



# Friends of the Fells News

*The Friends of the Middlesex Fells Reservation is 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.*

Issue 3, May 2016



Photo by Mike Ryan

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## Annual Meeting Approaches

Mark your calendars for the Friends of the Fells Annual Meeting on Wednesday, May 11<sup>th</sup> at 7pm. It will take place at Medford City Hall, 85 George P. Hassett Drive, Medford, MA, 02155, in City Council Chambers.

Join Dr. John Perella, Medford High School Headmaster, as he discusses Many Communities, One Fells and learn about his efforts to engage diverse stakeholders in the protection and stewardship of the Fells through the Community, Conservation & Education Partnership.

The evening will include a business meeting and an awards presentation. Refreshments will be served following the meeting.

RSVPs are requested, but not required. To RSVP, call (781) 662-2340.



Photo by Diana Lomakin

Spring is the perfect time to join us for a Babes in the Woods Hike!

Babes in the Woods meets every Tuesday!



Photo by Mike Melendez



## Found in the Fells, May

Photos by Bryan Hamlin

Found in the Fells is a website of Dr. Bryan Hamlin, a resident botanist, Friends of the Fells Board member, and former President of the New England Botanical Club. His website is a great place to learn about the many wonderful things you can see and experience in the Fells on a month-by-month basis. Please visit [foundinthefells.com](http://foundinthefells.com) to read more.

It felt for a while as if spring would never come and now everything is happening at once. Of any month May sees the most action, the greatest change in the Fells, and the greatest abundance of flowers on the forest floor.

In early May the trees haven't fully leafed out yet, and so we get the early spring flowers taking advantage of the strong sunlight that is still reaching the forest floor, some of them, of course, already flowering in late April. In the first ten days of May look for Trout Lilies – the yellow flowers like miniature day lilies, the leaves pale green with brown blotches like a trout. And this is when blueberry bushes flower with low-bush leading the pack usually in bloom by May 1<sup>st</sup> on sunny hill-tops with clusters of small white bells, flushed with pink in the bud. The bees are happy and, if everything goes according to plan, we'll be picking blueberries in July.

The high-bush species is only a few days behind often to be found in damper situations along the shores of ponds. The white bells are somewhat longer than the low-bush species. This frustrates the wood bumblebee with its short tongue as it cannot reach up inside the bells to get the nectar. So, it cuts a slit on the side in order to stick its tongue in and steal the nectar without therefore fulfilling its part of the bargain and carry pollen to the next bush. Too many bumblebees doing this and it must surely affect berry production. About a week later the middle-sized pale blueberry (sometimes confusingly called early

low-bush), *Vaccinium pallidum*, comes with its flowers that vary between creamy-green to coppery color. It is not until mid-May that the Huckleberry blooms with its distinct looking flowers. Other early May flowers in the Fells are violets, Bellwort, wood anemone and Jack-in-the-pulpit. And those Bearberry buds, that have slowly been developing since early March, finally blossom in clusters of little red-trimmed bells. These flowers with their constricted openings can also get 'slitted'.

Meanwhile, the shoots of much else have been pushing up and in mid-May, the next group of flowers phase in. Most conspicuous – perhaps the 'queen of the Fells' - is the Pink Lady Slipper Orchid. It is all over the Fells, in some cases in patches containing scores, usually where there are white pines. Do admire this striking flower but don't pick and don't try to transplant to your garden – it won't work. The roots are in a delicate association with various soil fungi. Other mid-May flowers are Canada Mayflower, related to our garden Lily of the Valley, and carpeting many places in the Fells, Wild Sarsaparilla, wild strawberry, Solomon's Seal, and, on rocky hill-tops – the striking Pale Corydalis. Also liking rocks but more in the woods are the beautiful red and yellow wild columbine. Not so common but present in some parts of the Fells are Starflower, and in some damp places the Nodding Trillium with its white flower hanging down

under a canopy of three leaves. Much more showy is our native Dogwood tree with its typical large white flowers.

