



Friends of the Middlesex Fells Reservation

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

News of the Fells Summer 2013

Senior walks in the Fells



by Joyce Calabro

Working closely with Mass in Motion Melrose/Wakefield, the Melrose and Wakefield Councils on Aging, and Hallmark Health System, the Friends of the Fells is expanding its programming to include nature walks in the Fells Reservation specially designed for seniors. These walks, beginning May 1, will offer seniors an opportunity not otherwise available to enjoy the physical, mental and social benefits of walking through the woods with a leader knowledgeable in the ecology and history of the area. Bryan Hamlin, who is 72, plans to lead these walks and has a keen interest in seeing more seniors enjoy the Fells as he has for so many years.

According to the 2010 census there are over 27,000 seniors (65+)

continued on page 11



Great Island, Spot Pond. It has been reported that a pair of Bald Eagles have recently built a nest atop the pines on Great Island, and that their presence is keeping away the usual spring residents — nesting Great Blue Herons. *(Mike Ryan)*

Fells protection campaign continues

ON APRIL 19TH, MASSACHUSETTS ENVIRONMENTAL Secretary Richard Sullivan ruled that the Department of Conservation and Recreation's proposal to implement Fells parkway modifications at Woodland Road does not require the filing of an environmental impact report.

The decision by the Secretary is not surprising or unexpected. It would have been difficult for Secretary Sullivan to rule against his previous scheme, which he helped put in place in 2009 as Commissioner of DCR, designed to end the requirement for a combined environmental review for

continued on page 12

The Middlesex Fells, a flourishing urban forest

by Walter Kittredge

THE LATEST ISSUE OF *Arnoldia*, the magazine of the Arnold Arboretum, features my article, “The Middlesex Fells, a Flourishing Urban Forest.” The article portrays how “the tract of wild stony hills, known as the Fells,” continues to inspire “a storied history of botanizing” by summarizing the results of the extensive 2003–2011 Fells plant survey led by Bryan Hamlin and me. The survey was published last year in the journal *Rhodora*.

Here are excerpts from the *Arnoldia* article, which can be read in its entirety: <http://arnoldia.arboretum.harvard.edu/issues/259>

Geologic complexity fosters biodiversity

Over thirty different habitats were documented in the Fells, ten occurring in wetlands and twenty in the uplands. Nine of these habitat types were priority communities, those which are considered for monitoring and protection by the



ABOVE: Pink lady's-slipper (*Cypripedium acaule*) flowers and fruits prolifically after fires, taking advantage of the extra sunlight and extra nutrients from the ash. (Walter Kittredge)

BELOW LEFT: Ridgetop Pitch Pine–Scrub Oak communities are a very common priority habitat on rocky summits, especially in the southern portion of the Fells. (Mike Ryan)

state. Four of these were not previously known to occur in the Boston Basin Ecoregion, and two of them were newly designated during the course of this survey. One of these was Sugar Maple–Oak–Hickory Forest, which is similar to Rich Mesic Forest, and only occurs on the south side of Bear Hill. The most prominent priority habitats were Rocky Summits, Pitch Pine Scrub Oak Communities, and Vernal Pools. Over 100 vernal pools of varying size and hydrology have been identified, making the Fells a hotspot for vernal pools.

The great diversity of habitats in the Fells can be accounted for by the diversity of geology and topography, in turn resulting in a high diversity of plants. Given the loss of land and the changing habitats

over time, it is not surprising that there would be a significant change in the composition of the flora. The cessation of logging has allowed the forest to mature, with some areas starting to approach the characteristics found in old growth forest.

The Fells and Lynn Woods represent the only large blocks of native forest left in the [Boston Basin] ecoregion, forming isolated islands of natural vegetation in a densely populated area.

