

# The NATURALISTS' CLUB Newsletter

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Westfield, MA  
Permit No. 18

Springfield Science Museum at the Quadrangle, Springfield, Massachusetts  
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## J U L Y - S E P T E M B E R 2 0 0 8 SCHEDULE • OF • ACTIVITIES

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### JULY

- |    |          |                                                                                                                      |
|----|----------|----------------------------------------------------------------------------------------------------------------------|
| 6  | Sunday   | Take a Walk Thru the Universe! <i>Easthampton, Massachusetts</i>                                                     |
| 12 | Saturday | Ocean Kayaking on the Lower Connecticut River: Great Island Area, Long Island Sound, <i>Smiths Neck, Connecticut</i> |
| 19 | Saturday | One Last Time on the Connecticut River, <i>Windsor to Glastonbury, Connecticut</i>                                   |
| 19 | Saturday | Ferns and Their Relatives for Beginners, Stanley Park Nature Series, <i>Westfield, Massachusetts</i>                 |
| 24 | Thursday | Canal Walk, <i>Suffield, Connecticut</i>                                                                             |
| 27 | Sunday   | Letterbox Finding and Setting Intro Hike – Penwood State Park, <i>Bloomfield - Simsbury, Connecticut</i>             |

### AUGUST

- |       |           |                                                                                       |
|-------|-----------|---------------------------------------------------------------------------------------|
| 3     | Sunday    | Take a Walk Thru the Universe! <i>Easthampton, Massachusetts</i>                      |
| 9     | Saturday  | Flat-Water Kayaking at Somerset Reservoir (Southern Vermont) <i>Somerset, Vermont</i> |
| 16    | Saturday  | Quabbin Reservation: Gate 30 – Rattlesnake Hill, <i>Orange, Massachusetts</i>         |
| 16    | Saturday  | Nature Reclaims History, Stanley Park Nature Series, <i>Westfield, Massachusetts</i>  |
| 21    | Thursday  | Summer Time, <i>Longmeadow, Massachusetts</i>                                         |
| 23    | Saturday  | Turkey Hill, <i>Chester, Massachusetts</i>                                            |
| 29-31 | Fri.-Sun. | 3-Day Sea Kayaking Adventure on Lake Champlain, <i>Basin Harbor, Vermont</i>          |

### SEPTEMBER

- |     |           |                                                                                                                              |
|-----|-----------|------------------------------------------------------------------------------------------------------------------------------|
| 5-7 | Fri.-Sun. | Stump Sprouts Weekend, <i>West Hawley, Massachusetts</i>                                                                     |
| 7   | Sunday    | Take a Walk Thru the Universe! <i>Easthampton, Massachusetts</i>                                                             |
| 13  | Saturday  | Alander Mountain Trail, <i>Mt. Washington, Massachusetts</i>                                                                 |
| 13  | Saturday  | Hemlock Woolly Adelgid, Stanley Park Nature Series, <i>Westfield, Massachusetts</i>                                          |
| 17  | Wednesday | SEPTEMBER MEETING: Adventures in Costa Rica                                                                                  |
| 18  | Thursday  | Peaked Mountain, <i>Monson, Massachusetts</i>                                                                                |
| 20  | Saturday  | Ocean Kayaking on Cape Ann: Rockport to Thatcher Iland ~ Wildlife and Lighthouses!<br><i>Atlantic Ocean, Rockport, Mass.</i> |
| 21  | Sunday    | Late Summer Wildflowers, Stanley Park Nature Series, <i>Westfield, Massachusetts</i>                                         |
| 27  | Saturday  | A Quiet Water Paddle on Buckley Dunton Lake, <i>Becket, Massachusetts</i>                                                    |
| 28  | Sunday    | Monument Mountain Hike, <i>Great Barrington, Massachusetts</i>                                                               |



*Stanley Park Nature Series events are listed on page 10.*

# NATURALIST'S CORNER

## HOW DO YOU KNOW A PLACE?

How do you get to know a place? I don't mean just taking a walk on a lovely trail, appreciating the birdsong and identifying a few trees and wildflowers. I mean REALLY come to understand the nature of a particular unique place.

I am traveling at this time, somewhere out west, trying to find people who have an intimate knowledge and passionate attachment to a particular national park or natural area. I intend to ask how he or she has developed his or her level of expertise. I expect some will have worked and lived in that park for many years. Some may have shared their expertise with visitors or students or interested listeners. Some may even have written books about their individual experiences or knowledge concerning the plants, animals, geology or history of that area. Maybe others used a camera or a journal to guide their explorations and direct their focus. There are many avenues to familiarity with nature, but when visiting a special place, can one still soak in some level of understanding, beyond a precursory appreciation? I believe one can. Two naturalists have provided us a couple of examples.

