

# JULY 2021



# LAKE ROLAND

## MONTHLY NEWSLETTER

1000 Lakeside Drive, Baltimore, MD, 21210

*Editor: Kyle Brickell*

### COVID-19 Updates and Recommendations

Currently, the Lake Roland Nature Center is open for visitation and restroom use. It is strongly recommended that unvaccinated individuals wear a mask. We are now accepting pavilion requests for rental dates. Pavilions will still be open for unreserved day use. The Dog Park and Playground are open. Lake Roland will continue to host outdoor programs through the summer months. Space is limited and pre-registration is required. For more information, please visit our website at [www.lakeroland.org](http://www.lakeroland.org)

### Upcoming Programs:

#### Firefly Lanterns

**Friday July 23rd, 8:30pm - 9:30pm**

**Ages 5+                      \$5 per person (\$3 members)**

Join Lake Roland staff for a stroll in the dark to search for and catch fireflies to make a natural lantern! Please bring a flashlight with you; jars will be provided.

#### Pinch Pottery

**Saturday, July 24th, 10:00am -11:00am**

**Ages 5+                      \$5 per person (\$2 members)**

Learn basic techniques to turn local wild clay into works of art. All materials will be provided.

### What to Look For in July!

#### Herons Below the Dam



Staff have been spotting a lot of great blue herons, black crowned night herons, and green herons (pictured above). Look for them below the dam as you cross the bridge to the Nature Center.

#### Common Mullein



Although it is an invasive, common mullein is a beautiful plant, that features large, fuzzy leaves at its base, with a tall stalk of many yellow flowers. Look for it by the train tracks as you walk along the boardwalk.

# Summer Camp Back In Action



*By Kyle Brickell*

Lake Roland is happy to announce that our Summer Camp has returned this year! Our Camp Directors have a whole slew of awesome summer activities planned for the kids, including archery, fishing, and canoeing. Camp might look a little different this year, but we're all too excited to get kids outside and exploring nature. Sessions are full this year, but check back next Spring to join in on the fun!



## Staff Spotlight

### Say Hello to Taylor!

Hi, my name is Taylor and I started working at Lake Roland around three years ago while I was still in college. I fell in love with the park and taking care of all of the animals that we house. Post-graduation, I found a full-time position at an Ecotoxicology laboratory, but still choose to spend a few hours a week working at my favorite park. In my free time, I love to travel and read. A few years ago I completed a road trip around the United States, visiting places like the Grand Canyon in Arizona, ABQ Biopark and Aquarium in New Mexico, and Little Rock, Arkansas! My family lives in Florida which gives me a great excuse to explore all the beaches and parks down there. We like to spend time with each other fishing off of our boat. I hope that in the future I can have a career that combines my love for wildlife and the outdoors.



## Lake Roland Wish List

*Please consider visiting the Lake Roland Amazon Wishlist and donating an item. Anything helps!*

*Links to our Amazon Wish List and Amazon Smile Account can be accessed by selecting the Donate to Lake Roland tab on our website at [LakeRoland.org](http://LakeRoland.org) or by clicking the links at the bottom. AmazonSmile is a nonprofit division of Amazon that will donate 0.5% of the purchase price of eligible products to the Lake Roland Nature Council. It is a safe and secure way to support the park without any cost to you.*

[Amazon Wish List](#)  
[AmazonSmile Account](#)



By Kyle Brickell

Park trails can be quiet and peaceful places to unwind, relax, or get in a little exercise. However, we have to remember that these are still wild places, and we should keep our wits about us. Recently, a hiker at a local Baltimore County park was bitten by a northern copperhead, one of only two venomous snakes in Maryland. This was the first time a park guest was bitten by a venomous snake in a Baltimore County park in 25 years. Luckily, this was a dry bite in which no venom was injected, and the hiker was just fine after seeking medical attention. While these events are extremely rare, we want to go over some tips for identifying venomous snakes, and what to do if bitten.

The first rule of snake safety is to just leave them be. Statistics show that 57% of venomous snake bites occur while trying to handle the snake, usually on men ages 17-27. Even if you're sure that it is a non-venomous snake, it's best practice to let animals go about their day without stressing them out. If you come across a snake on the trail, give it a wide berth as you slowly make your way around it. Take some time to enjoy the beautiful colors and patterns that it might have!