Updating historical Fells plant surveys

While there was little net change in native plant numbers, there was a significant change in the composition. One hundred twenty-five native taxa that were reported in

continued on page 12

Park Serve Day draws volunteers of all ages

by Rich Sanford

SCHOOL CHILDREN, TEENAGERS, PARENTS and retirees came together to serve the Fells for Park Serve Day on Saturday April 27. Despite a last minute scheduling change (related to events in Boston following the Marathon), the Friends of the Fells was able to rally 19 volunteers into action on this beautiful spring day. In all, more than 13 bags of trash (not to mention a trash can left in the woods, a couple of broken hockey sticks and some discarded joint compound) were cleared from areas around Flynn Rink, Quarter Mile Pond, Botume House, Straw Point, Doleful Pond and Virginia Wood. Additionally, many swaths of invasive Garlic Mustard was pulled and bagged in the area of Flynn Rink.

Volunteers expressed concern over the carelessness of park visitors who discard all manner of rubbish by the trails and waterways, but also enjoyed finding an Eastern Ribbon Snake behind Flynn Rink, and spotting a Bald Eagle which made an unusual dive into the woods before flying on to Spot Pond. A mother/daughter volunteer team commented that the work was more difficult than they anticipated, but after seeing the impact of their work said that they would return again to volunteer in the Fells “and next time, we’ll bring the whole

COUNTERCLOCKWISE FROM TOP: George Houk and Ginna Day removing debris from Doleful Pond; Peter Houk also on the crew (The Houk twins devoted part of their birthday to Park Serve Day!); Mother and daughter Kate and Isabelle, and Eric Sanford team up to remove invasive Garlic Mustard plants from Flynn Rink area; Bob Weggel hauled bags of debris from around Flynn Rink (Mike Ryan)



family.” Volunteers that day also included the Boston Latin School Wave, a student group focused on the health of local beaches and waterways. DCR reported that a family volunteered to help clean up the Sheepfold area and an Appalachian Mountain Club hiking group took trash bags with them to clear debris along their hike route.

Thanks to all of the volunteers who came out for Park Serve Day, and also thanks DCR for providing supplies and water for the volunteers, and for picking up trash collected at the various sites. 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 set up an event that works for your schedule.

Friends of the Fells board member Rich Sanford helps develop and coordinate Fells volunteer opportunities for individuals and groups





Fells summer fruits and flowers

by Bryan Hamlin

MANY OF THE FLOWERS I WROTE about last quarter were woodland flowers getting going early before the trees leafed out. Now, in the summer, we ask where might the flowers be, as much of the Fells is deeply wooded.

The Fells has lots of rocky outcrops, so in summer that's a good place to look. There we will find small bushes of *Chokeberry* with white flowers. In the early fall they will produce small black fruits which are tart to the taste but make good jam. Another small herbaceous white flower often found on the hilltops and along paths has the intriguing name of *Bastard Toadflax*. By July there will be ripe *blueberries* on the hills and other sunny areas and *raspberries*. But these wild New England raspberries are ripe when they turn black, hence their being named the *Black Raspberry*. And just to confuse things further, there are also *blackberries* in the Fells too! Then in August the *huckleberries* will be ripe, and they look like black blueberries. I hope I haven't confused you. There are *wild plums* and *apples* also but these fruits are best left to the wildlife.

High summer is the time for meadow flowers, often tall and showy, needing to show themselves above the grasses and compete with one another. Examples are *Black-eyed Susan* and *Bergamot* or bee-balm, and at the end of summer various asters, the showiest being the *New England Aster*.

Life is not totally dull in the woods though. One group of plants that don't care if it's not very sunny are those that don't rely on the sun but borrow energy from other plants' roots. Ghostly looking *Indian Pipes* are common, and less common but very dramatic looking — *Squawroot*. The many trails through the Fells get some sunlight and so have their own clientele: the striking yellow-flowered *False Foxgloves*, and cute little purple-flowered *Self-Heal* — such a nice name. If your trail takes you past one of the plentiful wetland areas in the Fells, there are some very attractive shrubs blooming in July: *Sweet Pepperbush*, *Swamp Azalea* (our local native azalea) and *Buttonbush*. The first two have an intense sweet scent, probably to overcome the swamp smells, if not for our sake then to attract pollinators. Of course the open water areas get plenty of sun and several of the ponds display both *white and yellow water lilies*. And by the end of August the stream banks will be sporting the bright red *Cardinal-flower* and the homey *Joe Pyeweed*. With many attractive flowers and lots of fruits throughout the Fells there is much to enjoy this summer! For more information and photographs on Fells nature please visit www.foundinthefells.com.