Much is rightly being written nowadays about global warming. Spring flowers are particularly sensitive to temperature for their flowering time. Records show that the flowering times for several of the plants just mentioned have advanced at least ten days, in some cases much longer, over the past fifty years here in Eastern Massachusetts. Some may shrug and say, "Ah well, so what?" but it isn't as simple as looking earlier for some favorite flower. Flowers are pollinated by insects, in some cases specific species of insect. Supposing the insect emergence gets out of sync with the flower it is supposed to pollinate. Then the plant's seed production is in jeopardy.

Towards the end of the month, in damp places, wild geraniums are common in the Fells and quite lovely. And along some pathways - Wood Betony.

Bearberry. Note slit on one of the blooms



# Bob Weggel: Trail-Builder, Philanthropist



Bob is a long-serving member of the Friends of the Fells Board of Directors, a regular volunteer, a passionate advocate, and our largest donor

Like Robert Burns, “My heart’s in the Highlands”. For me, **living** is peak-bagging the Rockies (43 of the 53 peaks more than 14,000’ high), Appalachians, Sierras, Alps or Himalayas. It’s to Mother Nature that I hie when seeking solace from “the heartache and the thousand natural shocks that flesh is heir to” (Hamlet, Act 3, Scene 1). Convenient is the Middlesex Fells Reservation; its tranquility restores my equanimity, whether hiking trails or maintaining them as a long-time Trail Adopter for the Friends of the Middlesex Fells Reservation (FoF). Among the legacies of my labors are a multitude of rock steps and stepping-stones to reduce erosion of steep or muddy stretches of trail, especially the Skyline Trail near Winthrop Hill.

Another legacy is an endowment funded by IRA distributions and earnings as a magnet-design engineer, at the National Magnet Laboratory at M.I.T. (my *alma mater*) for 35 years from my freshman year to 1996, then with Brookhaven National Laboratory, and now a consultant. 1980s-editions of the Guinness Book of World Records feature my name for *world’s most intense continuous magnetic field*.

The FoF earns my respect and admiration because of its ardor and effectiveness in defending this precious jewel of biodiversity from desecration by the surrounding sea of suburbia. It is immensely satisfying that the FoF staff, Board, volunteers and donors achieve so much to preserve the Fells for current and future generations.

Donate to the FoF (website: [friends@fells.org](mailto:friends@fells.org)) and/or name it as beneficiary on financial assets. Alternatively, access the Essex County Community Foundation at [www.eccf.org](http://www.eccf.org) and select the R. J. Weggel Fund from the drop-down menu. For more information, please contact either the FoF at 781-662-2340 or ECCF at 978-777-8876.



## Volunteer Spotlight: Lauren Winterer

“I have always had a passion for the environment and I am so thankful for my connection with the Fells.”

Contributed by: **Lindsay Beal**

**Name:** Lauren Winterer  
**Involved Since:** 2014  
**Town:** Winchester, MA  
**Profession:** Program Director of Connect & Commit

We've got a bit of a theme going with our Spotlights this month. Meet Lauren, who heads the Community Service Program at Winchester High School. Learn more about it [here](#). She's yet another resident who works in the Fells both as a paid educator at a community partner, and as a volunteer on her own time. Like many of us (including myself!) Lauren and her husband moved to the area primarily because of the Fells.

Lauren tells us: “On one of our very first dates, my now husband, Mark, brought me to the Middlesex Fells Reservation. He told me he chose to live in Winchester because of the nearby forested land. At the time he was planning on rescuing two puppies and he wanted a yard and a place to bring the dogs play...”



*Lauren heads the community service program at Winchester High School.*

Are you interested in becoming a volunteer? Please email Lindsay at [lindsay@yarsley.com](mailto:lindsay@yarsley.com)

“It wasn't much later that Mark convinced me that I too should live in Winchester and tempted me with puppies, a house and of course, the Fells. Four years later and I am in the Fells every single day. I wake up to run with my dogs, take long walks with friends and pick-up trash with my students. Though I spend a lot of free time in the woods, I should say that my main connection has been getting high school students involved with Friends of the Fells and the lovely Lindsay Beal, and other leaders, members, and participants. Over the past two years we have collaborated on many events like picking up trash, internship programs, helping to run fundraising events, including selling raffle tickets at a Celtics game.

