



Issue 5, July 2016

News of the Fells

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Neil O. Anderson

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.

www.fells.org
781-662-2340
friends@fells.org

It's Summer! Author Visits the StoryWalk™ in Greenwood Park

by Gillian Badwan

Join DCR, Friends of the Fells, Mass in Motion, Medford Family Network, and the North Suburban Child & Family Resource Network for a drop-in festival featuring Linda Glaser, author of several of our previous StoryWalk™ titles including this season's "It's Summer!" The festival will include field games, family hikes, activities,

author readings and a raffle! Ms. Glaser will also sign books available for sale. Families are encouraged to bring a blanket and a picnic lunch. The festival will be held at Greenwood Park, 176 Pond Street, Stoneham, across from the Stone Zoo, from 10 AM to 2 PM on Saturday, July 23rd. Check the calendar on page 9 for more information.



Noah Kaplan

Board Recruitment Meet and Greet

Whether you would like a bigger say or just a better view, there are many reasons you may want a “seat at the table” and you’re in luck! The Friends of the Fells Board of Directors has a few vacant seats and ANY member in good standing may be considered a candidate for a board position.

Working with the board will provide you a richer view of our various organizational activities and give you a voice in setting priorities for the future.

If you are interested in exploring the commitment and rewards of board membership please consider attending our board social event planned for the evening of Wednesday, August 17th (details to be published in our August event calendar).

For more information, drop a line to board Chair Rich Sanford at rich@friendsofthefells.org.

Found in the Fells, July

by Bryan Hamlin

foundinthefells.com

As June turns into July, a group of closely related forest floor plants that have been slowly developing their buds since early spring finally flower. First pipsissewa and round-leaved pyrola, sometimes flowering side-by-side, will bloom in late June, early July. They are both in the plant family called *Pyrolaceae*. The flowers of pipsissewa (*Chimaphila umbellata*) are quite unusual and worth a close look with a large green stubby style and psychedelic pink ring at the base, surrounded by the stamens looking like the chairs of a miniature carousel.

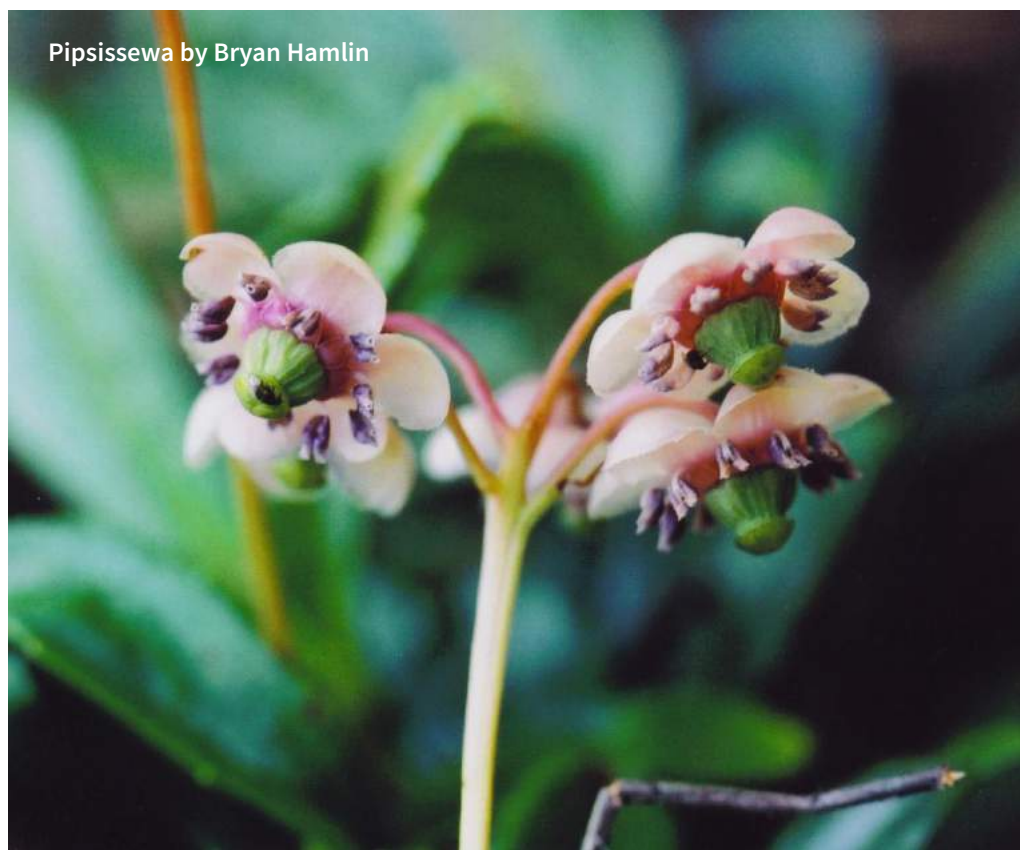
And then ten days or so later, usually towards the third week of July in the Fells, blooms the close cousin of pipsissewa, spotted wintergreen (*Chimaphila maculata*) whose beautiful leaves I, for one, have been admiring all year long. Some guidebooks will tell you that these two plants bloom the other way around. Not in the Fells, anyway. The flowers of spotted

