



Friends of the Middlesex Fells Reservation

www.fells.org 781-662-2340 **Events Calendar pullout: pages 5-10**

News of the Fells Fall 2013

Nature Journaling in the Fells



by Kaye Kittredge

Amid the steamy days of July, our art in nature hike led us to Saddleback Hill near Greenwood Park. This month's participants ranged from families with young children, to experienced hikers looking to expand their appreciation of the Fells. We gathered in the parking lot for a brief introduction to nature journals and planned for the morning before setting out.

With sketchbooks, pens, pencils and markers in hand everyone was eager to get started. There's a wide variety of techniques one might use to capture experiences, whether you consider yourself an artist, or simply someone who'd like to preserve thoughts and memories of time spent in nature. For some, a journal may primarily be a tool for writing, but it can also be interspersed — or filled — with images and artful "experiments." Our goal on these hikes is to explore, try some new approaches, relax about the end result, and see what happens!

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Plant identification along the trail (Susan Ekstrom)

Eagle Eye Learn About Forests program: Focus on Virginia Wood

by Susan Ekstrom

I N JULY HIGH SCHOOL AGED YOUTH PARTICIPATING IN Mystic Mural Project visited Virginia Wood with staff and interns from Eagle Eye Institute. Eagle Eye Institute is a non-profit organization based out of Somerville dedicated to diversifying the conservation movement by connecting urban people, especially youth of color, to nature and professionals in the fields of science and natural resources. Eagle Eye educates and empowers urban youth through nature exploration, science learning, stewardship activities and advocacy projects.

During our daylong exploration in Virginia Wood we had an opportunity to explore the historic trails, use binoculars to bird watch, sketch near the

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Malden Y Eagles and Badgers return to the Fells

by Mike Ryan

THE YELLOW SCHOOL bus pulling into the Flynn Rink parking area on July 12th signaled the first week of another series of Fells hikes for adventurous YMCA summer campers.

As the thirty-five 7 and 8 year old 'Badgers' gathered to head out on the trail DCR Visitor Services director Lynn Hildenbrand asked who among them had ever visited the Fells before and what they expected to find along the way. "Most of the animals will hear us coming," she explained, "so they

will see us but we probably won't see many of them." Some children were surprised to learn that foxes and coyotes live in the woods, and others reported that the Fells is familiar territory to them, thanks to frequent visits with their parents.

Last summer Malden YMCA Camp Madaca added Fells nature hikes for the first time to its line up of day activities, which include music, swimming, beach visits, yoga and karate. To plan out a series of hikes featuring different areas of the Fells representatives from DCR

and the Friends of the Fells met with YMCA youth and family director, Jose Mendez, who expressed enthusiasm that the children would be able to take advantage of the abundance of natural features found in the Fells, so close to Malden.

As with the older group of 'Eagles' who had hiked the route two days prior, on this day the Badger Tribe was divided into two groups. Experienced youth program leader and Friends of the Fells member Gael Motz passed around several illustrated nature guides to the young hikers to help them identify plants and possibly any butterflies encountered along the trail. After calling out the different colors of mushrooms and reporting frog sightings the hikers stopped to look at the distinctively shaped 'mitten leaves' attached to the understory sassafras trees. The trail route overlooked Shiner Pool, filled to the brim with early summer water lilies. Near its shoreline the youthful hikers learned about how throughout the Fells the once stately hemlocks have been overtaken by the woolly adelgid insect.

As the trail looped back upon its beginning the two groups crossed Woodland Road to the waiting bus, leaving the woods behind until their upcoming visits to the Fells Bear Hill, the Long Pond Nature Trail and the Crystal Spring Trail.

Mike Ryan is Friends of the Fells executive director



Malden Y hikers with camp counselors and Gael Motz (Mike Ryan)

Dance in the Fells returns!

by Wanda Strukus



Dance in the Fells 2010 — Nicole Harris performing with Monkeyhouse at Wright's Tower overlook (Wanda Strukus)

THIS FALL TWO ROADS PERFORMANCE

Projects will present Dance in the Fells: Wright's Pond, a festival of site-specific, outdoor dance at Wright's Pond on Elm Street in Medford.

On Saturday, October 12th, four innovative Massachusetts-based choreographers will perform new dance works in four locations around beautiful Wright's Pond and the neighboring Fells forest.

