



Friends of the Middlesex Fells Reservation

www.fells.org 781-662-2340 **Events Calendar pullout: pages 5-12**

News of the Fells Summer 2014



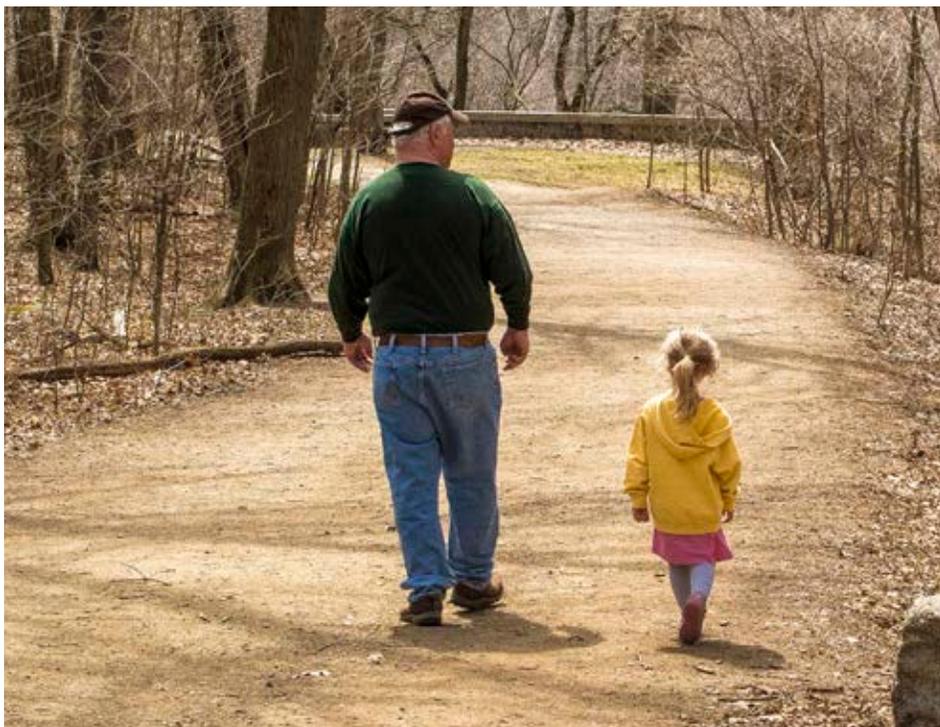
Park Serve Day: Spring Cleanup in the Fells

By Rich Sanford

On April 26 a steady rain did not deter fifty dedicated volunteers from joining Friends of the Fells for the Department of Conservation and Recreation's Park Serve Day. One of our best-attended volunteer events in recent years, dozens of bags of trash and recyclables were removed from 10 different locations across the reservation, in addition to a focused effort removing a variety of invasive plants along the Virginia Wood fire road.

While welcoming volunteers at Flynn Rink, Friends of the Fells Executive Director Mike Ryan remarked on the stream of unusual items found in the woods. One volunteer group distinguished

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The benefits of a walk in the woods

By Karolina Kenney

D ID YOU KNOW GREEN SPACE IN THE CITY CAN CONTRIBUTE to improved temperature stability and soil conservation, as well as improved mental and physical health? Learn what the Japanese term "shinrin-yoku" or "forest-bathing" means and how a walk in the woods can enhance everything from your immune system to your sleep cycle.

Green space is defined by the Environmental Protection Agency as any undeveloped land that is open to the public. Undeveloped land includes schoolyards, playgrounds, public plazas, urban wilds, community gardens,

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Fells Vernal Pool Stars

By Matt Burne

AT THE FAR EDGE OF THE SHEEPFOLD IN the Fells — long before the buds on the maples begin to pop — there's a funny sound that you can hear on sunny days of early spring. Often described as “duck-like,” the sound is not like any duck you'll find around here. The distinctive sound is among the very first harbingers of spring that comes to New England, made by the wood frog (*Lithobates sylvaticus*). Their calls begin when we see the very first “warm” rains in March, when nighttime temperatures finally break the forty-degree mark. The breeding activity that the calling signals lasts for only about two weeks; it sometimes seems that the breeding chorus of the wood frog is over and done before it even got started. Sure enough, though, as the spring progresses on to summer, tadpoles will be schooling in vernal pools throughout the Fells.

