



Issue 6, August 2016

News of the Fells

Contents

- Monarch Caterpillars Arrive 1
- Masthead 2
- Found in the Fells, August..... 2
- VERT-Sasquatch Race..... 3
- Hike4Life Visits the Fells..... 4
- Babes in the Woods/Hike 'n' Seek... 6
- Milkweeds are Thriving 7
- Calendar 8
- Board Recruitment Meet 'n' Greet. 10
- Volunteer Opportunities 10
- Your Help is Needed for
 - Langwood Commons..... 11
 - Students Translate Trail Guide 12
 - Chinese Trail Guide 13
 - It's Summer!* Festival 14
 - Nature: Our Most Precious Resource..... 15



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

Monarch Caterpillars Arrive at the Botume House

by Gillian Badwan

We at DCR are happy to report that nine monarch caterpillars were discovered this Wednesday feasting on a swamp milkweed planted in the Botume House pollinator garden last summer. Monarchs are hard to find these days, making this an especially happy occasion. Four of the caterpillars were moved inside so we could monitor their metamorphosis with the help of some eager Forest Kindergarteners and Explorers, while the remaining five were

left in the garden. Some of us were lucky enough to witness pupation; by Friday evening all nine caterpillars had formed their chrysalis. The pupae are available for viewing at the Botume House, which is open daily from 10:00 AM to 4:00 PM Monday through Saturday. Stay tuned around August 11 for news and photos of emerging butterflies. We'll organize a small public event for the release. In the meantime, come on by and have a look!



News of the Fells

Issue 6

Neil O. Anderson

Publisher, Executive Director

Lindsay Cornell Beal

Publisher, Vice Chair

Diana Lomakin

Creative Director

Katie Aberbach

Editor

Cherylanne Petrunti

Editor

Sheri Qualters

Editor

Found in the Fells, August

by Bryan Hamlin foundinthefells.com

It may feel that summer is going by all too quickly, but not to worry, there is plenty of flowering time left. One of the most notable flowers of August in the Fells—noticeable by both its heavy scent and prominent spikes of white flowers—is sweet pepperbush, a very common shrub in damp areas.

This is when several members of the daisy family start blooming, the asters along the trails in the woods and, anywhere there's a bit more sun, goldenrods, continuing well into the Fall. There are several different species of both growing in the Fells. The asters have open clusters of mauve or white daisy flowers with long rays and yellow or purple centers and a whole array of different leaf shapes amongst the different species. The goldenrods, in meadows and on hilltops have a tightly packed florescence of small bright yellow flowers with short rays. Actually one has white flowers and so is called silverrod.

Certainly not a daisy, but not a fungus either, is Indian pipe which,

after rain, will emerge ghost-like on the forest floor. It is a saprophyte and so has given up its chlorophyll to scrounge instead for food. So it grows in the dark woods not dependent on sunlight as most plants are.

A more flamboyant member of the daisy family that can be found in certain damp locations is Joe-Pye weed. In even damper situations is the delicate and colorful jewelweed. On a streambank you might be lucky enough to see the dazzling cardinal flower. In fact if you're prepared to go into swampy areas of the Fells, or along the edges of ponds, August is the time for many wetland plants to bloom, some showy like the cardinal flower and many others small but delightful if you seek them out.

With confidence that summer is not over yet, low-bush blueberry will often bloom again towards the end of August, and some falls manage a few ripe berries in sunny hill-top locations by mid-October.



“On your mark, get set, go!” And we were off ... the Friends of the Fells Run Team was in full stride! Team members Shane McNally, Joe Deering, Neil Anderson and I began by running out of Greenwood Park, down Pond Street, then back into the Fells towards Whip Hill for what promised to be a beautiful evening run. It was interesting to hear some of the chatter from runners around us as we picked up pace; it appeared to be the first time running those trails for many people, as the comments ranged from “wow, these woods are beautiful!” to “this was a lot steeper than I expected.”