I have always had a passion for the environment and I am so thankful for my connection with the Fells. Before I was a Program Director I was teaching Environmental Science & Technology at a vocational school and I love that I get to share my passion in my new position at Winchester High School.”

## Make a Difference, Volunteer!

**Hike Leader** – Lead groups from the public on a variety of experiences in the Fells. Some provide detailed information on the nature (flora, fauna, geology) or history of a specific area. Some lead “work” events to help maintain the trails. Others may lead a group simply for the sake of spending time with other people and enjoying time in nature. Events may target a specific demographic (families, artists, etc) or simply be of general interest to the public.

**Event Development** – Assist with the planning and coordination of events including periodic lectures on topics of interest to the Fells community, special hikes, and scavenger hunts for children, or other events. This process would include identifying topics, soliciting speakers/leaders, and overseeing event logistics. The volunteer(s) should come with event planning experience and some experience with specifically relevant programs.

**Newsletter/Calendar Production Specialist** – Support our Executive Director in planning, soliciting, editing and laying out the content for our newsletter. Experience or training in editing would be especially helpful.

**Assistant Hike Leader** – Provide additional leadership and support to our regularly scheduled hikes. When a hike is over-subscribed, or attended by hikers of widely varying skills, the assistant hike leader may lead a subgroup on a separate shorter (or longer) route from the main group. **We need assistants for Hidden Treasures Week, May 14<sup>th</sup> through the 22<sup>nd</sup>.**

**Trail Adopter** – The Fells [Trail Adopter Program](#) provides the opportunity for volunteers to take responsibility for regular maintenance on a trail or trail segment within the Middlesex Fells Reservation. There are no formal requirements for the program other than a willingness to take on the responsibility. Basic training is 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. Click to learn more about the Friends of the Fells Trail Adopter Program.

**Friends of the Fells ‘Street Team’** – Friends of the Fells has a critical need to recruit volunteers who can staff our information and merchandise tables at a variety of community

events during the year. If you can commit to supporting two weekend events during the year, for a two-hour shift at each, then please get involved! No specific training is required, just a great public personality and the desire to learn.

**Website/Social Media Assistant** – Update content on the Friends of the Fells website or social media accounts. Support occasional projects to improve the Friends of the Fells online presence. Experience with social media marketing, web design, and/or WordPress would be especially helpful.

**This is just a sampling of the opportunities we have available. To learn more about how you can contribute our most precious resource, your time, please visit our volunteer webpage: [fells.org/volunteer/](https://fells.org/volunteer/)**



## New Summer Youth Programs in the Woods

After the success of its pilot Forest Kindergarten program in 2014, the Friends of the Middlesex Fells Reservation again offers an expanded version of the program in 2016.

**Forest Kindergarten** provides nature-based learning opportunities for children aged 4-6 years. Children engage in a self-guided exploration of the forest, helping develop their curiosity, critical thinking, and sense of connection with nature. This year, Forest Kindergarten will be offered for 10 consecutive weeks, June 20th – August 26, with both a morning and a new afternoon option. Children will be enrolled weekly, Monday – Friday, either in the morning from 9:30am - Noon or 1pm - 3:30pm in the afternoon, starting at the DCR's John Botume House at 4 Woodland Road in Stoneham, Massachusetts.

Also in 2016, Friends of the Fells will pilot expanded versions of the original Forest Kindergarten program for two new age groups — each geared at developing a sense of environmental stewardship and leadership. In the mornings **Forest Explorers** will provide nature-based learning opportunities for children aged 7-9 years. As the participating children become more curious about the natural world around them, the Friends' programming will include special guest speakers (ranging from botanists to native craft artisans) to guide them on unique tours of the Fells and share

with them the ancient ways of the forest. Special "hike and carry" days will give young participants a sense of stewardship and how their individual actions of responsibility, tending trails, carrying out trash and debris, can improve their sense of "place" in the greater natural community.