Bryan Hamlin is board chairman of Friends of the Fells and president of the New England Botanical Club



TOP: Buttonbush

CLOCKWISE FROM FAR LEFT: Black Chokeberry, Black Raspberry, False Foxglove, New England Aster (all photos Bryan Hamlin)



SUMMER 2013 HIKES & EVENTS

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.

JUNE

Hike the Southern Fells

Saturday, June 1, 2013

10:15 am – 12:30 pm

Leader: Dan Sumorok. Join Dan Sumorok on a hiking tour of the southernmost part of the Fells on the Skyline, Reservoir, and Cross Fells trails. This walk will end with a visit to Pine Hill and Wright's Tower, where the view includes Medford, Boston, and the Blue Hills in the distance. The trails are steep and rocky in places. Wear sturdy shoes and sunscreen, and bring at least a liter of water. Rain cancels. Meet at Bellevue Pond parking area, South Border Rd., Medford.

Nature Journaling in the Fells at Virginia Wood

Saturday, June 8, 2013

10:00 am – Noon

Leader: Kaye Kittredge. Grab a sketchbook or artpad of your

choice, and join Kaye Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, 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 Greenwood Park on Pond Street in Stoneham, across from the Stone Zoo.

Animal Habitats Walk on the Rock Circuit Trail

Sunday, June 9, 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. Pete will also be checking in on the great blue heron rookery, on Spot Pond, during these hikes. 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.

Late spring at Bellevue Pond

Tuesday, June 11, 2013

9:15 am – 11:30 am

Leader: Boot Boutwell. Join Boot Boutwell at Bellevue Pond 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 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.

The Flowers and Fruits of Early Summer

Saturday, June 15, 2013

10:00 am – Noon

Leader: Bryan Hamlin. Explore the flowers and fruits of early summer. Meet at Flynn Rink parking lot at the bottom of Woodland Rd, Medford. Steady rain postpones till Sunday. Bryan's cell: 781-854-2058.

Hiking with Babies, Toddlers, and Beyond!

Saturday, June 15, 2013

10:00 am – Noon

Join the Babes in the Woods, Friends of the Fells, and Babywearing International of Greater Boston as we team-up to provide a fun, informative event about hiking with kids, ending with a short hike in the Middlesex Fells Reservation! Meet at 10:00 am at the Greenwood Park Lot across from

Summer Solstice Program with Boot Boutwell

Monday, June 17, 2013 from 6:30 pm – 8:30 pm

Botume House, 4 Woodland Rd., Stoneham (on the shore of Spot Pond)

Join Boot Boutwell and the Friends of the Fells in celebrating the summer solstice, the day when the midday sun reaches its highest point in the sky. The summer solstice, which occurs this year at 1:04 am EDT on June 21, marks the longest day (and shortest night) of the year. We will celebrate the season with solstice history and lore, poetry, songs, a solstice story and a short ceremony to welcome in the solstice. We will also take a walk in the woods to enjoy the beauty of nature on the first day of summer and, weather permitting, to watch the sun set. The program will end with refreshments.

Note: Pre-registration is required: Call Boot Boutwell at 781-729-4712. Enrollment is limited.

the Stone Zoo in Stoneham. Presentations will include:

- From Wraps to Frame Bags — How to select and use baby-wearing devices
- What to Bring / Not Bring
- Beyond the Day Hike — tips for camping with kids
- Q&A session

Hike 'n' Carry at Bear Hill

Sunday, June 23, 2013

2:00 pm – 4:00 pm

Leader: Linda Schwetz. Join Linda for an all-ages hike and trail clean-up on the way to the Bear Hill tower. Bags, gloves, and verification of two community service hours will be provided. Meet at 2:00 sharp at Bear Hill Parking Area (Gate #21) on Fallon Rd. in Stoneham. Rain cancels. Call Linda at 617-803-3173 for more information.

