

Tackling Fear with Knowledge

Over 300 Milton public school students learn the root causes of Lyme disease and what they can do to reduce their risk

Until this Spring, ten-year-old Amalia Halpin knew her friends and family feared tick bites. She didn't understand why this was scary or what could be done to feel safer while enjoying the great outdoors. She now has a better understanding of what she can do for herself, her family and friends, and for the forests in her community. What's more, she's taken advantage of opportunities to help all three!

Amalia was one of over 300 fourth graders at Milton Public Schools who



participated in FBH's 'Go Out and Play; Check Every Day' presentations. Students saw real live ticks in petri dishes. They earned personal protection tips such as wearing light colored clothing before going out, so they can see

and remove the ticks and how to check themselves for ticks every evening. After attending the workshop, Amalia now reassures her friends that they can still enjoy the outdoors, they just need to take precautions. Amalia felt empowered as she learned more about Lyme disease, and how to prevent it

Milton fourth graders also learned how the root causes of the increase in Lyme Disease incidents are linked to unhealthy forests. Humans have meddled with complex ecologic systems for years, allowing populations of some animals, including deer, to dramatically increase. We've removed predators, like wolves and mountain lions, and created ideal habitat for deer by cutting up the

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Each Generation Enjoys the Blue Hills

By Rosalyn Krivitsky, Canton

Ever since we moved to this area 15 years ago we started bringing our grandchildren to this natural, untouched place. We would begin with the Trailside Museum, watch the wildlife and hear stories of how they live. When our grandchildren were old enough, we would take them for a walk around Houghton's Pond and enjoy each area of the trail. Sometimes we'd see other families enjoying the day or lolling by the water.

Now that our grandchildren are teens, visiting the pond is still part of our weekly tradition. We smile at the beauty of it all, hear the sounds of various birds and walk around the pond. These natural surroundings are a treasure for us and future generations.



How Friendly Forest Animals Can Create Unhealthy Forests

Throughout the month of April, fourth graders at all four Milton elementary schools learned about healthy forests and the growing problem of Lyme Disease in our community.

Here enthusiastic deer at Tucker Elementary help demonstrate what happens when we remove predators from the forest ecosystems.



(Tackling Fear continued on page 1)

forests with roads and suburban lawns. As deer populations rise, populations of the native plants they love to eat start to decline. This gives non-native plants that aren't tasty to deer, like garlic mustard, an advantage and they become invasive.

Amalia saw firsthand how garlic mustard can take over a forest at 'Green Up the Blue Hills' in May. After learning about the connection between Lyme disease and healthy forests, Amalia, her mother and 8-year-old sister, joined the Friends of the Blue Hills to remove the invasive garlic mustard at Ponkapoag Pond. She said it was good to see the infestation with her own eyes. She had originally thought that "something growing wild wouldn't be overpopulating," but when she saw the garlic mustard covering the forest

floor she said: "Wow."

She's glad she understands the problem linking our forests and people's health in her community. "It's growing but we can do things to solve it before it spreads even more." Next, she wants to learn more science so she can better

understand this issue and continue to make a difference.

Keeping our children healthy outdoors means we need to tackle fear with knowledge. Stay tuned for more information at: friendsofthebluehills.org/healthy-forests-healthy-people.



Cub Scouts Learn to Prevent Lyme Disease
FBH Intern, Emily Graham, shows Canton Cub Scout Pack 77 how to check for ticks which can transmit Lyme disease. If you're involved with the Scouts, we'd love to hear from you!
Contact us for learning and stewardship opportunities.
Email: info@FriendsoftheBlueHills.org.

Calendar of Events

Pull and post this section of the Friends of the Blue Hills Newsletter and join us for some exciting events in the Blue Hills Reservation!

Summer 2012

▲ FBH sponsored event

Trail Maintenance Events

Saturdays: June 2, July 7, August 4
9:00 am - 1:00 pm

Help maintain the trails for visitors throughout the summer. Tools and lunch provided. Please wear work clothes and sturdy footwear and bring a water bottle and work gloves. Sunscreen and bug spray recommended. For ages 15 and up. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton. For details, contact trailwork@FriendsoftheBlueHills.org. ▲

Sundays in the Park

Chickatawbut Road will be closed to traffic this summer from Saturdays at 8 pm till Mondays at 7 am starting June 16. It's a great opportunity to pedal the roadway or take a stroll in Blue Hills east.

TrailWatch Mountain Bike Rides

Saturday, June 2, 9:00 am:
Beginner 4 – 6 miles
Saturday, August 4, 9:00 am:
Intermediate 10 – 12 miles

Pedal with DCR TrailWatch Volunteers. You must bring: a bike, helmet, and water. Eye protection, snacks, a spare tube, a pump and tools are also recommended. Call 617-698-1802 to register for rides and meeting place.