Hosting a VERT race was a great opportunity to show off the natural beauty, peacefulness, and challenging terrain of the Fells Reservation to people who may not have otherwise come our way. As someone who is fortunate enough to enjoy those trails often, I definitely felt a sense of pride! Yes, yes they are beautiful! And aren't we lucky to have them in our backyard!

After crossing the finish line back at Greenwood, we headed over across the street for the after party at Stone Zoo. And what an after party it was. We knew it was going to be good, since it started



VERT Sasquatch Race: A great night for a great cause!

by Tirzah Deering

with free frozen yogurt pops. YUM. Once inside the zoo walls (sadly, not near the animals), we headed to the beer tent to enjoy a great selection of local beers and cider. Mingling with the crowd, we enjoyed the company of friends and neighbors as the party got underway.

Friends of the Fells Executive Director Neil O. Anderson managed a local celebrity sighting, chatting up Mayor Robert Dolan of Melrose, who ran in the event. Even the onset of rain didn't dampen our spirits, although the same cannot be said for our sandwiches. As the night

wore on, this runner had to take her leave early, but it seemed like the party was just getting underway (there may or may not have been a game of flip cup going under one of the tents.)

All in all, a great time was had, and even though we did not spot the elusive Sasquatch, we did raise money for the Friends of the Fells, and at the end of the night that's all that really matters. That, and a really good beer. Cheers!

If you are interested in joining the Friends of the Fells Run Team, please call Neil at 617-971-8991.

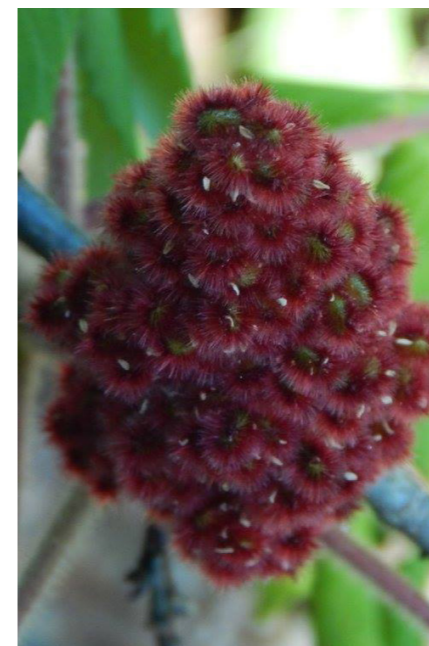
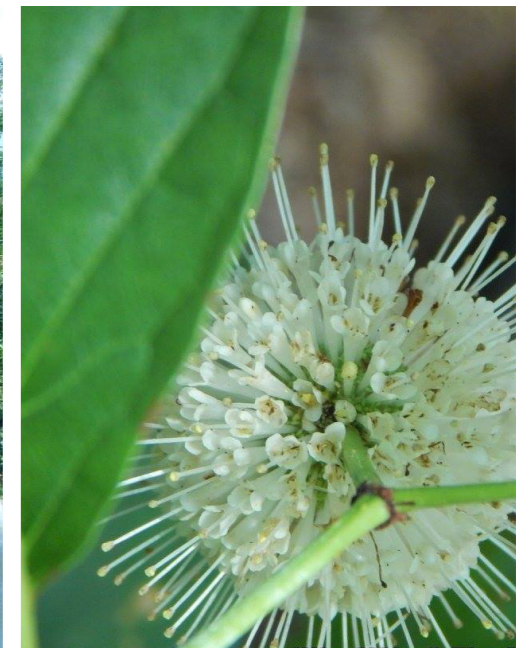
Hike4Life Visits the Fells

“What a great hike!!!” writes Jerel Ferguson, leader of Dorchester-based nonprofit Hike4Life. Its mission is to reconnect the urban community with the outdoors.

“It was so fun to hike with everyone and to push ourselves even though we were tired, to get to the top and enjoy the great views.”