This free public event will feature outdoor, site-specific choreography by Brian Crabtree and Dancers, Monkeyhouse, Kara Fili/Tara Weaver, and Alli Ross, as well as live music by local musicians and sculptures created over the course of the afternoon by artist Carolyn Lewenberg.

Wright's Pond Park will be open to the public for the event by special arrangement with the City of Medford, and everyone will have the opportunity to hike or stroll around the pond, view the gorgeous fall foliage, and be inspired by some of the best contemporary dance as it unfolds along the beach and wooded trails. Rain date: Sunday, October 13th.

Dance in the Fells: Wright's Pond is the second installment of Dance in Fells, a series of outdoor dance events designed to make dance accessible to local audiences and to explore the relationship between dance and the wooded landscape of the Fells. In 2010 over 400 people enjoyed performances by six dance companies through-

out the Middlesex Fells Reservation. The following year Dance in the Fells was recognized by the Massachusetts Cultural Council for making a unique contribution to artistic and community life in Medford, and was awarded a rare "Gold Star" for artistic merit and community engagement.

Two Roads Performance Projects is located in Medford and was founded by Wanda Strukus and Kyna Hamill to support the creation of public art and site-specific and environmentally based performance.

Dance in the Fells: Wright's Pond is supported in part by a grant from the Medford Arts Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency. Dance in the Fells is also a participant in Arts Across Medford.

Wright's Pond on Elm Street Medford is accessible by car via I-93 to exit 33 (Route 28) and by public transportation via the #100 bus from the Wellington Square Station (Orange line)

For more information about the choreographers, the event, performance times, directions, parking, accessibility, and rain date, please go to tworoads.org, email tworoads.org@gmail.com, or find Dance in the Fells on Facebook.

Wanda Strukus is co-founder of Two Roads Performance Projects

Friends receives grant for new youth program coordinator

by Joyce Calabro

WE ARE EXCITED TO ANNOUNCE THAT the Friends of the Middlesex Fells Reservation is among 100+ local organizations recently selected to receive a Cummings Foundation \$100K for 100 grant. The Friends were part of a collaborative effort with several Stoneham based organizations: *Rebuilding Rounds*, *Music Parents*, *High School Garden*, and *Stoneham Light It-Up Blue*. The grant, entitled Stoneham-Children's Resources, seeks to expand the number of out-of-school activities for Stoneham youth, toddlers through High School age.

Our portion of this grant will be used to fund a new, critical staff position starting this summer that will allow us to expand our current youth programs to meet the ever-increasing demands. These programs will provide additional access to fun, healthy youth activities in the Middlesex Fells free of charge. The goal of these programs is to instill an appreciation of nature as well

as address the increasing awareness that physical activity and contact with nature have beneficial impacts on children.

The Friends of the Fells youth program coordinator will work with various Stoneham-based youth organizations and the public schools to develop a wide array of nature-focused programs. These programs will provide new opportunities for socialization and education beyond what can be accommodated in the classroom. In addition, the coordinator will foster connections with these organizations and the surrounding communities to build stronger youth networks and alliances. For additional details see www.fells.org

Our goal is to educate and enrich the stewards of tomorrow by encouraging youth and their families to get outside and enjoy nature today.

Joyce Calabro is co-chair of the Friends of the Fells board of directors development committee.

Friends Volunteer Spotlight

Name: Kristin Cicerone

Age: 31

Town: Medford, MA

Profession: Marketing & Business Development Manager

Volunteer since: November, 2012

Volunteer role: Events Calendar Coordinator



“I’ve really enjoyed my time volunteering with Friends of the Fells because everyone involved in this organization is so incredibly nice to work with. I always look forward to working on the next edition of the newsletter.”

To volunteer with Friends of the Fells, email volunteer@fells.org

FALL 2013 HIKES & EVENTS



On the Rock Circuit Trail, Melrose (Mike Ryan)

We offer a variety of hiking programs in all seasons led by dedicated volunteers who share their knowledge of the many aspects of the Fells with participants. All hike programs are free and do not require registration. Please check the online events calendar for any changes to these listings: www.fells.org.