wintergreen are almost identical to pipsissewa but there is no pink ring at the base of the style. Rather, the red pigment is used up in giving the flower stems a deep red color.

Also in the second half of the month, the delightful evergreen teaberry finally blooms.

But, talking of berries, July is blueberry time. My wife, Anne, and I picked three and half pounds near Wright's Pond in just over an hour. Early in July, low-bush blueberries (*Vaccinium angustifolium*) and middle- to third-week pale blueberries will be ripe (*V. pallidum*) with long clusters on somewhat higher bushes. There's enough for everyone's need but not for everyone's greed.

In damp situations, tall meadow rue is prevalent, and on the shores of ponds look for the distinctive buttonbush, and a splash of pink might be the swamp rose. Towards the end of the month, the heavily-scented sweet pepperbush blooms.



Pipsissewa by Bryan Hamlin

It's almost time for the VERT Sasquatch - a Fells tradition! Come join us on July 9th as either a runner or a volunteer!

There will be a shuttle to and from Oak Grove (Orange Line). **Please note:** The one major change this year is it will now be in the evening, from 7 PM–10 PM. Sasquatch is a 2.35-mile “sprint” trail race and is great for all abilities and ages, although you must be 21+ to enjoy the brewfest and dance party at the Stone Zoo afterwards.

The requested registration fee is \$40 and benefits the Friends of the Fells and Stoneham Senior Center. Volunteers get FREE admittance to the after-party, which includes free beer, food, a T-shirt, and other giveaways.

Teenagers may volunteer at the race, but may not be admitted to the after-party, but they can always receive sign-offs on community service hours—and still get their T-shirt!

There are a wide variety of volunteer tasks available, but these have the highest needs right now:

- 1.) Water tables
- 2.) Course marshals (can be on foot or bike) who know the Whip Hill/north Crystal Spring area of the Fells quite well.



It's Almost Time for the VERT Sasquatch Race

by Lindsay Beal and Melissa Ganley

If you're willing to help in those two high-needs areas, please email Friends of the Fells Volunteer Coordinator Lindsay Beal at lindsay@yarsley.com when you register so she knows where to target her recruitment efforts.

Would you like to run **and** volunteer? Usually there are limited opportunities for that, as well. In that case, please refrain from registering online and email Cambridge 5K Volunteer Coordinator Melissa Ganley at melissa@cambridge5K.com as she'll ensure you're signed up to run gratis and ask you to arrive extra early.

Friends of the Fells will also sponsor a Hike 'n' Carry trail clean-up the next day (July 10th) at 2:30 PM at Greenwood Park led by runner and hike leader Linda Schwetz (lrsviva@gmail.com). We hope to see you there, as either a runner or helper!

Runners and volunteers can register at the same [Eventbrite link](#):



Cascades Hike by Robert "Mike" Melendez



◀ The path to the Cascades leads from Washington Street between Melrose and Malden. That street is peppered with old former factories. Here a power house chimney is repurposed as a cell phone tower.

We made it to the Cascades, but the water flow was just a trickle. ▶



◀ For reference, the picture I took on April 4, 2004, from an earlier walk.

Here's a closer look at the face of the Cascades. Can you spot the trickle? ▶



◀ The trail climbs up just south of the Cascades, steep and rocky with a switchback or two. Up there, you can see the streams are still flowing. They just spread out as they reach the edge.

The stream hits a number of flat rocks near the edge of the main cascades. As we crossed them, we avoided wet rocks as they tend to get a patina moss due the continuous water. One unsure step and you're down. ▶



At the top we took the more difficult Rock Circuit, blazed white, if only because it headed south. The easier route started out northwest but led down to the Black Rock Path and straight south. The Rock Circuit climbs up to every high point in the Eastern Fells. For example, here is a higher view of the repurposed cell tower we saw earlier. ►



▲ Whenever I am in the Fells and able to see out over the Boston area, I am always amazed at how small the cities seem. In this case, Melrose, in the sea of green.