Vernal pools are these wonderful, little ponds more than 100 scattered throughout the Middlesex Fells, and found all across the glaciated northeast. They are the subjects of great concern as we continue to see the natural world around us built up, because they are so important to the healthy functioning of ecosystems throughout the region. Often referred to as the *nurseries of the forest*, they are incredible engines that convert the raw potential energy of fallen leaves into the squirming, jumping kinetic energy of frogs, salamanders, and countless invertebrates. These small creatures then leave the breeding pool into the surrounding woodlands seeking food and shelter. As part of the forest ecosys-

tem in the greater world, they're eaten by all manner of mammals, birds, reptiles, further extending the conversion of energy that started among leaf litter in a small pond into the vast array of animals that make up our natural world.

But after all is said and done, it's the critters that are the real stars of the vernal pool: the reason we worry about vernal pools, why we support careful conservation of their supporting habitats, and why we strive to educate the public about this important natural resource.

Let's take a closer look at two vernal pool inhabitants, the spotted salamander and the wood frog.

Spotted Salamander (*Ambystoma maculatum*)

The spotted salamander is a large (6-8" long), striking, and common amphibian in our area, though the vast majority of people will never see one. They live for ten to fifteen years in the wild, and spend almost all of their life underground. When they do emerge it is at night, and almost exclusively when it is raining. It's a special sort of person that gets excited about going out in the rain at night just to have a chance to see a slimy salamander, but it is a sight to behold! Breeding happens early in spring, on those first rainy nights that bring out the wood frogs, and it is the only time during the year when it is possible to see a large number of spotted salamanders together at one time, in a 'congress.'

Wood Frog (*Lithobates sylvaticus*)

Wood frogs are small frogs that live out a fairly short life in the woods. They range in color from a blond-tan to dark brown, and some are even a rosy red. They are colored so much like the leaf litter they live among



Spotted Salamander (Matt Burne, Vernal Pool Association)



Wood Frog (Leo Kenney/Vernal Pool Association)

that they can be extremely difficult to see, even when you're right on top of them! The distinctive feature of the wood frog is a black "robber's mask" that covers each eye, from the tip of the nose to the large, round ear behind the eye. Wood frogs are rather remarkable animals that get through the winter by freezing solid if they aren't sheltered in a place that protects them from the extremes of winter's temperatures. Arriving at their

breeding pools shortly after thawing out (the pool and the frog!), males make a raucous chorus on rainy nights and warm days for a brief period in the spring, before leaving the pool and returning to the woods.

Matt Burne is vice president of the Vernal Pool Association. Visit www.vernalpool.org for a wealth of educational materials.

Reviving the Fells Trail Adopter Program

By Rich Sanford

AFTER BEING DORMANT FOR the last few years, Friends of the Fells is working to re-establish a Fells Trail Adopter program in concert with DCR. The Fells Trail Adopter Program will provide the opportunity for volunteers to take responsibility for regular maintenance of a trail segment within the

cedures for the program has been drafted and is under review by DCR as of this writing.

Around 20 interested individuals attended a Trail Adopter information session at the Beebe Estate in March. They represented Friends of the Fells, a Fells Meetup group, multiple Scout groups, Appalachian Mountain Club members, and others from the community. All were enthusiastic about the program and looking forward to getting out onto the trails. Some have already begun to survey their trails and remove trash from the area while await-

ing DCR's approval to begin other maintenance activities.

With 79 miles of trails in the Fells, there is room for many more adopters. If your family or group is interested in volunteering in the Fells, please review upcoming opportunities on the Events Calendar at www.fells.org, or contact Rich Sanford (volunteer@fells.org) to learn more.

“Trail adopters clear overhanging limbs, downed limbs and small trees, and brush to maintain a trail corridor wide enough for hikers to pass safely.”

Trail Adopter Handbook

Middlesex Fells Reservation. These adopters will perform an essential role in maintaining trails in these times when state resources are limited.