JULY

Hike the Southern Fells

Saturday, July 6, 2013

10:15 am – 12:30 pm

Leader: Dan Sumorok. Join Dan Sumorok on a hiking tour of the southernmost part of the Fells on the Skyline, Reservoir, and Cross Fells trails. This walk will end with a visit to Pine Hill and Wright's Tower, where the view includes Medford, Boston, and the Blue Hills in the distance. The trails are steep and rocky in places. Wear sturdy shoes and sunscreen, and bring at least a

liter of water. Rain cancels. Meet at Bellevue Pond parking area, South Border Rd., Medford.

Summer Wildflowers at Long Pond

Tuesday, July 9, 2013

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 Rd., 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.

Nature Journaling in the Fells at Greenwood Park

Saturday, July 13, 2013

10:00 am - Noon

Leader: Kaye Kittredge. Grab a sketchbook or artpad of your choice, and join Kaye Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, 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 Greenwood Park on Pond St. in Stoneham across from the Stone Zoo.

Animal Habitats Walk on the Rock Circuit Trail

Sunday, July 14, 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. Pete will also be checking in on the great blue heron rookery on Spot Pond during these hikes. 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-SASQUATCH Trail Race

Sunday, July 14, 2013

10:00 am

Register now to run in this unique 2.35 mile race along Fells parkways and fire roads. Proceeds benefit Friends of the Fells. Registration includes an event T-shirt and admission to the post-race trail party at Stone Zoo (21+, sponsored by Slumbrew, Notch, and Pretty Things). VERT-SASQUATCH is located in the Crystal Springs/Whip Hill Area of DCR Middlesex Fells. Take the T to Oak Grove (Orange Line) and then jog or ride your bike (2 miles to the race) or take the free shuttle bus. For more information: <http://www.vertraceseries.com>.

Hike 'n' Carry at Greenwood Park

Sunday, July 14, 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.

Hunt for Treasure in the Fells!

Saturday, July 27, 2013

10:00 am - Noon

Join the Babes in the Woods and Friends of the Fells for a Scavenger Hunt in the Middlesex Fells, followed by a picnic in the park. We'll "hunt" for natural items found in the woods, read some stories about what one might find outdoors, and learn about some simple experiments young scientists can try while exploring. Bring a packed lunch and hiking shoes, and prepare to Leave-No-Trace! Meet at 10:00 am at the Greenwood Park Lot across from the Stone Zoo in Stoneham.

Bacterial Field Walk

Saturday, July 27, 2013

1:00 pm - 3:00 pm

Leader: Rosemary Mosco. Join us on a field walk to look for bacteria! Does that seem impossible? Prepare to be amazed as we get familiar with some of the familiar field signs for bacteria in the woods. Bacteria are everywhere, and most of them couldn't care less about making us sick — they're busy keeping the forest growing! Led by field naturalist Rosemary Mosco, this walk is based in part on Betsey Dexter Deyer's book *A Field Guide to Bacteria*. Heavy rain or lightning cancels. Meet at the Long Pond parking lot, South Border Rd., Winchester.



Baltimore Oriole (George McLean)

AUGUST

Hike the Southern Fells

Saturday, August 3, 2013

10:15 am – 12:30 pm

Leader: Dan Sumorok. Join Dan Sumorok on a hiking tour of the southernmost part of the Fells on the Skyline, Reservoir, and Cross Fells trails. This walk will end with a visit to Pine Hill and Wright's Tower, where the view includes Medford, Boston, and the Blue Hills in the distance. The trails are steep and rocky in places. Wear sturdy shoes and sunscreen, and bring at least a liter of water. Rain cancels. Meet at Bellevue Pond parking area, South Border Rd., Medford.

