.org/events/free-for-all/)

**Starlight Cinema Drive-In**

FCPA presents **\*\*FREE\*\*** movies Saturday nights in August. This week's offering is "Coco." Tune into the movie on your car stereo's sound system. Or, bring chairs or a blanket and watch under the stars. Evening begins with free children's games and rides, as well as food available for purchase. Gates open at 6 pm, movies start at dusk. At Trinity Center Park, 5875 Trinity Pkwy, Centreville. [www.fairfaxcounty.gov/parks/performances/coco-movie/082518](http://www.fairfaxcounty.gov/parks/performances/coco-movie/082518)

**Northern Virginia Reptile Expo**

There's probably no better place to see your favorite reptile up close than the Northern Virginia Reptile Expo. 9 am – 3 pm. Saturday only, at the Prince William County Fairground. Children 3-9 \$3, adults \$8. Presented by the Maryland Reptile Farm. [mdreptilefarm.com/](http://mdreptilefarm.com/)

**September 1-2****Lake Anne Jazz and Blues Festival**

Celebrate the 12th annual Lake Anne Jazz and Blues Festival. This **\*\*FREE\*\*** family-friendly event will feature regional and national acts. While listening to the music, enjoy tasting chocolates and Virginia wines. Saturday only, 2 – 9 pm. Lake Anne Plaza, Reston. [lakeanneplaza.com/](http://lakeanneplaza.com/)

**Virginia Scottish Games**

Calling all Scots and sassenachs. A drive to The Plains will take you all the way to Scotland. Watch games of strength, eat traditional Scottish grub, taste whisky and listen to the pipes. 9 am – 6 pm Saturday and Sunday. Adults \$20, children 5-12 \$5, under 5 free. Sunday, all kids are free. Discounts for senior and active military. 5089 Old Tavern Road, The Plains. [www.vascottishgames.org/](http://www.vascottishgames.org/)

**September 8-9****Burke Centre Festival**

Featuring an Arts & Crafts Show, Karaoke, FCPD and Fire & Rescue displays, live bands, dancing, roving characters, food vendors, interactive puppet & wildlife shows, face painting, caricature artist, amusement rides, pony rides, hypnotist show, basketball toss, games, community booths, giveaways/drawings, a wine garden (5 – 10 pm). Saturday 9:30 am - 5 pm, Sunday 11 am - 5 pm. **\*\*FREE\*\*** Burke Centre Conservancy, 6060 Burke Centre Parkway. [burkecentreweb.com/sub\\_category\\_list.asp?category=19&title=Burke+Centre+Festival](http://burkecentreweb.com/sub_category_list.asp?category=19&title=Burke+Centre+Festival)

**September 15-16****Alexandria King Street Art Festival**

This **\*\*FREE\*\*** outdoor art festival will line six blocks of Old Town Alexandria, showcasing sculptures, paintings, photography, glass, jewelry and more. The festival features 200 of the nation's top award-winning artists. Saturday 10 am - 7 pm, Sunday 10 am - 5 pm. [www.artfestival.com/cities/alexandria](http://www.artfestival.com/cities/alexandria)

**Chalk Art Fest**

Amateurs, kids, and families are invited to create masterpieces alongside professionals at this fun public art event. There will be prizes in multiple categories, including audience choice. Free to view, \$15 per family to create, and you must pre-register to participate. At Reston Town Center, Saturday only. You may start creating any time starting at 8 am, but are asked to be done by 4 pm. [www.publicartreston.org/](http://www.publicartreston.org/)

**September 22-23****Irish Folk Festival**

23rd Annual CCE Irish Folk Festival. Four stages of continuous music and dance. Enjoy the beauty, depth and excitement of Irish music and dance. Vendors and exhibits, music workshops and sessions, Gaelic sports. Saturday noon - 7:30 pm, Admission: \$10, Families \$20 maximum. The Sherwood Center & The Auld Shebeen Irish Pub. [ccepotomac.org/irishfest.html](http://ccepotomac.org/irishfest.html)