SEPTEMBER

Late Summer Wildflowers at Bellevue Pond

Friday, September 6, 2013
9:15 am – 11:30 am

Leader: Boot Boutwell. There are still lots of wonderful plants in flower or in fruit. We will walk around Bellevue Pond and environs to search them out. The walk will focus on plant ID as well as fun and interesting natural history. Meet at the Bellevue Pond parking lot on South Border Rd. in Medford. Steady rain cancels. These walks are free of charge and open to the public. For more information, call Boot Boutwell at 781-729-4712. To confirm that these walks are going on as scheduled, check the “Hikes and Events Calendar” on the Friends of the Fells website at www.fells.org.

Animal Habitats Walk at Long Pond Trail

Sunday, September 8, 2013
10:00 am – Noon

Leader: Pete Costello of Zoo New England. Join Pete for a family-friendly walk to explore and discuss animal and bird habitats, nests and animal signs in the Fells. Walking will be Easy to Moderate. Bring water and binoculars. Meet at 10:00 am at the Long Pond parking lot, South Border Rd., Winchester. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.



Loon in the Fells (Dennis Crouse)

Nature Journaling in the Fells at Virginia Wood

Sunday, September 15, 2013
10:00 am – Noon

Leaders: Kaye & Walter Kittredge. Grab a sketchbook or artpad of your choice, and join artist and botanist team Kaye & Walter Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, answer your questions about what's what, and explore different techniques for creating a unique art journal of your observations. Open to all levels of experience, each outing will offer a theme to get your creative juices flowing. Bring pens, pencils, markers, watercolors — whatever media you like — and an open mind to give it a try. Meet at 10:00 am at the Pond St. parking lot at gate 42 in Virginia Wood in Stoneham. Rain cancels.

Virginia Wood as autumn approaches

Tuesday, September 17, 2013
9:15 am – 11:30 am

Leader: Boot Boutwell. There are still plenty of wildflowers about to brighten up the landscape. We'll talk about the plants in bloom as well as plants in fruit and other plants of interest. The walk will focus on plant ID as well as fun and interesting natural history about the plants which we see. Meet in the driveway of #1 Woodland Rd. at the intersection of Woodland Rd. and Pond St. in Stoneham. Steady rain cancels. These walks are free of charge and open to the public. For more information, call Boot Boutwell at 781-729-4712.



Serve the Fells for National Public Lands Day

Saturday, September 28, 2013
9:00 am – 1:00 pm

Fells supporters of all ages are invited to join in a day of service at the Fells in conjunction with National Public Lands Day. Experienced Fells hike leaders will lead trail cleanups, habitat restoration, and trail maintenance hikes at various sites throughout the Fells Reservation. Meet at Flynn Rink (300 Elm St., Medford) between 9am and 9:30am to register and receive your work assignment, or email rich_sanford@alum.mit.edu to register in advance. Groups are welcome. Please bring water, snacks, sunscreen and/or bugspray to suit your needs. Lightning cancels, otherwise please dress for the weather. Email rich_sanford@alum.mit.edu for more information.

Mallard at High Service Reservoir (*Dennis Crouse*)

OCTOBER

Spirit Walk

Saturday, October 5, 2013
10:00 am - Noon

Leader: Walter Kittredge. Spiritual traditions the world over have long venerated trees, particularly those of great age, for their life-giving attributes. The Fells forest harbors many of its own giant old oaks and pines. Exploring traditional techniques, we will walk among these tall spirits of the forest and engage them in a dialogue: connecting with the trees, waking them up, asking questions, and travelling with them into the spirit world. Meet at Greenwood Park across from the Stone Zoo, Pond St., Stoneham. Rain cancels. Email oaknashnthorn@gmail.com for more information.

Autumn at Long Pond

Wednesday, October 9, 2013
9:15 am – 11:30 am

Leader: Boot Boutwell. We will take a walk to Long Pond searching for

late blooming flowers and plants still in fruit. The walk will focus on plant ID as well as fun and interesting natural history. Perhaps we'll see a few witches and skeletons preparing for Halloween! Meet at the Long Pond parking lot on South Border Rd. in Winchester. Steady rain cancels. These walks are free of charge and open to the public. For more information, call Boot Boutwell at 781-729-4712. To confirm that these walks are going on as scheduled, check the "Hikes and Events Calendar" on the Friends of the Fells website at www.fells.org.