In the afternoon **Forest Adventurers** will provide nature-based learning opportunities for children aged 10-12 years. In this age group, there will be increased emphasis on learning opportunities that go "above and beyond," including science programming that focuses on the intersection of nature and technology – and readings from such nature writers as Henry David Thoreau, John Muir, and Rachel Carson. This program takes advantage of the Fells as a shared natural resource: our region's own unique 2,575-acre natural haven with room for all to use, learn from, and protect together.

Class sessions will be capped at eight (8) children per day and will be canceled in weeks when fewer than four (4) children are enrolled. A minimum of two (2) instructors will be present at all times. The total weekly cost for either session (morning or afternoon) will be \$150. However, we can offer limited financial assistance to those in need, and invite those who wish to inquire about this option to

contact our Youth Programs Coordinator, Ann Frenning Kossuth ([ann@friendsofthefells.org](mailto:ann@friendsofthefells.org)). As a special thank-you, all Friends of the Fells members have the opportunity to register early and receive a \$25 discount off one week's registration per child. To find out whether your Friends of the Fells membership is current or learn about becoming a member, please visit [friendsofthefells.org/join/](http://friendsofthefells.org/join/). The discount pays for itself with a family membership, although your generosity helps to pay for our programming and financial aid for others.

For more information or to register for any of the Friends of the Fells Summer Youth Programs visit: [fells.org/youth-programs/](http://fells.org/youth-programs/)



Photo by Gillian Badwan

# MAY

## Friends of the Fells Events

### **Saturday, May 7<sup>th</sup>: "First Saturday" Fells Running Club Trail Run**

**8:00 - 9:30 am**

Let's go for a springtime run through the Eastern Fells. We'll cover ~5 miles including a substantial portion of the Rock Circuit Trail. The terrain is steep and rocky at times, so don't plan on setting your personal best mile time on this one. Meet by 8:00am at the Flynn Rink Parking Lot at 300 Elm Street in Medford. Email [shane.t.mcnally@gmail.com](mailto:shane.t.mcnally@gmail.com) for more information.

### **Saturday, May 7<sup>th</sup>: Wilderness Heals Hike**

**10:00 am - 12:30 pm**

Please join Wilderness Heals/Elizabeth Stone House hike leader Ashley Zullo for an easy-to-moderate hike in the Fells. Lightning cancels. Email [azullo@elizabethstone.org](mailto:azullo@elizabethstone.org) with any questions or to receive updates in case of cancellation. Meet at Gate 8, where the Cross Fells Trail meets South Border Road.

### **Sunday, May 8<sup>th</sup>: Animal Habitat Hike**

**10:00 - 11:30 am**

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 Road in Medford. Rain cancels. Email Pete at [pbeararl@yahoo.com](mailto:pbeararl@yahoo.com) for more information.

### **Saturday, May 14<sup>th</sup>: Migrating Birds Hike**

**7:00 – 8:30 am**

Join Pete Costello of Zoo New England to look for warblers and other migrating bird species. Binoculars and bug spray are a must. Birders of all skill levels are welcome. Meet at the Greenwood Park parking lot across from the Stone Zoo. Rain cancels. Email Pete at [pbeararl@yahoo.com](mailto:pbeararl@yahoo.com) for more information. 176 Pond Street, Stoneham, MA 02180.

### **Saturday, May 14<sup>th</sup>: Trail Run on the Reservoir**

**10:00 - 11:30 am**

Trail Runners of all abilities are welcome to join Rich for a Spring trail run in the Fells. Enjoy scenic views of the Winchester Reservoirs as we follow the course of the splendid Reservoir Trail (~5.9 miles, ~1 hour). Meet by 10:00am at the Sheepfold Upper Parking Lot just off Routes 28 and 93 in Stoneham. Call Rich at 617-335-7310 or email [rich@friendsofthefells.org](mailto:rich@friendsofthefells.org) for more information.