Summer Wildflowers at Bellevue Pond

Thursday, August 8, 2013

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 Boutwell for a walk focusing on wildflower ID as well as fun and interesting natural history. Meet at the Bellevue Pond parking lot, South Border Rd., 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 on the Rock Circuit Trail

Sunday, August 11, 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. Pete will



Canada Lily (Bryan Hamlin)

also be checking in on the great blue heron rookery, on Spot Pond, during these hikes. 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.

Family Hike at Virginia Wood

Saturday, August 17, 2013

10:00 am – Noon

Leaders: Rich and Eric Sanford. Kids and their families are welcome to join experienced Fells hike leaders Rich and Eric (age 9) for a summer hike in the Fells. Pace of the hike will be set by the kids. We'll notice various natural and historical features as we traverse the trails through Virginia Wood and perhaps out to the Rock Circuit Trail. Meet at 10:00 sharp at the parking area near gate 42 on Pond St., Stoneham. Please bring water and snacks, sunscreen and bug spray. Lightning

cancels, otherwise please dress for the weather. Call Rich at 617-335-7310 or email rich_sanford@alum.mit.edu for more information.

Nature Journaling in the Fells at Bellevue Pond

Sunday, August 18, 2013

10:00 am – Noon

Leader: Kaye Kittredge. Grab a sketchbook or artpad of your choice, and join Kaye Kittredge for short easy hikes to evocative places in the Fells. We'll draw inspiration from nature, 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 Bellevue Pond parking area, South Border Rd., Medford.

BABES IN THE WOODS

TUESDAY HIKES

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

June 4

Woodland Path Trail east or west
Meet at Flynn Rink, Woodland Rd., Medford.

June 11

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

June 18

Bellevue Pond to Panther Cave
Meet at the Bellevue Pond parking lot, South Border Rd., Medford. Additional parking is available on Governors Avenue.

June 25

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

July 2

Escape to Silver Mine
Meet at the Sheepfold parking lot, off Fellsway West/Route 28, Stoneham.



Hike leader Terry Murray, parents and children at Wright's Tower (Mike Ryan)

July 9

Crystal Spring to Virginia Wood
Meet at the Greenwood Park parking lot, Pond St., Stoneham across from the Stone Zoo.

July 16

Bellevue Pond to Panther Cave
Meet at the Bellevue Pond parking lot, South Border Rd., Medford. Additional parking is available on Governors Avenue.

July 23

Woodland Path Trail east or west
Meet at Flynn Rink, Woodland Rd., Medford.

July 30

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

August 6

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

August 13

Bellevue Pond to Panther Cave
Meet at the Bellevue Pond parking lot, South Border Rd., Medford. Additional parking is available on Governors Avenue.

August 20

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

August 27

Crystal Spring to Virginia Wood
Meet at the Greenwood Park parking lot, Pond St., Stoneham across from the Stone Zoo.

THURSDAY HIKES

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

June 6

High Service Reservoirs
Meet at Gate 53, Fellsway East, Melrose.

June 13

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

June 20

Bear Hill Exploration
Meet at Gate 21, Fallon Rd., Stoneham.

June 27

Middle Reservoir Exploration
Meet at Gate 16, Hillcrest Parkway, Winchester.

SATURDAY HIKES

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

June 1

Long Pond Nature Trail

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

June 8

Crystal Spring to Virginia Wood

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

June 15

Hiking with Babies, Toddlers, and Beyond!

Join the Babes in the Woods, Friends of the Fells, and Babywearing International of Greater Boston as we team-up to provide a fun, informative event about hiking with kids, ending with a short hike in the Middlesex Fells Reservation! Meet at 10:00 am at the Greenwood Park Lot across from the Stone Zoo in Stoneham.

June 22

Spot Pond Stroll

Meet at the DCR Botume House Visitor Center, 4 Woodland Rd.,

Stoneham. Parking is also available next door at Spot Pond Boating.