Dance in the Fells: Wright's Pond

Saturday, October 12, 2013
Rain Date: Sunday, October 13
12:00 pm – 4:00 pm

Experience the beauty of Wright's Pond in a whole new way! Four choreographers create new dances for four different sites around the park

and pond. Hike or stroll around the pond, view the gorgeous fall foliage, and be inspired by some of the best in innovative contemporary dance as it unfolds along the beach and wooded trails. Featuring new dance works by Brian Crabtree and Dancers, Monkeyhouse, Alli Ross, and Kara Fili/Tara Weaver, as well as live music and sculptures created over the course of the afternoon. Wright's Pond Park will be open to the public for this special event. Dance in the Fells: Wright's Pond is presented by Two Roads Performance Projects and sponsored in part by the Medford Arts Council.

For more information, please visit tworoads.org and "like" Dance in the Fells on Facebook. Meet at Wright's Pond, Elm Street in Medford.

Animal Habitats Walk at Long Pond Trail

Sunday, October 13, 2013
10:00 am - Noon

Leader: Pete Costello of Zoo New England. Join Pete for a family-friendly walk to explore and discuss animal and bird habitats, nests and animal signs in the Fells. Walking will be Easy to Moderate. Bring water and binoculars. Meet at 10:00 am at the Long Pond parking lot, South Border Rd., Winchester. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.

Nature Journaling in the Fells at Straw Point on Spot Pond

Saturday, October 19, 2013
10:00 am - Noon

Leaders: Kaye & Walter Kittredge. Grab a sketchbook or artpad of your choice, and join artist and botanist team Kaye & Walter Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, answer your questions about what's what, and explore dif-

ferent techniques for creating a unique art journal of your observations. Open to all levels of experience, each outing will offer a theme to get your creative juices flowing. Bring pens, pencils, markers, watercolors — whatever media you like — and an open mind to give it a try. Meet at 10:00 am at Straw Point parking lot, located on South Street near Route 28 in Stoneham. Rain cancels.

Resident & Migrating Birds

Friday, October 25, 2013
8:00 am - 10:00 am

Leaders: Dana Jewell & Ingeborg Burggraf. Join Dana Jewell and Ingeborg Burggraf as they look for birds moving south and settling into the area in preparation for the cold weather. This is an easy walk on relatively flat terrain. Meet at the Greenwood Park



Great Blue Heron (Noah Kaplan)

parking lot, Pond St., Stoneham across from the Stone Zoo. Rain cancels. For more information, call Dana Jewell at 781-665-2756.

NOVEMBER

Nature Journaling in the Fells at Quarter Mile Pond

Saturday, November 2, 2013
10:00 am - Noon

Leaders: Kaye & Walter Kittredge. Grab a sketchbook or artpad of your choice, and join artist and botanist team Kaye & Walter Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, answer your questions about what's what, and explore different techniques for creating a unique art journal of your observations. Open to all levels of experience, each outing will offer a theme to get your creative juices flowing.

Bring pens, pencils, markers, watercolors — whatever media you like — and an open mind to give it a try. Meet at 10:00 am at the Flynn Rink parking area on Woodland Rd. in Medford. Rain cancels.

Hike 'n' Carry in the Eastern Fells

Sunday November 3, 2013
1:00 pm - 4:00 pm

Leaders: Rich and Eric Sanford. Join Rich and Eric for a hike and trail clean-up in the Eastern Fells. Bags, gloves, and verification of 2-3 community service hours will be provided. Meet at 1:00 sharp at

the parking area near Gate 53 on Fellsway East, Melrose. Heavy rain or lightning cancels. Call Rich at 617-335-7310 or email rich_sanford@alum.mit.edu for more information.

Animal Habitats Walk at Long Pond Trail

Sunday, November 10, 2013
10:00 am - Noon

Leader: Pete Costello of Zoo New England. Join Pete for a family-friendly walk to explore and discuss animal and bird habitats, nests and animal signs in the Fells. Walking will be Easy to Moderate. Bring water and binoculars. Meet at 10:00

am at the Long Pond parking lot, South Border Rd., Winchester. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.

Bellevue Pond in Late Autumn

Friday, November 15, 2013

9:15 am – 11:30 am

Leader: Boot Boutwell. We'll walk through the Bellevue Pond area looking at the natural world as it prepares for winter. Will we see a

few late blooming flowers? Will we find a few deciduous trees still hanging onto their leaves? Come along and find out! The walk will focus on plant ID as well as fun and interesting natural history. Meet at the Bellevue Pond parking lot on South Border Rd. in Medford. Steady rain cancels. These walks are free of charge and open to the public. For more information, call Boot Boutwell at 781-729-4712.