### **Saturday, May 14<sup>th</sup>: Fells Fitness**

**1:30 – 2:30 pm**

Join the trainers of Fitness Together Melrose for some fun, creative, challenging full body workouts at the Flynn Rink in Medford. Push-ups, burpees, planks, rows, dips, squats, all those fun exercises plus much more! Our trainers are motivating, knowledgeable and fun. Come join us for a one-hour boot camp. Please bring your strength and enthusiasm. For more information, contact Heather at [melrosemgr@fitnesstogether.com](mailto:melrosemgr@fitnesstogether.com) or at 781-665-8282. 300 Elm Street in Medford.

### **Saturday, May 14<sup>th</sup>: Outdoor Martial Arts Lessons for Children and Adults**

**3:00 pm - 3:45 pm (children ages 4-14)**  
**4:00 pm - 4:45 pm (youth age 15+ and adults)**

Learn beginner level martial arts and self-defense at Greenwood Park in the Middlesex Fells Reservation. Stoneham's Body Mind Systems Martial Arts School is offering a complimentary class based on Kung Fu and Tai Chi. Training in nature increases the health benefits of martial arts. Parents can participate in the adult class while their child tries the class. Wear comfortable but warm clothes. 176 Pond Street, Stoneham, 02180. Please email [bob.lee@bodymindsystems.com](mailto:bob.lee@bodymindsystems.com) or call Body Mind Systems at 781-279-1400 for more information.

### **Sunday, May 15<sup>th</sup>, 2016: Spring Bird Migration**

**10:00am - 12:30pm**

Join Pete Costello of Zoo New England on a hike of the Rock Circuit Trail that will pass through both Medford and Malden. This hike will focus on the importance of green space and parks in cities and towns and how important they are for providing flyaway zones where birds can stop and feed before journeying further north. Binoculars are optional. Meet at the Flynn Rink at 300 Elm Street, Medford, MA. For more information, email Pete at [pbeararl@yahoo.com](mailto:pbeararl@yahoo.com) or call him at 617-593-5041.

### **Sunday, May 15<sup>th</sup>: Of Beavers and Burns**

**1:00 - 3:00 pm**

The Fells is a vibrant active place of ecological change. Join Harvard botanist Walter Kittredge on a short hike in Lawrence Woods to two of the most intriguing places where the Fells forest is being made anew. Meet at the beginning of the Mustang Trail behind the Medford High School, 489 Winthrop Street, Medford. Family friendly. Walter Kittredge's cell phone: 978-270-0151.

### **Monday, May 16<sup>th</sup>: Long Pond Lady Slippers**

**9:15 - 11:30 am**

Lots of Spring wildflowers are in full bloom at Long Pond and with any luck, the Lady Slippers will be among them. Join Boot Boutwell on a nature walk that will focus on wildflower identification as well as fun and interesting natural history. Meet at the Long Pond parking lot, South Border Road, Winchester. Steady rain cancels. For more information, please contact Boot Boutwell, 781-729-4712.

### **Monday, May 16<sup>th</sup>: A Hike for Photography Enthusiasts**

**2:00 - 4:00 pm**

Explore Spot Pond and other Fells waterviews with Mike Ryan. Mike is the recently retired Executive Director of the Friends of the Fells and a photography enthusiast. Meet at the Botume House at 4 Woodland Road where many of Mike's photos are displayed at the Middlesex Fells Visitor Center. Mike Ryan's cell phone is 781-662-6889.

### **Tuesday, May 17<sup>th</sup>: May Flower Tour**

**10:00 am - Noon**

Wildflowers are in abundance in the Middlesex Fells. Join resident botanist and Friends of the Fells Board member and former President of the New England Botanical Club Bryan Hamlin for a modest hike to enjoy the many wildflowers, including Pink Lady Slipper orchids, in bloom at this time. Family friendly, all ages welcome. Meet opposite gate 8 on South Border Road in Medford. Bryan's cell: 781-854-2058.