**Reston Multicultural Festival**

Family, friends and neighbors are treated to music, entertainment, dress, food, and cultural treasures from all over the world. Everyone is encouraged to dress in attire from their own cultural roots and share their stories. The Festival features a Naturalization Ceremony, National Heritage Award Fellows, arts & crafts, *Art Mirrors Culture* 3D exhibit, delicious food, and family activities from around the world. **\*FREE\*** Saturday 11 am - 6 pm. [www.restoncommunitycenter.com/attend-shows-events-exhibits/reston-multicultural-festival](http://www.restoncommunitycenter.com/attend-shows-events-exhibits/reston-multicultural-festival)

**Art Attack Fredericksburg**

Over 90 local artists will be demonstrating their talent: painting, ceramics, mosaic art, music and dance, on the sidewalks of Caroline and William Street in the historic district. It's free to participate and all artists and observers are welcome. Saturday only. 10 am – 4 pm. **\*\*FREE\*\*** [artattackproject.com/](http://artattackproject.com/)

**Manassas Latino Festival**

The Latino Festival highlights the food, music, and art of our area's Latin American communities, with live performances throughout the day, including Mariachis and Pinatas for the kids! **\*FREE\*** Sunday, noon - 5:30 pm, Harris Pavilion, Old Town, Manassas. [www.manassaslatinofestival.com/](http://www.manassaslatinofestival.com/)



### Pack 1967 News

Even though the summer is here, Pack 1967 is still going strong! Pack 1967 started the summer off by firing water rockets at Lakeside Park. The Scouts built their rockets from two-liter bottles, filled them with water and air



pressure, and let them fly. The Pack also went fishing at Lake Royal.

In July, Pack 1967 teamed up with Pack 1968 and marched in the City of Fairfax Independence Day parade. The Scouts helped decorate the float and marched in the parade. Seven Scouts attended the week-long Patriot District Day Camp, where they learned new scouting skills, climbed a rock wall, shot sling shots, arrows, and BB guns, and built a space derby rocket!



If your child is interested in finding out more about scouting, please join us at a summer event! Our next summer activity is a cookout at Royal Lake Park on Sunday, August 26<sup>th</sup> at 5 pm. If you have any questions, we can be contacted at [CubScout.Pack.1967@gmail.com](mailto:CubScout.Pack.1967@gmail.com).



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## Friends of Royal Lake (FORL) is Looking to Fortify its Membership!

By Sarah G. J. Lennon

**WHAT** is FORL, you might wonder? [*Is it like ROFL (“rolling on the floor, laughing”)? No, not quite.*] Friends of Royal Lake is an informal group that works to help preserve, protect, and improve Royal Lake and its surrounding parkland. By informal, I mean there are no legal commitments, obligations or liabilities; we are not a 501 (c)(3) non-profit entity.

**WHY** is FORL needed? The Fairfax County Parks Authority (FCPA) has many parks, many lakes, and many interests, and a Friends Group works with the FCPA to support, enhance, and advocate for specific parks and lake projects that are most important to OUR community. Our voice is heard more strongly when we come together as a community and pool our energy and expertise. You may recall the recent FORL effort to develop a new Master Plan for Royal Lake, which morphed into the Community Vision Plan. Thanks to that effort, where *we as a community identified the greatest needs*, we got FCPA support to repair some very steep parts of the trail around Royal Lake (near Royal Lake Park/Lakeview Swim Club) as a first project.

**WHO** is FORL? We are a (currently) small group of like-minded individuals in the communities surrounding Royal Lake. We donate our time, energy and expertise in various areas, but WE NEED YOU! There are so many talented, passionate people in our community, and FORL could definitely benefit from an infusion of new ideas and new expertise.

**WHERE** is FORL based? Well, that one may be obvious... but then again, maybe not. Currently, FORL is comprised mainly of KPW residents, but since there are many communities that border Royal Lake, we need them as well. We are working on a Communications Plan that will increase the outreach to those other HOAs, Civic Associations, and neighborhoods.

What has FORL accomplished, thus far?

- 1) Helped get new exercise equipment installed around the lake.
- 2) Coordinated semi-annual park/lake clean-ups (in close cooperation with the KPWCA’s Parks & Lakes Committee).
- 3) Hosted a series of community meetings to develop the Community Vision Plan for Royal Lake.
- 4) Royal Lake trail repair.

And just think of what more we can do with YOUR participation!

### So, what’s next?

September -- Next trail repair work day(s) at Royal Lake; exact time and date TBA.