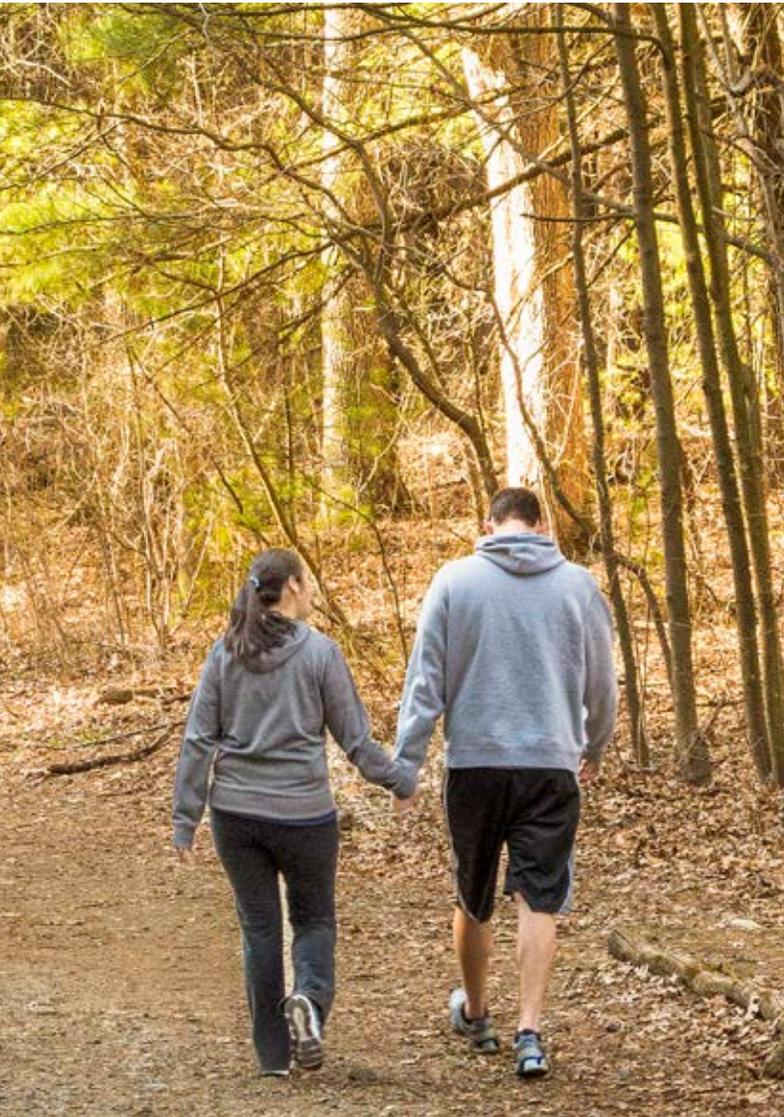
Adopters may be individuals, families, or groups and organizations such as clubs, camps, Scouts and others. Basic training will be provided for new adopters to ensure that they are capable and confident to perform their work safely and in a manner consistent with DCR policies and guidelines. A handbook summarizing the policies and pro-



Photo: Rich Sanford

The benefits of a walk in the woods

continued from front cover



etc. These everyday public spaces are often taken for granted, but the benefits they provide are eye-opening.

According to the Environmental Protection Agency, key services provided by green space include:

- Protected water quality — proper landscaping can decrease levels of nitrate leaching from the soil into the water supply. It also can reduce water runoff that includes phosphorous. (emphasis on proper landscaping)
- Reduced heat buildup and heat island effect — trees can reduce heat build up in places like parking lots. Green spaces remove heat from the air through evapotranspiration, actually decreasing summer temps.

- Improved air quality — one tree has the ability to eliminate 26 pounds of carbon dioxide from the atmosphere annually. This is the equivalent of 11,000 miles of car emissions.

Along with numerous environmental benefits, there are also a number of positive linkages between an individual's mental and physical health and his/her proximity to green space.

In recent years, the study of forestry and greenery in relation to mental well-being has gained notice, starting in Japan with the coining of the term "shinrin-yoku." The term is defined as a leisurely, restorative walk in the woods. The Japanese also use a forest walk as a form of natural aromatherapy due to essential oils found in wood. The American equivalent of the phrase is "forest bathing."

A number of studies conducted between 2010 and 2012 by Environmental Health and Preventive Medicine, the official journal of the Japanese Society for Hygiene, analyzed the act of "forest-bathing" and the perceived improvements in physiological welfare. One research study found that forest environments promote lower blood pressure, lower pulse rate, and lower sympathetic nerve activity (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793346/>). Being close to green space is necessary to reap these benefits, though.