## **Hidden Treasures Week: Saturday May 14<sup>th</sup> through Sunday, May 22<sup>nd</sup>**



# MAY

## Friends of the Fells Events

### **Tuesday, May 17<sup>th</sup>: Fells Fitness 1:30 – 2:30 pm**

Join the trainers of Fitness Together Melrose for some fun, creative, challenging full body workouts at the Flynn Rink in Medford. Push-ups, burpees, planks, rows, dips, squats, all those fun exercises plus much more! Our trainers are motivating, knowledgeable and fun. Come join us for a one-hour boot camp. Please bring your strength and enthusiasm. For more information, contact Heather at [melrosemgr@fitnesstogether.com](mailto:melrosemgr@fitnesstogether.com) or at 781-665-8282. 300 Elm St in Medford.

### **Tuesday, May 17<sup>th</sup>: Mayoral Hike 2:00 – 3:30 pm**

Join Medford's Mayor Burke and Malden's Mayor Christenson as they lead a hike in the Fells to celebrate and discuss the importance of the Middlesex Fells Reservation to their cities and our region. All ages are welcome. Meet by the Flynn Rink Parking Lot at 300 Elm Street in Medford.

### **Thursday, May 19<sup>th</sup>: Spring is Exploding 9:15 – 11:30 am**

Spring is exploding at Bellevue Pond. Join Fells hike leader Boot Boutwell for a nature walk in search of late spring wildflowers and other cool plants. The 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. Family Friendly. All ages welcome! For more information, please contact Boot Boutwell, 781-729-4712.

### **Thursday, May 19<sup>th</sup>: Hike to Wright's Tower 3:00 – 5:30 pm**

Join Medford High School's Fells Mustangs Club, as we hike to Wright's Tower from out the back door of Medford High School. The hike through the Fells from the high school will bring us through the forests adjacent to South Border Road. Wright's Tower provides a commanding view of the Boston Skyline. One also gets a commanding view of the Middlesex Fells Reservation and this amazing natural treasure so close to Boston. The hike will be led by Charles Saulnier, Environmental Science Teacher and Nik Tower, History Teacher, the co-leaders of the group. This hike will be moderately difficult. Please dress for the weather. Meet at the beginning of the Mustang Trail, Medford High School, 489 Winthrop St, Medford. For more information, contact Charles Saulnier at 781-646-4118 or at [sunny\\_n66d@yahoo.com](mailto:sunny_n66d@yahoo.com).

### **Saturday, May 21<sup>st</sup>: Migrating Birds Hike 7:00 – 8:30 am**

Join Pete Costello of Zoo New England to look for warblers and other migrating bird species. Binoculars and bug spray are a must. Birders of all skill levels are welcome. Meet at the Greenwood Park parking lot, Pond Street, Stoneham across from the Stone Zoo. Rain cancels. Email Pete at [pbearar@yahoo.com](mailto:pbearar@yahoo.com) for more information. 176 Pond Street, Stoneham, 02180.

### **Saturday, May 21<sup>st</sup>: Wright's Tower Tour 10:00am - 12:00 pm & 2:00 - 4:00 pm**

Ever wondered about that stone structure visible from Route I-93 North? Hike the 15-minute incline to Wright's Tower for a spectacular view of Boston and our suburban neighbors! The tower will be open and staffed by a DCR Park Interpreter, who will be on hand to field questions. Come take in the view while learning about the park's founders, its cultural history, recreational opportunities, summer program calendar, and more! Hike and access by any trail you wish. However, for a short hike to the tower, Bellevue Pond is a great starting location. For more information, please call Gillian at the MA Department of Conservation and Recreation (DCR) at (774) 722-3838. Family Friendly.

### **Saturday, May 21<sup>st</sup>: Pink Lady Slippers... and More 9:30 – 11:30 am**

Join Bryan Hamlin in admiring Pink Lady-slipper orchids and other spring beauties. Meet at the Long Pond parking lot, gate 13, South Border Road in Winchester. Any questions, please call Bryan at 781-854-2058. Steady rain postpones until the same time on Sunday, May 22nd. For more information, call Bryan at 781 854 2058.