October -- Community meeting to recruit new members for general community support, to identify ideas and concerns, and fill specific roles, such as:

- Communications, Editor for a quarterly FORL newsletter
- Liaison to the schools and scouting organizations, representatives from the neighboring communities
- POC for the park recreational equipment

Over the course of the next year, FORL plans to work with the FCPA to identify, categorize, and prioritize the needs of Royal Lake and surrounding parkland. And then, work to getting those requests addressed! We might seek Mastenbrook grants that provide matching funds for projects in Fairfax County parks.

Personally, I’d like to see FORL expand in active membership so that we can no longer fit in my basement for our meetings! So please, watch for more information in The Herald, on Facebook and Next Door for the trail workdays and the fall community meeting. As always, you can email me at [parks@kpwca.org](mailto:parks@kpwca.org), or Paul Gross, President of FORL, at [friendsofroyallake@gmail.com](mailto:friendsofroyallake@gmail.com).



## Cub Scouts Pack 1968

By Tanis Gray

How summer flies! Pack 1968 has been busy during the summer break, and we look forward to getting into the autumn groove when school is back in session on August 28<sup>th</sup>.

June brought our annual Raingutter Regatta – always a Pack favorite. The boys built and decorated their boats, and with some huffing and puffing, we raced to the finish line! Scouts, siblings, even a few brave parents and our Cub Master raced their mini catamarans in Lakeside Park. This wonderful event serves as our welcome to new and interested Scouts, complete with ribbons and popsicles!

We marched in the Fairfax City 4<sup>th</sup> of July Parade, and were proud to represent our Packs and our country. In conjunction with our neighboring Pack 1967, we designed, constructed, and decorated our float. Fueled by cookies, popsicles, and water, we enjoyed walking the parade in our uniforms and seeing the smiles and cheers of our neighbors and friends as we handed out candy! Happy birthday, America!



Our boys enjoyed a week at Geshur Day Camp, where they learned Scout skills, climbed the rock wall, learned archery, slingshots, had a rocket derby, played indoor soccer, and gaga ball! This year's theme was *Passport to Adventure*, and the skills were geared towards exploration and adventure. They learned how to use a compass and put their skills to good use by navigating and orienteering. Pretend passports were stamped as the boys learned facts about other countries.

We have so many exciting things for our Pack coming up in August, including Goshen Overnight Camp, where Scouts will canoe, kayak, trampoline in the middle of a lake, hike, and have a bonfire; and the Potomac Nationals Campout, with plenty of America's favorite pastimes, food, fireworks, a movie on the big screen, running the bases, and camping on the outfield after the game. We also have our Bike Rodeo at Laurel Ridge on August 26<sup>th</sup> from 4 - 5:30 pm with a bike obstacle course, snail race, jousting, safety checks, and more. We also look forward to September 16<sup>th</sup> with our Rocket Derby at Lakeside Park from 2 – 4 pm. We invite anyone interested in Scouts to stop by and get some information. We will also be at the Laurel Ridge Activities Fair in September – stop by and say hello!

Pack 1968 wishes you a wonderful rest of the summer, and we are excited to kick off our new scouting year in September.



**A Major Change for the KPWCA Neighbor Assist Program**

We recently received word that KPWCA's insurance policy would not apply to the Neighbor Assist program. In fact, in order to maintain insurance for KPWCA, the Neighbor Assist program was required to renounce any affiliation with KPWCA.

So where does that leave us? The Neighbor Assist program will continue servicing residents in our KPW community. And it will still consist of volunteers, freely giving their time to service others in our community. Some of the volunteers will be covered by their own insurance policies. Those who don't have personal insurance policies that cover them will present a form for the KPW resident requesting assistance to sign which absolves the volunteer of any undesirable issues that may arise from the work being provided.

The Neighbor Assist program will still be provided at no cost to KPW residents. However, please keep in mind that the cost of any materials or parts are the responsibility of the requester. The telephone number will still be (703) 401-0275, and for now, the email address will remain the same ([NeighborAssist@kpwca.org](mailto:NeighborAssist@kpwca.org)).