Come back soon, Hike4Life!
<https://www.facebook.com/outofthehoods/>

All photos by Jerel Ferguson.



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

August

02 Sheepfold

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

(“Sheepfold Path” on Google Maps).

09 Bellevue Pond

Both programs will meet at Bellevue Pond. Closest address is 70 South Border Road in Medford.

Additional (on-street) parking is available diagonally southeast across the street on Massachusetts Ave.

16 Flynn Rink

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

23 Long Pond

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

30 Greenwood Park

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



Do you know a picky eater? Your toddler, your uncle who is still a meat and potatoes guy, your cat who puts the “icky” in finicky? Well, in the wildlife realm, monarch caterpillars arguably win the picky eater contest (pandas might give them some competition, though). The caterpillars will only eat milkweed, although the adult butterflies will sip from a variety of flowers.

You may have heard there are evolutionary reasons for some of our choosiness, and monarch caterpillars are no different. The milky sap contains chemicals that makes it taste terrible to predators, and this protection remains after caterpillars transform into beautiful monarch butterflies.

Sadly, monarchs are struggling. There are fewer meadows these days, as they are being mowed down for developments or yards. Butterflies are important pollinators. There is no need to go into a dissertation to explain why pollinators are valuable—let’s just say they are a foundation of our own food system and habitat, and leave it at that. We need monarch butterflies, and they need their plants.

A Friends of the Fells botany advisor, Walter Kittredge, nudged us towards working with the Monarch Watch organization, which focuses



Milkweeds are Thriving

by Lindsay Cornell Beal

on education, conservation, and research. They offer milkweed restoration grants, and we decided to apply for one and implement the project.

On June 25, Volunteer Coordinator Lindsay Beal partnered with DCR, the Malden YMCA service and leadership club and their leader Xenia Pantos, hike leader Mike Melendez and his wife Diane. With additional tips from fellow Fells botany expert Bryan Hamlin, we planted the seedlings near Spot Pond and Quarter Mile Pond. Many trail service projects involve removing invasives, so the teens found it refreshing to put something into the ground this time.

It’s been a dry summer, so we wanted to give the seedlings some time and some extra loving care to establish themselves, but they seem to be doing quite well! This spring and summer, the Friends of the Fells has been involved in both marbled salamander and milkweed restoration. What other types of habitat restoration projects do you have ideas for or are you curious to learn about? Either way, please consider planting milkweed and other native plants in your own yard, or with your other organizations. For more information, reach out to us, or to local expert Katie Banks Hone at themonarchgardener.com or monarchwatch.org.



It's Summer! Festival

03 Summer Wildflowers at Bellevue Pond 9:15 - 11:30 AM
Bellevue Pond, Medford
 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 Road, Medford. Steady rain cancels. Leader: Boot Boutwell (781-729-4712).

03 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 pbearl@yahoo.com for more information.

06 Fells Nature Crafts: Build an Owl! 10:00 AM - NOON
Botume House Visitor Center 4 Woodland Road, Stoneham
 Join us for this special drop-in craft program for little hands hosted by DCR featuring visual artist Hilary Emerson Lay, a teacher at the Summer Art Barn in North Hatfield, MA! Learn about some of our resident owl species and make a paper-stuffed owl to take home. Most appropriate for ages 4-6 but all ages are welcome. No registration is required. All children must be accompanied by an adult. For more information please call Gillian at (617) 727-5380 x403

06 Fells Nature Crafts: Build a Bird Mobile! 2:00 - 4:00 PM
Botume House Visitor Center 4 Woodland Road, Stoneham
 Come learn about some of our backyard birds and then color, design, and assemble your own bird mobile to take home! Hosted by DCR featuring visual artist Hilary Emerson Lay, a teacher at the Summer Art Barn in North Hatfield, MA. Most appropriate for ages 6+, but all ages are welcome. Drop-in program. No registration is required. All children must be accompanied by an adult. For more information please call Gillian at (617) 727-5380 x403

10 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 pbearl@yahoo.com for more information.