### **Sunday, May 22<sup>nd</sup>: 25<sup>th</sup> Anniversary Commemorative Geology Hike 12:00 pm - 2:30 pm**

Join Ed Myskowski, of the Peabody Essex Museum, to commemorate 25 years since the first Friends geology hike. We will explore bedrock and glacial features from the Sheepfold to Pine Hill, and their interaction with human activities. Geologic time will be considered at several scales, especially in relation to the ever-changing climate. The hike is dedicated to Tom McGreevy and Jim Skehan. Meet at

Sheepfold (Upper Parking Lot) For more information, contact Ed Myskowski, 978-979-7470, [emysko@earthlink.net](mailto:emysko@earthlink.net)

### **Saturday, May 28<sup>th</sup>: Migrating Birds Hike 7:00 – 8:30 am**

Join Pete Costello of Zoo New England to look for warblers and other migrating bird species. Binoculars and bug spray are a must. Birders of all skill levels are welcome. Meet at the Greenwood Park parking lot, Pond St., Stoneham across from the Stone Zoo. Rain cancels. Email Pete at [pbearar@yahoo.com](mailto:pbearar@yahoo.com) for more information. 176 Pond St, Stoneham 02180.



Photo by Bryan Hamlin

# MAY 2016

## Babes in the Woods & Hike 'n' Seek

*Babes in the Woods* is an adult-paced hike designed for parents who carry their children. *Hike 'n' Seek* is a nature-themed scavenger hunt for young hikers (toddler through school-aged) kids and their parents. *Babes in the Woods* hikes will not be appropriate for young children who walk, and trails will not accommodate strollers. Please remember to wear appropriate shoes and clothing for the weather and do not forget to bring water! Check the [Facebook page](#) for the latest updates. Contact Gillian Badwan at [gillianbadwan@gmail.com](mailto:gillianbadwan@gmail.com) or by phone at 774-722-3838 for more information. **Please note all hikes are now on Tuesdays.**



### Tuesday, May 3<sup>rd</sup>

**Hike 'n' Seek: 10:00 – 10:45 am**

**Babes in the Woods: 11:00 am - noon**

Both programs will meet at the Botume House Visitor Center at 4 Woodland Road in Stoneham. Additional parking is available down the hill at the Spot Pond boating center parking lot, Pond Street in Stoneham (across from the Stone Zoo).

### Tuesday, May 10<sup>th</sup>

**Hike 'n' Seek: 10:00 – 10:45am**

**Babes in the Woods: 11:00 am - noon**

Meet at the Greenwood Park parking lot, Pond Street in Stoneham (across from the Stone Zoo).



### Tuesday, May 17<sup>th</sup>

**Hike 'n' Seek: 10:00 – 10:45am**

**Babes in the Woods: 11:00 am - noon**

Both programs will meet at the Sheepfold parking area, 698 Fellsway West (Route 28) Stoneham.

### Tuesday, May 24<sup>th</sup>

**Hike 'n' Seek: 10:00 – 10:45am**

**Babes in the Woods: 11:00 am - noon**

Both programs will meet at the Bellevue Pond parking area, 68 South Border Road, Medford.



### Tuesday, May 31<sup>st</sup>

**Hike 'n' Seek: 10:00 – 10:45am**

**Babes in the Woods: 11:00 am - noon**

Both programs will meet at the Long Pond Parking Lot, 532 South Border Rd, Winchester.

Photos by Diana Lomakin





**Saturday, May 14 - Sunday, May 22**

Hidden Treasures week is a region-wide celebration of the natural, cultural and historic “treasures” located within the **Freedom’s Way National Heritage Area**, Hidden Treasures 2016 features a unique variety of regional treasures to explore during eight days of creative, community organized and presented activities offered free of charge. For additional information on Hidden Treasures Week including other regional events, please visit:

[discoverhiddentreasures.org](http://discoverhiddentreasures.org) or [fells.org/events-calendar](http://fells.org/events-calendar)