Hike 'n' Seek is a nature-themed scavenger hunt for young hikers (toddler through school-aged kids) and their parents. For parents with children young enough to carry on a conventional hike, please join us for *Babes in the Woods* at 9 AM! Location changes weekly.

Babes in the Woods is an adult-paced hike designed for parents who carry their children. These 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 or by phone at (617) 727-5380 x403 for more information.

Babes in the Woods meets from 9 – 10 AM

Hike 'n' Seek meets from 10 – 10:45 AM

July

05 Long Pond

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

12 Spot Pond

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.

19 Flynn Rink

Both programs will meet at Flynn Rink, 300 Elm Street, Medford.

26 Greenwood Park

Both programs will meet at Greenwood Park, 176 Pond Street, Stoneham, across from the Stone Zoo.





Diana Lomakin

01 Friday Family Fishin'!

7:30 - 9:30 AM

Straw Point Parking Lot

New South Street, Stoneham

Join DCR park interpreter Gillian for a drop-in fishing program! Learn how to fish, what fish live in our ponds, and how to catch and release responsibly. Bait and a handful of rods will be provided but feel free to bring your own gear and fish with us and share your tricks! All ages. For more information, call Gillian at (617) 727-5380 x403.

08 Friday Family Fishin'!

7:30 - 9:30 AM

Straw Point Parking Lot

New South Street, Stoneham

Join DCR park interpreter Gillian for a drop-in fishing program! Learn how to fish, what fish live in our ponds, and how to catch and release responsibly. Bait and a handful of rods will be provided but feel free to bring your own gear and fish with us and share your tricks! All ages. For more information, call Gillian at (617) 727-5380 x403.

15 Friday Family Fishin'!

7:30 - 9:30 AM

Straw Point Parking Lot

New South Street, Stoneham

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02 "First Saturday" Fells Running Club Trail Run

10 - 11:30 AM

Greenwood parking lot, 176 Pond Street, Stoneham (across from the Stone Zoo)

Let's go for an "intermediate" trail run in the area of next week's Sasquatch Trail Race. We'll cover 3-5 miles including portions of the race course – get a preview of the terrain before you run it "for credit" on July 9th. Expect a pace of around 11 or 12 minutes per mile, although the pace may be adjusted to the needs of the group. Meet by 10 AM. The leader will be waiting near the bulletin board by the parking lot. We'll start running at exactly 10:10. Email shane.t.mcnally@gmail.com for more information.

09 VERT-Sasquatch Trail Race

7 - 10 PM

Stone Zoo, 149 Pond Street, Stoneham

Love great beer and exploring the outdoors? Sasquatch is a unique 2.35 mile "sprint" trail race that's perfect for all running abilities! Registration includes a great race shirt plus free food and free beer at the post-race party! The race is immediately followed by a post-race party featuring DJ RenSelect and Mr. Energy! Register to run the race or support your friends in the race by volunteering your time at the event. VERT-Sasquatch is run in the Crystal Springs/Whip Hill Area of DCR Middlesex Fells. Sasquatch is MBTA accessible (take the Orange line to Oak Grove and board the free race shuttle!) and there's also plenty of free parking available at Stone Zoo. A portion of the race proceeds benefit Friends of the Fells! For more information or to register, please visit <http://www.vertraceseries.com/sasquatch/> or use the QR code on page 3 of this newsletter.

17 Fells Running Club "Beginners" Trail Run

10:00 - 11:30 AM

Flynn Rink, 300 Elm Street, Medford

Join Shane and his son Mats for a 3- to 4-mile run in the Eastern Fells. We'll go at a manageable pace. Meet right in front of Flynn Rink in Medford. I'll be wearing a white t-shirt. We'll set off at exactly 10:10. Email shane.t.mcnally@gmail.com for more information.

06 Fells Members-Only After-Work Hike

6 - 8 PM

Flynn Rink, 300 Elm Street, Medford

Need a great way to unwind after work, get a little exercise and enjoy the Fells? Please join Pete Costello for an after-work hike. Hikes will be easy to moderate. We will choose a different trail each hike. Bring water and bug repellent. Email Pete at pbearl@yahoo.com for more information.

18 Summer Wildflowers at Virginia Wood

9:15 - 11:30 AM

1 Woodland Road, Medford

Summer is here. Celebrate the season with a wildflower walk through Virginia Wood. The walk will focus on plant ID as well as fun and interesting natural history. Meet in the driveway of #1 Woodland Rd at the intersection of Woodland Rd and Pond St in Stoneham. Steady rain cancels. Leader: Boot Boutwell (781-729-4712).