As doctors repeatedly tell us: physical activity is essential to a healthy lifestyle. Green space offers another outlet to get active while enjoying nature and de-stressing from the trials of living in a big city. Another study published last year in the journal Public Health found that residents of neighborhoods that boasted a higher level of green space, were in better physical and mental health. (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3444752/>).

When nature is within reach, people are more likely to get outside and get a lungful of oxygen. Access to woodlands and nature is easy in the city. So get out and get forest-bathing!

Karolina Kenney, policy intern at the Emerald Necklace Conservancy, is studying environmental analysis and policy at Boston University. This article in its original form was distributed by the Conservancy this past spring.

Photos this article: Mike Ryan



SUMMER 2014 HIKES & EVENTS

High Service Reservoir
(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.

JUNE ♦ JULY ♦ AUGUST

Animal Habitats Walk on the Rock Circuit Trail

Sunday, June 8, 2014
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 Flynn Rink parking area on Woodland Rd. in Medford. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.

A nature walk for seniors, led by a senior

Wednesday, June 25, 2014
10:30 am – 12:00 pm

Leader: Bryan Hamlin. Botanist Bryan Hamlin invites seniors to join him for a summer walk. Meet at

Flynn Rink parking lot at the bottom of Woodland Road in Medford. Call Bryan at 781-854-2058 for more information.

Early summer at Bellevue Pond

Friday, June 27, 2014
9:15 am – 11:30 am

Leader: Boot Boutwell. Join Boot at Bellevue Pond for a nature walk in search of early summer wildflowers and other cool plants. This walk will focus on plant ID as well as on fun and interesting natural history about the plants we see. Meet at the Bellevue Pond parking lot on South Border Road in Medford. Steady rain cancels. This walk is free of charge and open to the public. For more information, please call Boot Boutwell at 781-729-4712.

Animal Habitats Walk on the Rock Circuit Trail

Sunday, July 13, 2014
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 Flynn Rink parking area on Woodland Rd. in Medford. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.

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.

VERT-Sasquatch Trail Race

Sunday, July 13, 2014

See box below.

Hike 'n' Carry at Greenwood Park

Sunday, July 13, 2013

2:00 pm – 4:00 pm

Leaders: Rich and Eric Sanford.

Join Rich and Eric for an all-ages hike and trail clean-up following the course of the VERT-Sasquatch trail race to be run earlier that day (proceeds benefiting Friends of the Fells). Bags, gloves, and verification of two community service hours will be provided. Meet at 2:00 sharp at Greenwood Park on Pond St., Stoneham. Heavy rain or lightning cancels. Call Rich at 617-335-7310 or email rich_sanford@alum.mit.edu for more information.

A nature walk for seniors, led by a senior

Wednesday, July 16, 2014

10:30 am – 12:00 pm

Leader: Bryan Hamlin. Botanist Bryan Hamlin invites seniors to join him for a summer walk. Meet at Flynn Rink parking lot at the bottom of Woodland Road in Medford. Call Bryan at 781-854-2058 for more information.

Summer wildflowers at Long Pond

Monday, July 21, 2014

9:15 am – 11:30 am

Leader: Boot Boutwell. Summer is here along with some beautiful summer wildflowers. This walk will focus on plant ID as well as fun and interesting natural history about the plants which we see. Meet at the Long Pond parking lot, South Border Road, Winchester. Steady rain cancels. This walk is free of charge and open to the public. For more information, please call Boot Boutwell at 781-729-4712.

Picnic at Wright's Pond

Sunday, July 27, 2014

12:00 pm – 3:00 pm

Rain Date: Sunday, August 24, 2014

Join the Friends of the Fells volunteers for a picnic at Wright's Pond! As a thank you for all that they do, we will be hosting a pot-luck picnic for our volunteers, including a 1-mile hike and swimming. Meet at Wright's Pond, Elm Street in Medford. Pre-registration is required. For more information or to register, please email friends@fells.org.

Summer wildflowers at Bellevue Pond

Tuesday, August 5, 2014

9:15 am – 11:30 am

Leader: Boot Boutwell. There are some wonderful mid-summer wildflowers in bloom at Bellevue Pond in early August. Join Boot for a walk focusing on wildflower ID as well as fun and interesting natural history. Meet at the Bellevue Pond parking lot on South Border Road in Medford. Steady rain cancels. This walk is free of charge and open to the public. For more information, please call Boot Boutwell at 781-729-4712.