To confirm that these walks are going on as scheduled, check the “Hikes and Events Calendar” on the Friends of the Fells website at www.fells.org.



Heart leaf asters (*Mike Ryan*)

BABES IN THE WOODS

TUESDAY HIKES

Note: All hikes are from 10:00am to 11:30am

September 3

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.

September 10

Sheepfold to Bear Hill

Meet at the Sheepfold parking lot, off Fellsway/West/Route 28, Stoneham.

September 17

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

September 24

Bellevue Pond to Panther Cave

Meet at Bellevue Pond parking lot, South Border Rd., Medford. Additional parking is available on Governors Ave.

October 1

Spot Pond Stroll

Meet at the DCR Botume House Visitor Center, 4 Woodland Rd., Stoneham. Parking is also available at Spot Pond Boating.

October 8

Crystal Spring to Virginia Wood

Welcome Baby Wearers International Boston! Meet at the Greenwood Park parking lot, Pond St., Stoneham, across from the Stone Zoo.

October 15

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.



May 23rd Babes in the Woods hike along the North Reservoir (Noah Kaplan)

October 22

Sheepfold to Bear Hill

Meet at the Sheepfold parking lot, off Fellsway/West/Route 28, Stoneham.

October 29

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

November 5

Bellevue Pond to Panther Cave

Meet at Bellevue Pond parking lot, South Border Rd., Medford. Additional parking is available on Governors Ave.

November 12

Spot Pond Stroll

Meet at the DCR Botume House Visitor Center, 4 Woodland Rd., Stoneham. Parking is also available at Spot Pond Boating.

November 19

Crystal Spring to Virginia Wood

Meet at the Greenwood Park parking lot, Pond St., Stoneham, across from the Stone Zoo.

November 26

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.

SATURDAY HIKES

Note: All hikes are from 10:00am to 11:30am

September 7

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

September 14

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.

September 21

Middle Reservoir Exploration

Meet at Gate 16, Hillcrest Parkway near #86 Hillcrest Parkway, Winchester.

September 28

Bear Hill Exploration

Meet at Gate 21, Fallon Rd. Near ramp to Rt 93, Stoneham.

October 5

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

October 12

Crystal Spring to Virginia Wood

Meet at the Greenwood Park parking lot, Pond St., Stoneham, across from the Stone Zoo.

October 19

North Reservoir Exploration

Meet at Gate 18, Hillcrest Parkway between Reservoir and Appalachian Road, Winchester.

October 26

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.

November 2

High Service Reservoirs

Meet at parking lot at Gate 53, Fellsway East (between Washington St. and East Border Rd.), Melrose.

November 9

Bear Hill Exploration

Meet at Gate 21, Fallon Rd. Near 93 Ramp, Stoneham.

November 16

Long Pond Nature Trail

Meet at the Long Pond parking lot, South Border Rd., Winchester.

November 23

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

November 30

Middle Reservoir Exploration

Meet at Gate 16, Hillcrest Parkway near #86 Hillcrest Parkway, Winchester.

What is Babes in the Woods?

Are you home on mornings with young children?

Come for a walk in the woods with Friends of the Middlesex Fells hike leader Terry Murray. (www.terrytheinventormentor.com). The walks occur on Tuesdays and Saturdays, 10:00 am to 11:30 am. See weekly calendar section for hike dates and locations. Please note that these hikes are not suitable for strollers. Rain cancels. No dogs please. All hikes are drop-in format — no pre-registration is required. Hikes are always free, but we encourage you to become a Friends of the Fells member to help support these programs.

Tuesdays: Babes Classic Children of all ages are welcome, whether they are hanging out in a carrier, or tromping through the woods on their own two feet. Terry will point out interesting sights and sounds unique to that day's trail, and there will be a mid-hike break for snacks and fun. When it's warm, Terry loves to show off his giant bubble wands! Please note these hikes are not suitable for strollers.

Saturdays: Family Babes Enjoy weekend time on the trails with your family. Children of all ages are welcome. Please have a carrier or backpack available for little walkers in case they get tired. There will be a mid-hike break for snacks. Please note these hikes are not suitable for strollers.