19 Whole Foods 5% Days
Melrose Whole Foods
 880 Main Street, Melrose

All you have to do is shop and The Friends of the Fells gets 5%! Call 781-606-3400 for more information.

20 Fells Members-Only After-Work Hike 6:00 - 8:00 PM
Flynn Rink, 300 Elm Street, Medford

Need a great way to unwind after work, get a little exercise and enjoy the Fells? Please join Pete Costello for an after-work hike. Hikes will be easy to moderate. We will choose a different trail each hike. Bring water and bug repellent. Email Pete at pbeararl@yahoo.com for more information.

22 Friday Family Fishin'!
 7:30 - 9:30 AM
Straw Point Parking Lot
New South Street, Stoneham

Join DCR park interpreter Gillian for a drop-in fishing program! Learn how to fish, what fish live in our ponds, and how to catch and release responsibly. Bait and a handful of rods will be provided but feel free to bring your own gear and fish with us and share your

tricks! All ages. For more information, call Gillian at (617) 727-5380 x403.

23 It's Summer! A StoryWalk™ Celebration and Author Event
 10:00 AM - 2:00 PM
Greenwood parking lot, 176 Pond Street, Stoneham (across from the Stone Zoo)

Join DCR, Friends of the Fells, Mass in Motion, Medford Family Network, and the North Suburban Child & Family Resource Network for a drop-in festival featuring Linda Glaser, author of several of our previous StoryWalk™ titles, including this season's "It's Summer!" The festival will include field games, family hikes, activities, author readings and a raffle! Ms. Glaser will also sign books available for sale. Families are encouraged to bring a blanket and a picnic lunch. For more information call Gillian at (617) 727-5380 x403.

27 Fells Members-Only After-Work Hike 6:00 - 8:00 PM
Flynn Rink, 300 Elm Street, Medford

Need a great way to unwind after work, get a little exercise and enjoy the Fells? Please join Pete Costello for an after-work hike. Hikes will be easy to moderate. We will choose a different

trail each hike. Bring water and bug repellent. Email Pete at pbeararl@yahoo.com for more information.

28 Mid-Summer at Long Pond
 9:15 - 11:30 AM
Long Pond Parking Lot,
South Border Road, Winchester

Summer is here along with some beautiful summer wildflowers. The 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. Leader: Boot Boutwell (781-729-4712).

29 Friday Family Fishin'!
 7:30 - 9:30 AM
Straw Point Parking Lot
New South Street, Stoneham

Join DCR park interpreter Gillian for a drop-in fishing program! Learn how to fish, what fish live in our ponds, and how to catch and release responsibly. Bait and a handful of rods will be provided but feel free to bring your own gear and fish with us and share your tricks! All ages. For more information, call Gillian at (617) 727-5380 x403.



Noah Kaplan



Kelli Hanson

Youth Programming

by Ann Frenning Kossuth

The first two weeks of the four Summer Youth Programs in the Fells have gone wonderfully well. Imagine a classroom where you look forward to playing in mud!

Although our educational programming has quadrupled this year in size (from a simple morning Forest Kindergarten program in 2014–15 to both a morning-and-afternoon Forest Kindergarten, and an Explorers and Adventurers session, for a combined youth age range from 4 to 12), our low staff-to-student ratio has remained focused and attentive.

Most important, however, the children love it, and they lead the way. If they want to play in the mud, then mud it is. If they want to look for Great Blue Herons on Spot Pond (and sudden dragonflies!), then they can do that, too. We are so proud to be able to offer this wonderful escape into our own natural resource, the Middlesex Fells Reservation. Thank you for supporting the opportunity for the children of this community to grow up in and learn from this wonderful environment.

Top of the Tank

by Neil O. Anderson

The Spot Pond Covered Reservoir and Pump Station is officially open to the public. A great time was had by all on Saturday, June 18th, at the Top of the Tank Ribbon Cutting. The Friends of the Fells, joined by the Massachusetts Water Resource Authority, DCR, Senator Jason Lewis, Representative Paul Donato, Representative Michael Day, Stoneham Selectwoman Caroline Colarusso and Chairwoman Ann Marie O'Neill, and Alderman John Tramontozzi of Melrose were present in full force to mark the occasion.