So far, the volunteers have been received graciously, and we have been able to provide assistance for over seventy different requests in about three years. As expected, the program has started slowly, but now the word is spreading and we are happy to respond. We don't expect any issues to arise, but it only takes one instance to have a major impact. However, if something does occur during a volunteer's visit, please let me know by calling (703) 401-0275.

In conclusion, we ask that if a form is presented to you, please read and if acceptable, sign it. Then the volunteer can begin to provide assistance. As a reminder, be involved with the volunteer. Ask questions and discuss the situation. Stay with the volunteer and protect those items that may be in their way as they work.

Once you submit a request via phone or email, a volunteer will call you or email you to set up an appointment, much like any service repair. And as always, please remember to check who they are before opening the door.

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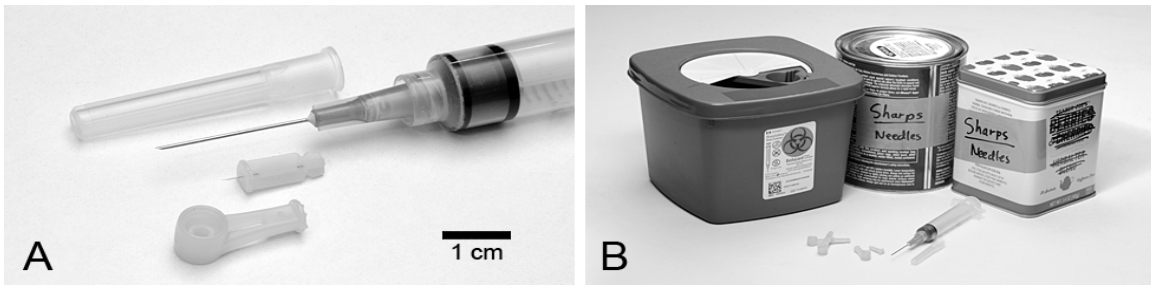
**Health and Safety: Proper Needle Disposal**

By Greg Sykes ([greg@grsykes.com](mailto:greg@grsykes.com))

When using needles, including for legitimate medical reasons such as diabetes monitoring, please properly discard those objects in a sturdy metal or plastic container that prevents the sharps from poking through or breaking into the environment. We recently had an incident involving one of the volunteers who helps the community by routinely picking up litter from the street. This person (who wishes to remain anonymous) saw what he or she thought were plastic screw caps, but they were in fact diabetic needles. The volunteer did not see the fine needle until after feeling the sharp poke, and even then, he or she was not sure what it was. The person living at the nearby house happened to drive home and said that they were his/her diabetic needles. While the resident said that he/she was free of blood-borne pathogens, the startled volunteer still got checked out at an emergency medical facility after consulting with the doctor's office. This potential exposure incident happened to an adult; children coming into contact with these objects are also unlikely to know what they are, and might not report it to their parents. Furthermore, there is more litter in the street on garbage pickup days ever since trash trucks started using automatic loaders, which drop more loose refuse into the street than the manual methods. This incident was extremely stressful to the volunteer, who tried to do a good deed and instead ended up with a medical bill for the ER visit. The best way to pick up needles in the environment is with tongs that can later be cleaned and sterilized.

The best way to dispose of needles is to store them in a puncture-resistant, spill-proof container, such as the ones pictured in Figure 1B. If the vessel is a recycled metal or hard plastic container, deface the original label and place a new one stating the contents. Plastic bags are unacceptable because the needles can spill out or puncture through the walls. Load the container to three-fourths full and secure the container with duct tape. In Virginia, sealed sharps containers may be discarded with household trash. A better option is to bring the filled sharps container back to the clinic where technicians will properly autoclave and sterilize the objects prior to sending them off. Thank you for your help and cooperation.