Program Note Please download and fill out the annual liability release form linked to the Friends of the Fells website on the Babes in the Woods Information page. Bring the waiver to your next hike and give to Terry. (www.fells.org/waiver_Form_2013.pdf)

Babes in the Woods is co-sponsored by the Friends of the Middlesex Fells, the Medford Family Network, the North Suburban Family Network, the Malden/Everett Family Network, and the Department of Conservation and Recreation.

Questions? Call the Friends at 781-662-2340, or go to www.fells.org.

Eagle Eye Learn About Forests

continued from front cover

mill site at Spot Pond brook, and identify many new plants and trees. We enjoyed sitting under the magnificent hemlocks, as well as the serenity that came with being the sole human visitors to the area.

In the afternoon we were joined by Bryan Hamlin, who spoke to our group about the diverse plant populations that can be found within the Fells. Bryan pointed out that the numbers and varieties of native species is threatened as nonnative plants increase. In Virginia Wood he pointed out garlic mustard, which is spreading throughout the Wood and crowding out native understory species. We then had the opportunity to pull and bag garlic mustard around the Spot Pond brook area, leaving room for native species to return.

Later this summer we look forward to bringing other youth organizations to the Fells to participate in our daylong Learn About Forests program and stewardship projects. With thanks to DCR Fells staff for assisting with this ongoing program.

Susan Ekstrom is EAGLE (Earth Advocates: Green Leaders for the Environment) Program Manager for the Eagle Eye Institute: www.eagleeyeinstitute.org



CLOCKWISE FROM LOWER LEFT: Bird observation; Nature sketching overlooking Spot Pond Brook; Bryan Hamlin discusses native species; Stewardship project; removing invasive Garlic Mustard plants (All photos, Susan Ekstrom)

Nature Journaling continued from front cover

On our way into the woods, we spotted a rabbit browsing on clover in the distance, and talked about taking “mental snapshots” of fleeting images. The ideal situation is when you have time to settle in, really observe and sketch what you see, but instead you may only get a sudden glimpse of something — a bird startled from the underbrush, a turtle slipping back into the water, a snake that vanishes off the path — and want to somehow draw it anyway. Thankfully, as the old saying goes about a picture being worth a thousand words, just the suggestion of an image is all that it takes to bring you right back to the moment. Quick rough sketches can have undeniable energy and expression. If you're lucky, and like me have a passion for the details, it's also perfectly fine to grab a quick photo (if you can get it!). These can be a useful reference later for identifying an unfamiliar species or filling out a sketch.

We'd hardly crossed the mowed field and entered the woods before encountering an abundance of differently shaped leaves to draw and discuss. Walter Kittredge helped identify which plants along the edge were native versus introduced species. We spent a little while examining the intricate form of porcelainberry leaves, the velvet stems of staghorn sumac, and how to identify poison ivy.

The kids in particular were full of great questions throughout the hike, and it was a real pleasure to see just how much they noticed and were curious about. At first, they felt that the leaves we were looking at were too hard to draw, so we experimented with tracing the leaves and drawing in the veins, noticing where they started and how they branched out. This approach got us all looking at just how much variety there is in the simplest of plants.

It wasn't long before the bugs drove us along the path and up the hill. On our way, we noticed stands of wildflowers including spotted wintergreen (*pipsissewa*). There was a downed oak trees with interesting cavities caused by carpenter ants that had eaten out the heartwood. We also came upon several red *Russula* mushrooms, and a patch of white *Amanita* mushrooms just emerging from the leafy forest floor.

From the top of the hill we could see Spot Pond, and the clearing included a small bench that served nicely as a drawing spot for the kids. We spread out so that each person could draw or write about whatever they found interesting, ranging from stones, lichens, leaves and fruits. Some of the exercises available included blind contour drawing (where you closely observe your subject and draw it in detail without looking at the page), speed sketches, and comparative drawing.

Everyone brought their own creative style to the experience. We grabbed some crayon sticks, placed leaves between the pages of our books and did rubbings. One boy overlapped the leaves and used colors to suggest the changing seasons; his younger sister traced her leaves and then transformed them into colorful butterflies. Their older brother — who also likes to cook — was also interested in understanding what was edible. Another participant drew detailed wildflowers and took advantage of the opportunity to expand her skill in identifying wild herbs. All in all it was a successful hike!