The MWRA started using the 20-million-gallon covered tank in November. It provides storage for Charlestown, Chelsea, Everett, Malden, Medford and Somerville, and system redundancy for 21 communities. Fred Laskey, Executive Director of the MWRA, gave a shout-out to former Friends of the Fells

Executive Director Mike Ryan for his support in getting the project rolling in this location.

The MWRA has opened a network of covered tanks over the last decade, which keep your water protected. The century-old open reservoirs are still maintained for emergency back-up. The new covered reservoir features a grassy meadow with native wildflowers—a Friends of the Fells botany advisor, Walter Kittredge, consulted on the selection. It is surrounded by a gravel walking path and a bridge to the Fells with short hikes to the scenic Virginia Wood and the upper reservoir.

Many thanks to Fred Laskey, and his team and volunteers Bryan Hamlin (Friends Board member), Anne Hamlin, Lindsay Beal (Friends Board member), Jake Kostick, Craig Beal and Adrian Emery for making the event such a success!

Neil O. Anderson



Snakes of the World

How cool are the DCR and the Cape Ann Vernal Pond Team? On June 28th, they hosted an event with snakes, both native and not-so-native. While this was not a Friends of the Fells event, many members were in attendance.

Check out more from the DCR at their page www.mass.gov/eea/agencies/dcr/ !

1. Park Interpreter Gillian and the Coolest Sister Ever learn about a northern pine snake.

2. Native green snake, rare in the Fells

3. The crowd takes in an albino reticulated python

4. Charlie Saulnier and Skeletor, the white-lipped python from New Guinea





Social Innovation Forum by Sheri Qualters

Friends of the Fells leaders recently learned a lot about putting the organization’s best foot forward by taking part in a pilot boot camp program for innovative nonprofits that work on environmental sustainability.

The Friends “graduated” from the nine-week program by participating in a June 23 pitch meeting and networking event at District Hall in Boston’s Seaport District. Executive Director Neil Anderson was tasked with delivering a three-minute talk to roughly 100 investors, philanthropists, community partners, and stakeholders. Anderson covered a lot of ground in that timed speech. Longstanding and innovative Friends programs, the plans to expand youth offerings and the Trail Adopter Program, and our

vision for improving accessibility for people with disabilities were just a few of his topics.

The Friends was among a group of eight nonprofits that made it through the boot camp and made presentations at the Solutions for a Sustainable Community: Creating a Greener Greater Boston breakfast event.

Two Boston-based entities teamed up to offer the boot camp: the Social Innovation Forum, which connects innovative nonprofits and social impact businesses to investors, supporters and in-kind partners; and the Schrafft Charitable Trust, a private family foundation that gives grants to nonprofits focused on educating disadvantaged youth. Boot camp taught participants how to boost organizational visibility,

expand networks and improve operations.

The nonprofits learned at weekly training workshops run by Social Innovation Forum staff and business and nonprofit leaders, and from forum supporters who served as one-on-one coaches.

The Friends’ Executive Director Neil Anderson said the organization was “incredibly honored” to be selected for the program.

“It was an amazing nine weeks in which we were connected with some incredible innovators from across the nonprofit sector and were able, with the help of skilled coaches, to really develop our messaging in a concise way that will help us in the year ahead to broaden our support base and deepen our impact,” Anderson said.

Langwood Commons Update

by Mike Ryan and Sheri Qualters

Friends of the Fells returned to the Appeals Court last month to seek a ruling that would require developers of the proposed Langwood Commons project to complete a MEPA environmental impact review.

At the June 20 hearing, the Friends attorney, Barry Fogel of Keegan Werlin LLP, argued that unless developers comply with the January 2006 MEPA ruling, the Fells Spot Pond district would be swamped in traffic that would require conversion of parkways into dense highways. The ruling called for presentation

of a “reduced-build alternative... able to be accommodated by the parkways with minimum adverse impacts.”

With your help, we will see this campaign through to success! Please contribute to the Fells Defense Campaign; your response today could help protect the Fells for generations. Join us in our goal to make sure that whatever is built on the former hospital site will be at a scale in harmony with the Fells Spot Pond District, its historic parkways, and our neighborhoods.



Noah Kaplan

Yes! I would like to make a tax-deductible donation to the Fells Defense Campaign

Note: For the first \$10,000 in donations two generous supporters have offered to match every dollar. Your early donation will have double the impact!

Name _____

Address _____

Phone _____ Email _____

\$500 \$100 \$75 \$50 \$25 Other: _____

Mail to: Friends of the Middlesex Fells, 235 West Foster Street, Melrose, MA 02176

Thank You! Friends of the Fells Board of Directors
781.662.2340 www.fells.org