More information is at: [www.deq.virginia.gov/Portals/0/DEQ/Land/Guidance/Household\\_Sharps\\_Flyer.pdf](http://www.deq.virginia.gov/Portals/0/DEQ/Land/Guidance/Household_Sharps_Flyer.pdf)



**Figure 1. Diabetic needles and lancets (A, bottom) are much finer than standard hypodermic needles (top). Needles and other used sharps should be placed in a hard, labeled container (B) prior to disposal.**

\* \* \* \* \*

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## Thank You Notes from the 2018 KPWCA Scholarship Recipients

*Kings Park West Community Members,*

*I wanted to take this opportunity to thank the Kings Park West Civic Association for selecting me as one of your scholarship winners for 2018. Being a military child, I have moved around a number of times. When we arrived in Kings Park West six years ago, I never could have imagined what a wonderful community I would be joining. It means a great deal to me to represent Kings Park West as I continue my education at the University of Virginia. Thank you again for this generous award.*

*Respectfully,  
Victoria Centineo*

Dear Kings Park West Civic Association,

I am honored and grateful to be a recipient of the Kings Park West Civic Association Scholarship. It means a lot to me that our civic association recognizes and encourages the ideals of service.

For as long as I can remember, service has made Kings Park West special. I am in awe of the many volunteers, both adults and youth, who work tirelessly to improve this community. Volunteers organize stream and lake clean-ups to protect one of Kings Park West's best resources, our parks and nature areas. Local families serve by organizing Thanksgiving and holiday baskets for families in need. When a neighbor is sick or in need, I've watched KPW families rally to help them. Volunteers distribute the KPW *Herald*, which in turn is used to advertise other service opportunities! I am so thankful to have grown up in this great community.

This scholarship will help me attend the College of William and Mary, where I am excited to study physics, economics, and history, and while I continue to volunteer in the Williamsburg Community, bringing a bit of KPW spirit to my college experience.

Thank you again.  
Gratefully, Stephen Rosene

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## KPW Residents Honored as Best of Braddock Awardees

*By Tony Vellucci*

On July 11, 2018, Braddock District Supervisor John Cook, in concert with the Braddock District Council, recognized several Braddock District residents at the annual Best of Braddock Awards for contributing their time, talent and energy to several volunteer opportunities. He noted that these were the folks who helped make the Braddock District an attractive place to live, work and raise families. Also in attendance were Congressman Gerry Connolly and State Delegates Vivian Watts and David Bulova. This year, three KPW residents were recognized as Best of Braddock awardees.

### Braddock District Citizen of the Year - Sarah Lennon

Since April 2014, Sarah Lennon has been the KPWCA Road Raiders Coordinator. Road Raiders is a group of dedicated volunteers who make the community more attractive by cleaning up public areas belonging to the FCPA, VDOT, and the KPW Community Association. Since taking on this role, Sarah has coordinated over forty Road Raiders events at several locations within KPW.



Since August 2015, Sarah has been the KPWCA Parks & Lakes Chairperson. Prior to that, she had been co-chair of the Membership Committee. As the Parks and Lakes Chairperson, she organizes community work parties to clean and maintain park areas within KPW. Since assuming this position, Sarah has conducted eight well-organized community clean-up events at Royal Lake involving more than fifty volunteers at each event. It is a significant amount of work just to coordinate the event, but she went above and beyond to make the clean-ups logistically smooth for volunteers and fun for all participants by introducing fun activities such as nature/trash scavenger hunts for kids of all ages. Also, Sarah has been a key member of the Friends of Royal Lake, and took on a significant role as a key author/editor of the Royal Lake Community Vision Plan.

### Club or Organization Making a Difference in the Braddock District – The Mary & Cathy Team



Because of their profession as real estate agents, both Cathy DeLoach and Mary Hovland have a keen awareness and understanding of the many ongoing issues within several communities of the Braddock District – especially KPW. Upon learning of Commonwealth Swim Club's goal of raising money for unexpected repairs earlier this year, Cathy and The Mary & Cathy Team of Long & Foster sprang into action and started planning for the second KPW Tour of Homes. As a result, a check for \$1,350 was provided to each of the three KPW pools, and \$450 was given to the Civic Association to have a sign erected to identify the park along Commonwealth Boulevard.

If this was the only effort The Mary & Cathy Team supported, it would be more than enough, but both Cathy and Mary do so much more for their community. Together, The Mary & Cathy Team sponsor the KPWCA Dumpster Days. These biannual events allow KPWCA members to discard oversized items in dumpsters, typically at one of the neighborhood community pools. Further, Mary has headed up the KPWCA Consumer Affairs Committee for over ten years, and Cathy chaired the annual KPWCA Halloween Fall Festival for over ten years as well.