Three nature journaling hikes will take place in the Fells this fall. See the calendar section of this newsletter for more details.



TOP TO BOTTOM: Fells nature journal page by Kaye Kittredge, Alina's drawing, Daniel's drawing

SUGGESTED REFERENCES:

Keeping a Nature Journal, Clare Walker Leslie & Charles E Roth

The Watercolorist's Nature Journal, Jill Bays

True Nature (Four Seasons in Solitude), Barbara Bash

Good Earth Art (Environmental Art For Kids), MaryAnn Kohl & Cindy Gainer

“September hits us head on, with earlier evenings, shifting colors...
October flashes bright but fades before we fully can enjoy...
November exhales with dying sparks, ember glows, a gathering in...”

Clare Walker Leslie

from *Keeping a Nature Journal* (Clare Walker Leslie and Charles E. Roth)

HELP NOW: Donate to The Friends of The Middlesex Fells

Your contribution to the Friends of the Middlesex Fells will help preserve this priceless landscape for the enjoyment of this and future generations! We truly need your financial help in dealing with the proposed development which threatens the very essence of the Fells. Your support for Friends programs benefits Fells visitors of all ages.

Donation Levels

- \$1000 and above: Protector — my contribution is _____
- \$500-\$999: Advocate — my contribution is _____
- \$100-\$499: Conserver — my contribution is _____
- \$10-\$99: Associate — my contribution is _____

Donate

In addition to mailing a check you may now contribute online! See the 'Donate' button on www.fells.org.

The Friends of the Middlesex Fells is a 501(c)(3) non-profit organization. All donations are tax-deductible. Check with your employer's Human Resources Department to see if they will match your gift.

JOIN US: Become a member of the Friends of the Middlesex Fells

- New Membership (includes trail map!) Renewal

Which level would you like to join?

- Life Member \$1,000 Sponsor \$100 Individual \$25 Corporate \$500
- Benefactor \$500 Supporter \$50 Senior \$15
- Patron \$200 Family \$25 Student \$15

All but \$50 of Life Memberships are tax-deductible. All but \$5 of Annual Memberships are tax-deductible.

Donate online, or make checks payable to the Friends of the Middlesex Fells and mail this form to:
Friends of the Middlesex Fells, 235 West Foster Street, Melrose, MA 02176

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Please print legibly.

Personal information is not released for any purpose.

Please add friends@fells.org to your email address book to prevent email blocking.

- Check here if you would like to receive the Friends of the Middlesex Fells volunteer opportunities questionnaire.

\$4 Trail Map describing scenic and natural features found in the Fells.

\$3 *Creation of the Middlesex Fells* by Michael Ryan, executive director, Friends of the Middlesex Fells

\$4 *The Middlesex Fells: An 1898 article* by William de las Casas

\$10 *Changes in the Flora of the Middlesex Fells*, a reprint of the 2012 Rhodora article with a complete list of plant species and habitats.

\$18 Friends of Middlesex Fells Fox T-shirt (Please visit www.fells.org for details)

\$8 Pack of 4 Fells postcards: Lawrence Woods Pond, Spot Pond, Spot Pond Brook, Ravine Road Hemlock Grove

All prices include shipping and handling.

Contact the Friends of the Fells for wholesale prices.

Friends of the Middlesex Fells Board

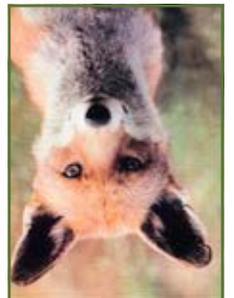
Bryan Hamlin/Chair; Sandra Pascal/Vice Chair; Mike Ryan/Executive Director; Heidi Kelf/Secretary; Mike Oliver/Treasurer; Mayor Robert Dolan; Joyce Calabro, Bob Ghika, Walter Kittredge; Dana M. Jewell; Carol McKinley; Rich Sanford; and Bob Weggel



Fall in the Fells (Mike Ryan)

Return Service Requested

If you would like to receive Friends of Fells email updates on program changes, breaking news or alerts, please send your email address to friends@fells.org.



News of the Fells Fall 2013

Friends of the Middlesex Fells Reservation | 235 West Foster Street | Melrose, MA 02176
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