Animal Habitats Walk on the Rock Circuit Trail

Sunday, August 10, 2014

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 Flynn Rink parking area on Woodland Rd. in Medford. Rain cancels. Email Pete at pbeararl@yahoo.com for more information.



VERT Race to Benefit Friends of the Fells Sign up to run or volunteer!

Sunday, July 13, 2014 | 9:30 am

Join us for the ultimate "sprint" trail race (2.35 mi) through the Fells followed by an epic post race party at Stone Zoo sponsored by Notch Brewing, Slumbrew, Night Shift & Downeast Cider. **The race benefits Friends of the Fells** and the registration fee includes a great race shirt + free food & beer at the party. Info & sign-up: www.vertraceseries.com/sasquatch

VERT-Sasquatch is located in the Crystal Springs/Whip Hill Area of the Fells. Take the T to Oak Grove and then jog, bike (it's only 2 miles to the race) or take the free shuttle bus.

If you'd like to volunteer on race day, please email friends@fells.org

INDUSTRIAL EDEN

THE LEGACY OF
HAYWARDVILLE



THE FORMER MILL VILLAGE OF “HAYWARDVILLE” IS

located within the Virginia Wood section of the Fells Reservation. In the 1800s Haywardville grew as an industrial community using falling water to power many mills — and it was here that Nathaniel Hayward and Charles Goodyear invented and manufactured vulcanized rubber products. Remnants of some of the early mill works are still visible along Spot Pond Brook.

Industrial Eden is a yearlong celebration of Haywardville, featuring walking tours with former residents and lectures about life in this now vanished mill village.

Industrial Eden events are funded in part by a grant from the Medford, Malden, Melrose and Stoneham Cultural Councils, in partnership with The Preservation Collaborative Inc., The Historic Connection, and the Mystic River Watershed Association.

Spirit of Invention: What a Great Idea!

Wednesday, June 11, 7:00 pm

Sponsored by
the Melrose Public Library

Melrose Public Library

69 W. Emerson Street, Melrose

Besides Converse, some local inventors such as D.E. Bennett designed rubber products. Rubber shoes, tires and accessories made life easier. Other bright minds focused on improving guitars and ice cream freezers. Melrose was in love with new technology!

Working Together in Stoneham: The Daring Success of Co-ops

Tuesday, June 17, 7:00 pm

Sponsored by
the Stoneham Public Library

Stoneham Public Library

431 Main Street, Stoneham

Stoneham people pursued a great concept — share work, share profits, succeed. The village of Haywardville was a prime example. The larger community adapted the model as a pattern for some factories and a bank. Social groups learned

how to empower their members. Co-operation worked!

North Medford: A Summer Getaway

Wednesday, July 9, 7:00 pm

Sponsored by
the Medford Public Library

Medford Public Library

111 High Street, Medford

Tucked amid the rocky outcroppings next to the Middlesex Fells, North Medford was a trolley ride from the city's heat. Fresh air, Wright's Pond, trees and more trees — this was a delightful respite for day trippers followed then by hardworking commuters looking to purchase land.

A Landscape Changed: Evolution of Land Use in the Middlesex Fells Reservation

Wednesday, July 23, 7:00 pm

Sponsored by
the Medford Public Library

Medford Public Library

111 High Street, Medford

For two and a half centuries the Middlesex Fells was a part of the evolving New England landscape.

Generations worked farms, fields and forest. Almost a dozen home grown industries vanished when properties were seized by eminent domain. Come revisit the thriving enterprises that changed surrounding towns and impacted the world.

Over, Under and In: Using Waterpower along Spot Pond Brook

Wednesday, August 13, 7:00 pm

Sponsored by
the Melrose Public Library

Melrose Public Library

69 W. Emerson Street, Melrose

Water quenched human thirst, beautified land and powered mills machinery for hundreds of years. It was the lifeblood of the regional economy and it was here that the real Industrial Revolution began. Join us for an exploration of the story of Spot Pond Brook as it was altered and improved to suite the industrial community's needs of Haywardville, Melrose and Malden.

For further information visit
www.preservation-collaborative.com/haywardville or call
Ryan Hayward, 781 241 7253.