During the awards ceremony, Congressman Connolly noted that when he was the Chairman of the Board of Supervisors, he had the opportunity to host representatives from East European nations invited to the U.S. as part of fact-finding missions of grassroots community-building. He showed them many civic, community and homeowner associations and the activities that each undertook in support of their communities. He said that many of the representatives were amazed at the concept of civic duty, since this had been erased over decades of totalitarian rule in their own countries. He concluded by stating that these organizations, which we often take for granted, are the essential building blocks to having a healthy democracy.



## THE GARDEN CORNER

By Charlie Boring

For this article, I wanted to provide an update on some of my adventures for this growing season. First, let's talk fruit. I have an apricot tree and a Burgundy plum tree, whose blooms have never survived the last freeze in order to produce any fruit. This year, the former has a few apricots, and the latter tree is loaded with beautiful plums to the point that some of its limbs are breaking under the weight of the plump plums. I have peaches on the three peach trees and Asian pears on the two pear trees. My persimmon tree is also loaded. My cherry tree produced a lot of cherries that were delicious. I also had honeyberries and blueberries, and will soon have blackberries. My strawberry patch gave us a lot of strawberries to enjoy. My raspberry bush is loaded with berries. For the first year, I should also be able to harvest some fuzzy kiwis from one of my two female kiwi vines.

There were some fruit failures, however. So far, I have not seen any jujube fruit in my single jujube tree. One of my strawberry patches was not productive, and I will likely dig it up next season. Of course, we must share our bounty with the squirrels and those cute chipmunks.

Some of my vegetables are doing quite well. I planted twelve cauliflowers and harvested nine of them. I did learn a lesson about cauliflowers – too much nitrogen causes the fruit to be less compact. My tomatoes look very nice, but I don't know if production will be good. Eggplants are still small, and my two zucchini squash plants have a few small zucchinis. I also have a lot of small bell peppers, but it is too early for the hot peppers to produce.

My cucumbers have already produced a large batch. My first picking gave me about seven quarts of cucumbers. Some we will eat in salads and some we will give to friends. I preserved four quarts of them using a probiotic fermentation method. First, I washed them and dried them off with a clean dish towel. Next, I made about two-and-a-half quarts of brine by dissolving seven tablespoons of sea salt in distilled water. My recipe calls for one to three tablespoons of salt per quart of water. Don't use salt with chemicals added or water with chlorine. By covering the cucumbers with brine water, you ensure an anaerobic process versus an aerobic process. Eating probiotic foods is considered very healthy.

Next, I gathered my ingredients – for each jar: cucumbers with the ends cut off (this helps to keep them from softening) and sliced into snack sizes, three bay leaves (also helps keep them crisp), four cloves, a couple of sprigs of dill, eight peeled small seed onions from my garden, six peeled garlic cloves from my garden, and finally some red pepper flakes to taste.

The next step is to push the cucumbers into the jar on top of the other ingredients, packing them as tightly as possible. Then, pour in the brine until it completely covers the cucumbers. Put some of the brine in a plastic sealable sandwich bag and place the bag in the top of the jar to hold the cucumbers below the brine. Next close the jar with a plastic top equipped with a pipette that allows the CO<sub>2</sub> to escape, as the fermentation process takes place. The final step is to taste the pickles after three to seven days and daily thereafter until the taste suits your palate. Then put them in the refrigerator to stop the fermentation and enjoy daily.

I still have a goji berry bush and a pair of hardy kiwi vines that need a good home. They are free to the first person to send me an email at [thefairfaxgardencorner@gmail.com](mailto:thefairfaxgardencorner@gmail.com). Happy gardening!





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# The Herald's List

by Mary Hovland and Cathy DeLoach

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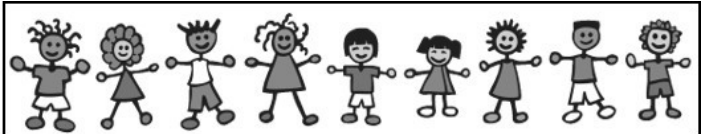


My glory dim  
Sienna dotted chartreuse  
Seeking abluition

The Kings Park West Herald's List Facebook Page is an interactive community resource for KPW residents. Requests and recommendations come in daily, and offers searchability and immediate access to recommendations. Post your own requests or recommendations.



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