11 Fells Running Club Before-Work 'Intermediate' Trail Run 6:30 - 8:00 AM
Flynn Rink, 300 Elm Street, Medford
 Let's go for an early "intermediate" trail run through the Eastern Fells. We'll cover ~5 miles including a substantial portion of the Rock Circuit Trail at a pace of around 11 minutes per mile (which is faster than it sounds on alternately steep and rocky terrain). The leader will be waiting near the exercise area at the North end of the parking lot. We'll start running at exactly 6:40 AM. Lightning or very heavy rain cancels.

Call Rich at 617-335-7310 or email rich@friendsofthefells.org for more information.

13 Fells Running Club 'Intermediate' Trail Run 8:00 - 9:30 AM
Upper Sheepfold Parking Lot, off route 28 in Stoneham
 Let's go for an "intermediate" trail run through the Western Fells. We'll follow the ~5.5 mile Reservoir Trail around the lovely Winchester reservoirs, at a pace of around 11 minutes per mile over rocky and uneven terrain. Meet at 8:00am at the Upper Sheepfold Parking Lot, off route 28 in Stoneham. The leader will be waiting near the bulletin/map kiosk at the end of the parking lot. We'll start running at exactly 8:10 AM. Lightning or very heavy rain cancels Call Rich at 617-335-7310 or email rich@friendsofthefells.org for more information.

14 Animal Habitat Hike 10:00 - 11:30 AM
Flynn Rink, 300 Elm Street, Medford
 Join Pete Costello for a hike in the eastern Fells. We will look for animals and/or animal signs. Binoculars would be good to have. These hikes are family and dog friendly. Bring water, sunscreen and insect repellent. Rain cancels. Email pbearl@yahoo.com for information.

15 Student Appreciation Picnic 6:00 PM
The Beebe Estate 235 West Foster Street, Melrose
 Are you a student who helped out at The Middlesex Fells? We'd like to thank you at our appreciation picnic! Did you help out on a service trip, work a booth, help with a fundraiser, join a school initiative, or participate in a Hike and Carry? Come enjoy some refreshments and meet others who care about the Fells. For more information, contact Lindsay Beal, lindsay@yarsley.com

17 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 pbearl@yahoo.com for more information.

17 Board of Directors Meet-and-Greet 7:30 - 9:00 PM
The Beebe Estate 235 West Foster Street, Melrose
 If you are interested in exploring the commitment and rewards of Board membership, please consider joining members of the Friends of the Fells ("FoF") Board of Directors for an informal evening of discussion about the Fells and our organization. Join us first, if you are able, for the "Wednesday After-Work Hike" hike at Flynn Rink, 300 Elm Street in Medford. Around 7:30 PM, we will retire to the Beebe Estate to enjoy some wine, light refreshments and continued discussions. The FoF Board of Directors has a few vacant seats and ANY member in good standing may be 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. Contact Board Chair Rich Sanford at rich@friendsofthefells.org for more information regarding Board membership.

24 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 pbearl@yahoo.com for more information.

25 Fells Running Club "Beginner" Trail Run 6:30 - 7:30 AM
Greenwood parking lot, 176 Pond Street, Stoneham (across from the Stone Zoo)
 Let's go for an early "beginner" trail run through the Eastern Fells. We'll cover ~2.5 miles in the area around Whip Hill, at a pace of around 13 minutes per mile over rocky and uneven terrain. Meet at 6:30am at the Greenwood Park Parking Lot on Pond Street in Stoneham (across from Stone Zoo). The leader will be waiting near the bulletin/map kiosk beside the parking lot. We'll start running at exactly 6:40 AM. Lightning or very heavy rain cancels Call Rich at 617-335-7310 or email rich@friendsofthefells.org for more info.

28 Fells Running Club "Beginner" Trail Run 9:00 - 10:30 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. I'll be wearing a white t-shirt and my name (Shane) will be written on the back. We'll set off at exactly 10:10 AM. Email shane.t.mcnally@gmail.com for more information.