June 29

Long Pond Exploration

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

July 6

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

July 13

Sheepfold and Beyond

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

July 20

Spot Pond Stroll

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

July 27

Hunt for Treasure in the Fells!

Join the Babes in the Woods and Friends of the Fells for a Scavenger Hunt, followed by a picnic in the park. We'll "hunt" for natural items found in the woods, read some stories about what one might find outdoors, and learn about some simple

experiments young scientists can try while exploring. Bring a packed lunch and hiking shoes, and prepare to Leave-No-Trace! Meet at 10:00 am at the Greenwood Park Lot across from the Stone Zoo in Stoneham.

August 3

Long Pond Nature Trail

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

August 10

Woodland Path Trail east or west

Meet at Flynn Rink, Woodland Rd., Medford.

August 17

Sheepfold and Beyond

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

August 24

Spot Pond Exploration

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

August 31

Long Pond Exploration

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 hike leader Terry Murray. The walks occur on many Tuesdays, Thursdays 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. Find more info about Terry on his website, terrytheinventormentor.com.

Hikes are always free, but we encourage you to become a Friends of the Fells member to help support these programs.

Program Note

For convenience you may download and fill out the annual liability release form linked on the Friends of the Fells website on the Babes in the Woods information page. Please fill out and give to Terry at your next hike. 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.

Senior Walks in the Fells *continued from front cover*



ABOVE: State Representative Paul Brodeur, shown with some of the attendees of the first Senior Walk in the Fells, helped secure a NSCHA grant for this new program. Hike leader Bryan Hamlin is at the opposite end of the photo.



LEFT AND BELOW: Hike participants viewing early spring flowers near Bellevue Pond, including Trout Lily, so named because of the coloration patterns on their leaves. (Mike Ryan)



in just the 5 towns of Stoneham, Melrose, Medford, Winchester, and Malden surrounding the Fells. Plans are to encourage walkers to invite friends, and the walks will evolve as feedback is received from the participants. As seniors gain confidence and learn various trails in the Fells, it is also likely that they may initiate walking groups/clubs of their own.

Collaborations with the organizations listed above will increase seniors' access to healthy activities locally, without cost, and expand the awareness of other health promotion programming across this region of the state. It is hoped that this program will eliminate one of the psychological obstacles to getting much needed outdoor exercise — inertia. Walkers may move at different speeds, but all can actively

experience the beauty of the Fells. In addition to the health benefits from regular physical activity, there are also social benefits — finding people with like interests, the education and pleasure in identifying flowers and trees, and learning some of the history of the Fells.

The Friends of the Fells is very excited to have received a 2013 Community Health Improvement grant from the North Suburban Community Health Alliance (NSCHA) to support these Senior Walks. NSCHA's mission is to “work collaboratively on health related issues to create a better quality of life and a healthy community.”

Friends of the Fells board member Joyce Calabro coordinates grant funding initiatives and programs for the Friends development committee.