BABES IN THE WOODS



Mike Ryan

JUNE

Hike and Seek is from 10am-10:45am; Babes hikes are from 11am-noon

June 3

Hike and Seek — Long Pond

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

Babes in the Woods — Long Pond Nature Trail

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

June 10

Hike and Seek — Woodland Path Trail

Meet at Flynn Rink, Woodland Rd., Medford.

Babes in the Woods — Woodland Path Trail

Meet at Flynn Rink, Woodland Rd., Medford.

June 14, 10am-noon

15 Year Anniversary Celebration of Babes in the Woods

(see box at right)

15-Year Anniversary Celebration of Babes in the Woods!

Saturday, June 14 10am-noon

Greenwood Park, Stoneham. Meet at the parking lot, Pond St., across from the Stone Zoo. Note: the live animal show will begin promptly at 10:15.

June brings the fifteen-year anniversary of the Friends' most popular hike program and we hope alumni of the program will join current Babes hikers to celebrate this incredible milestone! We have lots of exciting plans in the works, including a live animal show, face painting, a scavenger hunt, and a raffle with prizes! We are grateful to the Medford Family Network and the North Suburban Family Network for their support, and we hope to see you there! Please check www.fells.org and [facebook.com/BabesinWoodsFells](https://www.facebook.com/BabesinWoodsFells) for details.

What's the difference between Babes and Hide and Seek walks?

Babes in the Woods hikes

Please note these hikes are appropriate only for parents who carry their children; trails will not accommodate strollers, or young children who walk. For those with children who like to walk the trail and explore, please join us for — Hike and Seek at 10am!

Hike and Seek walks

Hike and Seek is an opportunity for young hikers and their parents to explore the Fells through nature themed scavenger hunts. For parents with children young enough to carry on a conventional hike through the woods, please join us for our Babes in the Woods hike at 11am!

June 17

Hike and Seek — Bellevue Pond

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

Babes in the Woods — Bellevue Pond to Panther Cave

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

June 24

Hike and Seek — Spot Pond

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

Babes in the Woods — Spot Pond Stroll

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

JULY

Hike and Seek is from 10am-10:45am; Babes hikes are from 11am-noon

July 1

Hike and Seek — Whip Hill

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

Babes in the Woods — Crystal Spring to Virginia Wood

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

July 8

Hike and Seek — Sheepfold

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

Babes in the Wood — Sheepfold to Bear Hill

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

July 15

Hike and Seek — Long Pond

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

Babes in the Woods — Long Pond Nature Trail

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

July 22

Hike and Seek — Woodland Path Trail

Meet at Flynn Rink, Woodland Rd., Medford.

Babes in the Woods — Woodland Path Trail

Meet at Flynn Rink, Woodland Rd., Medford.

July 29

Hike and Seek — Bellevue Pond

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

Babes in the Woods — Bellevue Pond to Panther Cave

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

AUGUST

Hike and Seek is from 10am-10:45am

Babes hikes are from 11am-noon

August 5

Hike and Seek — Spot Pond

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

Babes in the Woods — Spot Pond Stroll

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

August 12

Hike and Seek — Whip Hill

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

Babes in the Woods — Crystal Spring to Virginia Wood

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

August 19

Hike and Seek — Sheepfold

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

Babes in the Wood — Sheepfold to Bear Hill

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

August 26

Hike and Seek — Long Pond

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

Babes in the Woods — Long Pond Nature Trail

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

Children of all ages are welcome, whether they are hanging out in a carrier, or tromping through the woods on their own two feet. Hike leaders will point out interesting sights and sounds unique to that day's trail. Please note these hikes are not suitable for strollers. See previous page for information on **Hike and Seek walks** which run throughout the summer!

See weekly calendar section for hike dates and locations. Rain or snow 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.

Additional walks: Please check our website calendar found at www.fells.org for updates about additional Babes in the Woods hikes, and to confirm weekly schedules.

Program Note Please download and fill out the 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 the hike leader.

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.

Stepping into Spring with Fells Storybook Walk!

DURING SPRING VACATION WEEK APRIL 19-17 parents and their children enjoyed a first ever self-guided storybook walk in the Fells. Starting from Greenwood Park across from the Stone Zoo the trail featured ten woodland animal illustrations from the book, *Over in the Forest*, written by Marrienne Berkes. Along the



way, on the trail accessible from dawn to dusk, youngsters stopped at each illustrated sign to share in the rhythm and rhyme story of animals teaching their babies life skills.