31 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 pbearl@yahoo.com for more information.

Whole Foods Check Presentation





Meredith Eustis

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, from 7:30 to 9:00 PM at the Beebe Estate, 235 West Foster Street in Melrose.

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

Volunteer Opportunities

by Lindsay Cornell Beal

We have a wide-variety of volunteer opportunities coming up this fall! We can’t do what we do without all of our loyal and dedicated volunteers—thank you all! We’d like to put out a call for volunteers for these exciting events. Can you help? Sign-offs on official community service hours available. If you’d like to join us, please contact Volunteer Coordinator Lindsay at Lindsay@yarsley.com or friends@fells.org.

Thursday, August 18th Stoneham Farmer’s Market, Stoneham Town Common. Help engage the public at this afternoon event!

Friday, September 2nd Nature: An Appreciation art show opening reception at the Beebe Estate in Melrose. Are you available to help with set-up, greeting, and refreshments at this evening event?

Sunday, September 11th VERT Fellsfest Trail Running Festival at the Fallon Road/Bear Hill gate. Are you available in the morning to help as a course marshal, or with water tables, check-in, or other tasks? T-shirt, brew festival, and more are included.

Sunday, September 11th Melrose Victorian Fair, downtown Melrose. Come represent us in the afternoon at this popular town event!

Saturday, September 17th Stoneham Town Day, Stoneham Town Common. We’ll also need help at this annual community gathering!

Saturday, October 1st National Public Lands Day Spot Pond COASTSWEEP at Flynn Rink in Medford—Participate in this morning clean-up event! We catalog what we find, which helps scientists, policy makers, and, most of all, the environment.

Sunday, October 2nd Tufts Community Day. Come join us mid-day at this on-campus family and education focused event!

Sunday, November 6th Whole Foods/Marathon Sports Fall for the Fells Trail Run and Festival, Medford High School. Join us as we host our own trail race, along with our dedicated sponsors. The race will be followed by a family friendly festival.



Lindsay Cornell Beal

Tell your state government to protect the Fells, Historic Parkways and our communities. Fifteen years into a series of challenges by the Friends of the Fells and others to an outsized proposed development project surrounded by the Fells, we’re all still waiting for completion of MEPA environmental review of the traffic impacts of the Langwood Commons project.

Your help is needed! We are urging you to write a letter to EOEAA Secretary Matthew Beaton supporting the call for him to reinstate MEPA jurisdiction and ensure that before it is built the Langwood Commons developers propose a smaller project with a level of traffic that will not harm the Fells’ historic parkways.

The current scale of the project on Stoneham’s Woodland Road near Spot Pond would require an increase of **4,500** new daily traffic trips leading to severe traffic congestion and safety problems on Fells parkways. The Friends of the Fells has filed a formal request with the Secretary of Environmental Affairs to issue an Advisory Opinion under MEPA that will restore the requirement by prior administrations to enforce the completion of an environmental review of the traffic impacts that would be caused by the project. We’re asking the agency to require the same scrutiny of the project as it did under two prior administrations.

We want Gov. Charlie Baker’s administration to make its own judgment about these important issues, instead of consenting to a misguided decision made near the end of the prior administration.

Last month we filed opposition to the impacts of this project at the Massachusetts Appeals Court, but



Don’t let this happen to Fells parkways!

Your Help is Needed for Langwood Commons

we need more voices to implore the Environmental Affairs Secretary to examine this harmful project.

Please write a letter to Secretary Matthew Beaton telling him that MEPA environmental review of the Langwood Commons project must be completed before any construction begins in order to prevent excessive traffic from causing unacceptable impacts to the Fells.

We’ve come up with some talking points to help you with a letter.