DCR Summer Discovery Hike

Sunday, June 17 1:00 pm

Summer is here! Join a DCR ranger for a three mile summer discovery hike. Chickatawbut Road will be closed to traffic to encourage recreation on Sundays during the summer. Take a hike to the Blue Hills reservoir and check out the action along the water's edge. Ages 8 and up. 2 hours. Meet at the Shea Rink parking lot at 651 Willard Street in Quincy. For details, contact 617-698-1802, ext 3

DCR Ponkapoag Bog Walk

Sunday, June 24, 1:00 pm

Join us this Fathers Day on a fascinating venture into an Atlantic white cedar bog, a unique world of carnivorous plants and quaking vegetation. We'll step deep into the heart of this mysterious world on the newly improved bog boardwalk. For ages 8 and up. 2 hours. Email Tom.Bender@state.ma.us for registration.

Houghton's Pond Cool Summer Fest

Saturday, July 28, 10:00 am – 3:00 pm

The heat is on at Houghton's but we will stay cool with water games, music, dance, live wildlife, pond exploration and free fishing too! Join the DCR rangers, the Friends of the Blue Hills and instructors from Mass Wildlife and discover the wonderful world of water. Free equipment loans for fishing or bring your own. Crafts, games and other wet and wild activities too! A guaranteed good time for all. Take Rt. 93 to exit 3 and follow Cool Summer Fest signs to 840 Hillside Street in Milton. Contact summerfest@FriendsoftheBlueHills.org. ▲

DCR Map and Compass

Saturday, August 18, 1:00 pm

Are you feeling lost? Don't know which way to turn? Join us for a short discussion on the basics of navigation using a map and compass. Then we will put your new skills to work in the field. Ages 10 and up. 1.5 hours. To register: Raymond.F.McKinnon@state.ma.us.

DCR Dog Days of Summer

Sunday, August 26 1:00 pm

The dog days of summer mark the hottest and muggiest days of the season. Throw a leash on your favorite pooch and join us for a dog-friendly walk. Stretch your legs and socialize with other dogs and dog owners. 1.5 hours. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton. For details, contact 617-698-1802, ext. 3.

Calendar of Events (2)

DCR Blue Hills Adult Walking Club

The Blue Hills Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate. For dates and times: calendar.FriendsoftheBlueHills.org or contact DCR directly: 617-698-1802, ext. 3.

Review Continues for Zip Line Canopy Tour in Quincy Quarries

Zip Line proposal working its way through City of Quincy's Approval Process; then State will Review

At press time, the Quincy City Council is preparing to vote on whether to support a zip line canopy



tour in the portion of the Blue Hills called Quincy Quarries, located off Ricciuti Drive in West Quincy. In April, the city issued a Request for Proposals soliciting bids that would add recreational opportunities to the Quincy Quarries. The City received a response to the RFP from Al and Walter Endriunas of Quincy Quarry Canopy Tours.

The City of Quincy and the Department of Conservation and Recreation (DCR) each own a portion of the Quarries. So while the Quincy City Council is expected to approve the proposal, the DCR must undertake its own assessment and evaluation.

We look forward to working with both the City of Quincy and the DCR through its evaluation process and feasible studies, which will gauge the project's impact on the environment and current users, especially rock climbers.

Stay cool and have fun at the Houghton's Pond Cool Summer Fest

Saturday, July 28,
10:00 am – 3:00 pm.
See Calendar for details.



The Friends of the Blue Hills newsletter is produced four times a year.

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Visit us on the web at
www.FriendsoftheBlueHills.org
or call 781-828-1805

for membership, maps and
schedule information.
PO Box 416, Milton, MA 02186

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I want to become a Friends of the Blue Hills member

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After decades of disrepair, 18th Century Barn Restored

New Life for Historic Barn at Brookwood Farm

This spring after three years of work, North Bennett Street School students and faculty raised the roof on a historic barn at Brookwood Farm.

If you visited Brookwood before 2009, you might have noticed the severely damaged barn standing on the left of the main road. You may have spotted the leaking plastic sheets that served as a roof and guessed that weather and insects must have eaten away much of the sills, beams and posts.

What's So Special about the Brookwood Barn?

If you hadn't been told, however, you might not have known that a por-

tion of the barn on the left was a 1791 English barn, and according to Steve O'Shaughnessy, is "the only known 18th century two-bay barn in New England." O'Shaughnessy, who heads the NBSS preservation carpentry department, could show you numerous qualities unique to this historic structure. For example, if you knew that the barn was built in the 18th century, you'd be correct in assuming that much of the wood was hand hewn with an axe, but O'Shaughnessy explains that the barn also includes many boards that "were sawn from a water powered up-and-down saw mill and transported to the site."

Research and Rebuilding

As part of the restoration effort, students worked to understand the weather and insect damage and uncover the barn's unique historic structure. The barn raising this spring was the culmination of years of work, after dozens of students studied what remained of the barn to determine how it was originally made. Then students used the same techniques to rebuild the barn, using existing wood when it could be salvaged.

Students rebuilt the barn at Brookwood on the right side of the road as you walk in. (The parts of the barn

that were built later still stand on the left of the road.) The barn will be completed by November 2012 and, according to DCR staff, you'll then have opportunities to learn the history and significance of the building through displays and interpretive programming. For additional information on this historic barn, visit our blog (Friendsofthe-BlueHills.org/blog).



Blue Hills: We're in it Together

Photo Contest

Prizes: \$500 Gift Certificate and Outdoor Gear
friendsofthebluehills.org/photo-contest

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