This program was the result of collaborative efforts of the Friends of the Fells, the Department of Conservation and Recreation (DCR), Mass in Motion, and the North Suburban Child and Family Resource Network. Special thanks goes to The StoryWalk® Project created by Anne Ferguson of Montpelier, Vermont, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg-Hubbard Library for their inspiration.

ABOVE: Mike Ryan; RIGHT: courtesy of a Babes in the Woods parent

Parents' Facebook remarks attest to the success of this event:

"We did this with our playgroup and...well, all of us Mom's SANG each page of the book...that was fun too!"

"We discovered this today! I told Jasper, there is a book in the woods! And he ran to follow all the pages."

"I would love to do this again! Such a fun idea. Thank you!"





ANNOUNCING:

Fells Forest Kindergarten and Nature School

By Sarah Maisonneuve

THANKS TO FUNDING FROM THE NORTH Suburban Community Health alliance, we are thrilled to announce the development of a Forest Kindergarten to begin this summer! This new program will be offered in July and will serve children aged 4-6 years. It will be an entirely new model for us, whereby parents will drop off their children for a period of 2½ hours at the DCR Botume House, 4 Woodland Road, Stoneham, where kids will spend the entire time outdoors exploring Spot Pond and the adjacent forest. This “place-based” approach to education will give children the opportunity to connect with a particular area in the Fells. The program will be loosely modeled after Cedarson Nature School, in Vashon Island, Washington, which is the first outdoor nature school of its kind in the country, “designed to fully engage children in exploring the natural world while encouraging their sense of wonder.” The philosophy is rooted in the idea that

children benefit both physically and psychologically from opportunities to engage in unstructured, outdoor play and exploration. The Forest Kindergarten program will provide children with opportunities to enjoy physical exercise outdoors, while learning about the different plant and animal species they encounter in the forest. Please check our website (www.fells.org) for updates as we develop our plans for this exciting new program.

Friends of the Fells Board member Sarah Maisonneuve is the Friends Youth Program Director

TOP: “Does a chipmunk live here?”

INSET: Turtles sunning at Bellevue Pond.

(Mike Ryan)

Friends Strategic Planning

By Heidi Kelf

BUILDING ON TWO EARLIER COLLABORATIONS,

The Friends of the Fells has enlisted the services of the Executive Service Corps of New England (ESCNE) to advance our conservation and educational mission. The Executive Service Corps is a nationwide network of professional volunteers with senior-level management experience, dedicated to improving the quality of life in the communities they serve.

Drawing upon a series of interviews, surveys and interaction with Friends of the Fells board members, ESC has helped the Friends to define strategic goals to help us better serve our broad constituency. They have assisted us to perfect a Vision Statement and to design and implement a roadmap for board development, building financial strength, improving community outreach, and expanding Fells-based educational experiences for all ages.

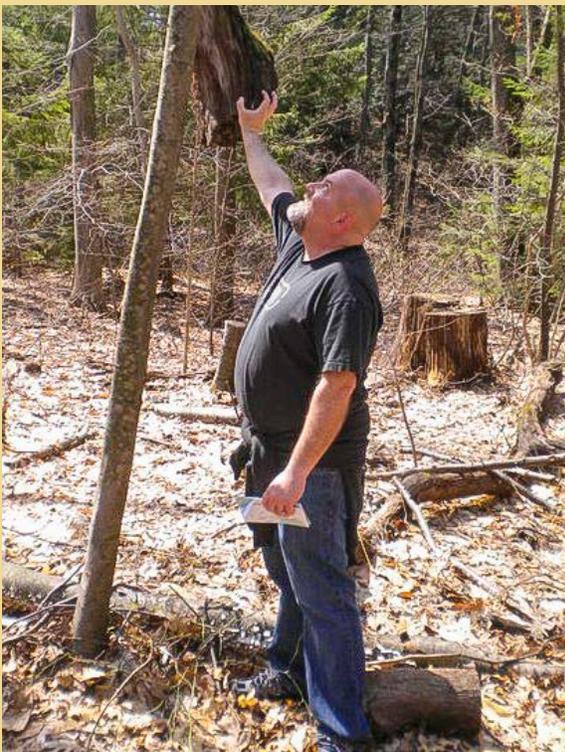
The ESC team consists of Dr. Bill Huss, Board Chairman of ESCNE who has successfully led strategic

FRIENDS OF THE FELLS MISSION
Dedicated to the protection and harmonious use of the Fells; promoting awareness, policies and programs to honor and preserve the ecological, historical and recreational resources of this urban forest reservation.

planning projects for other local agencies focused on historic preservation and environmental quality, Mike Di Lorenzo, who is sharing his fundraising expertise with us, energy consultant Marc Hoffman, and Ashok Boghani who possesses over 40 years of experience in technology and management consulting.