Key points: Request for Advisory Opinion Langwood Commons Project

- The Environmental Affairs Secretary must restore MEPA environmental jurisdiction to prevent damage to the Fells from the Langwood Commons project

- Langwood Commons’ 4,500 additional daily traffic trips will create traffic congestion and safety problems that would overwhelm the Fells, its Historic Parkways, and neighboring communities

- Historic features of the parkways would be destroyed to accommodate so much additional traffic

- It is unthinkable and against MEPA Policy to allow the developers’ large scale project to force extensive and harmful parkway changes, with or without using taxpayer funds

- The developers must complete MEPA’s environmental review process by presenting plans for a smaller project with less traffic that will not require harmful alterations to protected parkways

- Urge the Secretary to allow a public comment period on the Request for Advisory Opinion

Send your letters to:

Secretary Matthew A. Beaton
Executive Office of Energy and Environmental Affairs
100 Cambridge Street, Suite 900
Boston, MA 02114

Or email your letter to:
env.internet@state.ma.us

Thank you!

Arlington High School Students Translate Trail Guide for Chinese Speakers



Konwen Yuen is a Trail Adopter in the Money Hill section of the Fells, and a teacher at Arlington High School. Her Mandarin students translated Rich Sanford's [Cross Fells Trail/MBTA guide](#) last spring—check it out! Thanks to Yuen and Ilana Leva, Yuran Tsuchida, Katya Donovan, Tenzin Nanglo, Alan Medina, Daniel Gallini, Alfred Dao, and Chi-Hsuan Morris Tsai. Are you an educator? Contact us if you'd like to brainstorm how you can apply your classroom work to the Fells.



Mike.Ryan

州立森林公园 - 乘坐公交去 塞都萨斯 泛林司 (Middlesex Fells) 步行简介与指南

出发点: 戴维斯广场 Davis Square 终点: 横跨 泛林司 步道 (Cross Fells Trail)

总距离: 6英里 全程来回时间 4.5 个小时

时间	英里数*	地点指南
0:00	0.00	<ul style="list-style-type: none"> 戴维斯广场公交站 乘坐往 Medford Square 方向去的 94 号公交, 当巴士穿过铁路轨时按铃示意下车。
0:15	0.00	<ul style="list-style-type: none"> 在西 Medford 的 Canal 街下车 在斑马线上横过 High 街 沿着 Warren 街向北走 0.4 英里到底 先左转, 然后右转去 Playstead 路 看到斑马线后横过 Playstead 路 继续走在 Playstead 路到 Winthrop 街
0:34	0.85	<ul style="list-style-type: none"> 横过 Winthrop 街, 在 泛林司 (Fells) 第一号门 (Gate 1) 进入 跟随蓝色的标志
1:00	1.75	<ul style="list-style-type: none"> 横过南 Boarder 路 (South Border Rd.) 继续跟随蓝色的标志
1:24	2.42	<ul style="list-style-type: none"> 在纹呢坡肯山坡 (Wenepoykin Hill) 顶上暂停并欣赏波士顿的天际线
1:50	3.25	<ul style="list-style-type: none"> 步出 泛林司 到 28 号公路上 (Route 28) 横跨 28 号公路到对面的人行道上 向右转走过 93 号高速路立交桥下面
1:55	3.35	<ul style="list-style-type: none"> 在 泛林司 第 28 号门 (Gate 28) 进入 立刻右转去继续走在正确的步道上 继续跟随蓝色的标志
2:12	3.90	<ul style="list-style-type: none"> 暂停步伐观赏 "1/4 英里" 水塘 (Quarter-Mile Pond)
2:15	3.94	<ul style="list-style-type: none"> 在 芬林溜冰场 (Flynn Skating Rink) 附近横过 乌路 (Woodland Rd.) 在 33 号门 (Gate #33) 重新进入 泛林司 继续跟随蓝色的标志
2:50	5.08	<ul style="list-style-type: none"> 横跨东 泛林司 路 (Fellsway East) 在 52 号门 (Gate #52) 重新进入 泛林司 继续跟随蓝色的标志
3:00	5.50	<ul style="list-style-type: none"> 步道结束, 在 谷易儿大道 (Goodyear Ave.) 步出 泛林司 在 谷易儿大道 往下直走 横过 华盛顿街 (Washington St.) 后继续直行 在 Stone Place 处横过 Pleasant St. 到对面人行道 右转并沿着 华盛顿街 南行
3:16	5.50	<ul style="list-style-type: none"> 到达 橙线 Oak Grove 地铁站 乘坐 橙线 地铁 在 Downtown Crossing 站 换乘往 Alewife 方向的 红线 地铁
4:10	6.20	<ul style="list-style-type: none"> 在 戴维斯广场 站下车离开