As mentioned before, there are two species of venomous snake in Maryland: the timber rattlesnake and the northern copperhead. Some people will claim to have seen water moccasins or cottonmouths (2 names for the same species of snake) but this snake does not survive north of the Potomac river that forms the border between Maryland and Virginia. Timber rattlesnakes are typically only found in the mountainous regions of western Maryland and are one of the easiest snakes to identify. It has a large, diamond-shaped head and a rattle on its tail composed of loosely fitting scales. By vibrating this rattle, it creates a loud buzzing that everyone and every animal in the forest should recognize as the tell-"tail" sign of a venomous snake. The other venomous snake is the northern copperhead. As the name implies, it is a beautiful copper-brown color, with hourglass shaped bands going down its back. The head is arrow-shaped and has a heat sensing pit on the upper lip. A snake this is often misidentified as a northern copperhead, is a northern watersnake, which is dark grey to reddish in color. It also has bands along its back, and when threatened it will compress its head to look arrow shaped.



Northern Water Snake

A northern copperhead hasn't been spotted at Lake Roland in the memorable past, but its still best to be aware of how to handle a bite should one occur. Keep the wound below the heart. Stay calm; an elevated heart rate will spread the venom in the body more quickly. Loosely apply bandaging to the wound. Remove any jewelry, shoes, or tight fitting clothing. Venom will cause swelling in the area which could then become constricted by the aforementioned articles. Call for emergency services as soon as possible. As mentioned before, venomous snakes will sometimes perform a dry bite, but we should treat every bite as though it had injected venom. This was the case with the hiker that was recently bitten.



Copperhead

Remember, snake bites in Baltimore County are extremely rare, and you're unlikely to come across a copperhead in our parks. However, being aware of your surroundings and knowing how to handle a potentially serious situation is always beneficial. Just watch your step on your next hike, and enjoy all the beauty and tranquility that our parks have to offer!

# A Disease Affecting Birds in the Mid-Atlantic Region



by *Marta Mills*

Have you or your neighbors seen sick or dead birds in your yards recently? If so, you're not alone. There is a deadly bird disease going around affecting many species of birds, including starlings, grackles, robins, and cardinals. If you see a bird with crusty eyes, blindness, or who seems to have trouble with its balance or flying, it may be sick with this disease.

Stay away from the birds, but if you must remove one for the safety of your pets, wear disposable gloves and double-bag the bird before putting it in your trash. Also remove all of your bird feeders and empty your bird baths to prevent the disease from spreading among visitors to your bird baths and feeders. This time of year, birds can find plenty of food and water on their own.

Wildlife biologists are studying the disease and are not yet sure what is causing it. The wildlife division of the USDA is tracking these cases in Maryland, so report your case by calling 1-877-463-6497.

## Ways to Beat the Summer Heat

by *Marta Mills*

July is often the height of the summer, and with summer in the Mid-Atlantic region comes sweltering heat. Overheating can be dangerous to your body, so do your best to avoid it. What if you have no air conditioned building to duck into or sleep in? How can you get relief? Here are some fairly simple ways, some of which harken back to our grandparents' times:

- Stay in the shade. If indoors, keep your shades or curtains drawn.
- Dress for the weather. Wear lightweight, breathable fabrics like cotton, and wear as little as possible.
- Stay hydrated by drinking lots of cool refreshing drinks. Cool water is always a good choice.
- Go swimming or take a cool shower.
- Dunk your feet in a bucket or dishpan of cool or cold water.
- Run through the sprinkler.
- Plan your day so that you are not doing strenuous activities in the hottest part of the day.
- Drape a damp towel over your head or shoulders.
- Eat lighter foods, like salads and fruits.
- Eat spicy food, which makes you sweat and cools you down.
- Make a cold compress by filling a tube sock with rice and freeze it for 2 hours before bedtime. Place it between the sheets to cool down your sleeping area.
- Turn on a fan and aim it at a big bowl of ice. Your grandparents may have done it, and it works!
- Place chilled cucumber slices over your eyes and face.

## Join Lake Roland!

We rely on membership fees and donations to fund the Lake Roland Nature Council's efforts and projects in the park. Please join us in supporting Lake Roland.

*To become a member:* Visit us at [lakeroland.org](http://lakeroland.org) - Join Lake Roland

*For any questions and/or concerns:* Please contact us by email at [LakeRol-RP@BaltimoreCountyMD.gov](mailto:LakeRol-RP@BaltimoreCountyMD.gov) or by phone at 410-887-4156.



LAKE ROLAND  
NATURE COUNCIL