Fells protection campaign continues

continued from front cover

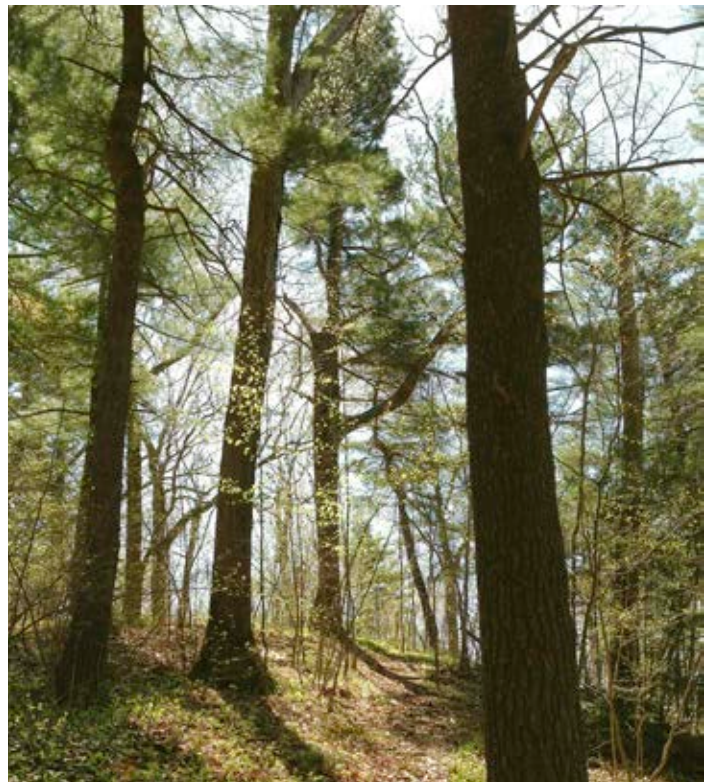
this traffic modification plan and the redevelopment of the former Boston Regional Medical Center site.

So, the focus now turns back to the lawsuit brought by the Friends of Fells, ten citizens, and the City of Medford asking the state Superior Court to require full public environmental review for the former hospital site redevelopment and the parkway modification plan that DCR is carrying out on behalf of the developers.

The legal battle received a boost on April 5 when Medford Mayor Michael McGlynn announced at a press conference that the city of Medford is contributing \$10,000 to help defray litigation expenses. The press conference was held at Molyneux Circle in the Fells near the Flynn Rink.

Mayor McGlynn exclaimed that public safety was at “serious risk” because of increased traffic impacts associated with the proposed development at the former hospital site. The Mayor added that DCR plans to add traffic lights would forever degrade the historic character and aesthetic beauty of the parkway, and voiced opposition to DCR plans to remove one of the two existing Woodland Road southbound lanes.

Representative Paul Donato underscored these sentiments when he recalled that he had filed legislation to protect Fells parkways from excess traffic 12 years ago, “If it takes additional legislation I am prepared to make sure that legislation goes forward and we’ll fight to make sure that we hold this developer accountable.”



Spring on a trail just east of Flynn Rink (Mike Ryan)

The Friends of the Fells is extremely grateful for support from the City of Medford, Representative Donato and from a growing coalition of people determined to protect the Middlesex Fells, its historic parkways and public safety so visitors and residents can continue to enjoy this beautiful area.

Flourishing urban forest *continued from page 2*

1896 were not found by our survey, while we discovered or reconfirmed 119 new native plants. Remarkably, the relative number of plants in each frequency category was very similar for both surveys. This equilibrium in frequency and native plant numbers is indicative of a robust and dynamic ecology that is capable of supporting a high level of native diversity over time, despite the influx of non-native plants.

On guard against invaders

The Fells is an island surrounded by a cultivated urban area, such that non-native plants are constantly entering from nearby plantings. Some of these plants are highly destructive of habitats, chief among them being vines such as Oriental bittersweet porcelain-

berry, and English ivy, which completely smother all other vegetation.

Despite the inroads of invasive plants, the Fells has so far proved to be a robust system that has sustained a high diversity of native plants. The concern we have, though, is that without a significant effort to contain the increasing spread of invasive plants, native diversity may be severely reduced.

Walter Kittredge is Senior Curatorial Assistant in the Harvard University Herbaria, Assistant Curator of the New England Botanical Club Herbarium, and a board member of the Friends of the Middlesex Fells Reservation.

Note: Reprints of the Rhodora Fells plant survey are now available from the Friends of the Fells. Visit www.fells.org for details.

“Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter. If your mind isn't clouded by unnecessary things — this is the best season of your life.”


Wu Men (Hui-k'ai) 12th century

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 _____

 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

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Address _____

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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; Joyce Calabro, Bob Ghika, Walter Kittredge; Dana M. Jewell; Carol McKinley; Rich Sanford; and Bob Weggel



Hemlock Pool (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 Summer 2013

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