在 Medford 高中 (Medford High School) 附近的西泛林司里开始的 横跨 泛林司 步道上, 游人可观赏从 Whittemore 小溪 (Whittemore Brook) 的湿地, 到 1/4 英里水塘, 到 Wenepoykin 和 Cairn 山坡上的景观。

SPACE FOR PHOTO

这个步道沿着蓝色的标志有 4.5 英里长, 用稳实的步伐可以少于 3 小时从一头走到另一头。为你自己预算 4.5 个小时去完成全程包括乘公交的时间, 或者预留多一点时间去欣赏景观, 或许享一顿野餐。

* 累计的步行英里数
泛林司地图链接 Fells map:

http://www.friendsofthefells.org/wp-content/uploads/2014/04/Fells_Reservation_Map.pdf

MBTA bus #94 schedule: http://www.mbta.com/uploadedFiles/Documents/Schedules_and_Maps/Bus/route094.pdf

Chinese version is Courtesy of the Arlington High School Mandarin 4-5 Class 2016 翻译初稿由阿灵顿高中 2016 中文 4-5 级班提供



It's Summer! Festival by Lindsay Cornell Beal

We might have guessed that when the *It's Summer* StoryWalk® Festival was scheduled on July 23rd, right near the peak of the season, that summer might decide to take itself very seriously, indeed. And so it did! With temperatures edging up towards 98 degrees, we didn't have quite as many crowds as expected, but we're still thankful for the 50 or 60 people who showed up and took advantage of the breeze across the Greenwood Park field, the water, lemonade, and fresh fruit provided, the shade of the tents and pavilion, and the popsicles donated by Stop and Shop.

DCR, Friends of the Fells, North Suburban Child & Family Resource Network, Medford Family Network, and Mass in Motion joined forces to celebrate the success of the StoryWalk® series, and to invite Linda Glaser, author of the last six featured books, to join us.

Friends of the Fells volunteers Ingeborg Burgraff and Dana Jewell showed the children how to make corn husk dolls, and Babes in the Woods leaders led a Hike and Seek. The Family Networks brought temporary tattoos, toys, and books, and DCR organized lawn games. Linda Glaser led some sing-alongs and read a couple of her books that had

not been featured on the trail yet: *Wonderful Worms* and *Spectacular Spiders*. Finally, we followed her down the trail and she read the newly installed *It's Summer*, which will be featured at Greenwood Park through the beginning of August. (It is scheduled through the weekend of August 7th, but it is frequently extended.) It was so cool to have the author who has been featured for over a year actually lead the StoryWalk® hike! Finally, the Stone Zoo invited us over for a sneak peak at their new natural playscape. It's great to see multiple local organizations partner around an initiative like this. Stay tuned for more to come!

THE FRIENDS OF THE MIDDLESEX FELLS PRESENTS

NATURE: OUR MOST PRECIOUS RESOURCE

THE BEEBE ESTATE • 235 WEST FOSTER STREET • MELROSE, MA

GALLERY HOURS IN SEPTEMBER • SATURDAYS 11:00 - 3:00



MIKE DESIMONE



BEVERLY HINCKLEY

OPENING RECEPTION • 2 SEPTEMBER 2016

7:00 – 9:00 PM • 781-662-2340

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

**Friends of the Middlesex Fells Reservation, Inc.
235 West Foster Street
Melrose, MA 02176**