Heidi Kelf is Friends board secretary

Friends Volunteer Spotlight



Pete Costello displaying an ant colony found in a rotten log on Fells nature habitats hike
(Courtesy Pete Costello)

“It’s been a great experience teaching people about the Fells, not just the trails and history, but also the plants and animals that we see along the way.”

Name: Pete Costello

Age: 50

Town: Arlington, Mass.

Profession: Assistant Curator, Zoo New England/Stone Zoo

Volunteer Since: June, 2012

Volunteer Role(s): Pete’s background includes leading educational programs and hikes in the Fells through Zoo New England so we were thrilled when he offered to add a regular series of animal habitat walks to the Friends of the Fells event calendar in 2012. Pete has led 18 walks for us over these last couple of years while also working

on his own to keep the trails clean in the area of the Zoo. This year Pete plans to provide support for volunteer groups for cleanups and trail maintenance in the Fells. Pete is enabling many others to appreciate the nature of the Fells and to participate in keeping the park clean for all to enjoy.

Recognition: Friends of the Fells recognized Pete’s contributions with the Wilson Flagg Award at the Friends of the Fells Annual Meeting on May 8th. Thank you, Pete!

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

Park Serve Day: Spring Cleanup in the Fells

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themselves by recovering very large items including discarded signposts, a car tire and a metal ring of unknown origin. Their crowning achievement was pulling a half-sunken trash barrel from Quarter Mile Pond, employing both ingenuity (to fashion a hook from a tree branch) and fearlessness (balancing precariously on a stump by the pond's edge). Volunteers in that area also collected a small pile of found toys, including a rainbow-colored stuffed shark, a small basketball, to a plastic ice-skating ninja figure.

CATS Academy Boston came out in force for the event: 20 high school students and 2 teachers were dropped off at Greenwood Park by a large yellow bus. Half of this group hiked North to Doleful Pond to carry out the many cans and bottles, while the other half hiked South with Bob Weggel to join Walter Kittredge cutting invasive plants in Virginia Wood. The group made a strong impression on both Bob and Walter as diligent and well-mannered workers with very inquisitive minds. David O'Donnell from CATS summarized the

experience as "20 students working outside in cold rain in a beautiful place.... So busy we forgot the rain."

Two would-be trail adopters came out to learn more about working in the Fells. One broadened her knowledge of invasive plants by working with Walter in Virginia Wood. The other led two volunteer groups (a Girl Scout group from Winchester, and a group of AMC Young Members from nearby towns) to scout and clean up the trails they may soon adopt.

Thanks to all of the volunteers who came out for Park Serve Day, and special thanks to the DCR staff who supported us with supplies, drinking water, restroom access, and trash pickup. If your family or group is interested in volunteering in the Fells, please review upcoming opportunities on the Events Calendar at www.fells.org, or contact Rich Sanford (volunteer@fells.org) to plan an event that works for your schedule.

Friends of Fells board member Rich Sanford coordinates volunteer activities

PAGE ONE: Laurie, Nico and William hauling plastic barrel from Quarter Mile Pond (Rich Sanford); ABOVE: CATS Academy Boston clean up team at Doleful Pond

“To a person uninstructed in natural history, his country or seaside stroll is a walk through a gallery filled with wonderful works of art, nine-tenths of which have faces turned towards the wall.”
(Thomas Huxley, 1825-1895)

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
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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

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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; Bob Ghika, Walter Kittredge; Dana M. Jewell; Carol McKinley; Rich Sanford; Bob Weggel, Sarah Maisonneuve, and Noah Kaplan



Vernal pool in summer (Mike Ryan)

Return Service Requested

Friends of the Middlesex Fells Reservation | 235 West Foster Street | Melrose, MA 02176
www.fells.org | 781-662-2340 | friends@fells.org | The Fells: forever the people's forest park



News of the Fells Summer 2014

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.

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