We all know that naturalist/writer Henry David Thoreau connected quite seriously and intentionally with Walden Pond. It is safe to say that he really got to know that place. He kept prodigious notes. He identified and observed and documented and reflected. His meticulous phenology notes, albeit in untidy handwriting, have turned out to be a valuable resource in researching the existence and effects of environmental warming trends. Although solitude and simplicity were other purposes for his grand experiment to live with nature at Walden Pond, Thoreau became quite intimate and connected with his environs through deliberate observations and study over time.

Following Thoreau's example may be possible around your own home. I think it is a satisfying endeavor. But spending that amount of time making year-round observations is not really possible in a place you visit for just a couple days. Instead, let's look to another naturalist who practiced an activity I've many times tried to emulate. Ernest Thompson Seton was an outdoorsman, wildlife illustrator, prolific writer, and naturalist with a keen interest in Native American ways. Seton was chairman of the Founding Committee of the Boy Scouts of America, writing the first Boy Scout Handbook, and he started the Woodcraft movement. One thing I glean from him is his method of observation – in the environmental education field called a “Seton watch.” The idea behind a Seton watch is to blend into the natural surroundings. When we walk into the woods, we are large, moving things, making noise and disrupting the normal flow of nature. Instead, go alone into the woods or natural area and find a place to sit and become comfortable. Here, envision yourself melting into the bark of the tree you are sitting against or the rock that is your Lazy-boy. Be perfectly still and quiet. Let the birds and other creatures go about their business without any heed of you. This may take 15 to 20 minutes or more. Don't do this with a time constraint. Eventually, you will have become attuned to your surroundings and capable of taking notice of even the smallest of motions and the faintest of sounds. Quiet rustles are evident to you but would never have been noticed if you were to just walk on by. My friend even had a curious deer walk right up to him one time when doing a Seton watch. Then again, another friend fell sound asleep - and that is a possible outcome too. Who knows what will happen! In any case - that is, if you are still alert - you will find yourself assimilated into the rhythm of the forest as if you were not there at all. This is a wonderful activity, and I highly recommend it.

So, in my travels, I will take notes, and I will study, and listen, and learn, as best I can. I will also make a concerted effort to find a little, unpopulated offshoot to do a Seton watch. I want to see what happens when no one is around. I hope in your travels this summer, you try to truly get to know one small corner of this beautiful natural world too, in whatever way that suits you. Happy Trails!

*~Nancy Condon~*

The birds I heard today, which, fortunately, did not come within the scope of my science, sang as freshly as if it had been the first morning of creation.

*~ Henry David Thoreau*

Zen and the Art of Motorcycle Maintenance: Mountains should be climbed with as little effort as possible and without desire. The reality of your own nature should determine the speed. If you become restless, speed up. If you become winded, slow down. You climb the mountain in an equilibrium between restlessness and exhaustion. Then, when you're no longer thinking ahead, each footstep isn't just a means to an end but a unique event in itself. This leaf has jagged edges. This rock looks loose. From this place the snow is less visible, even though closer. These are things you should notice anyway. To live only for some future goal is shallow. It's the sides of the mountains which sustain life, not the top.

~ Robert Pirsig

### **Astronomy Walk Series**

#### **Take a Walk Through the Universe!**

*Easthampton, Massachusetts*

Sunday, July 6 from 7:30 to 10PM (Walk #4)

Leader: Chris Lyons, amateur astronomer (e-mail: Programs@GlassVisions.biz)

Fee: \$5 Naturalists' Club members, \$8 others (This fee is to cover use of the auditorium.)

Meeting Place: Arcadia Wildlife Sanctuary (Mass Audubon), Main Building

**\*\*Program runs INSIDE and/or OUTSIDE, so weather DOES NOT CANCEL!**

Come learn about the beauty and wonder of the universe around us! Each month I'll present information on several different astronomical topics and introduce two specific constellations. I'll show their star patterns and the astronomical observing targets contained in each, and talk about their historical significance, including associated myths and legends from around the world. If the weather cooperates, we'll then shift outside for a quick walk to the open fields of Arcadia, where we'll do some physical observing of the evening's two constellations (eyes and binoculars only!). There will be something for everyone (families included!), so please join us! Dress appropriately and bring your imagination, eyes, and binoculars if you have them (several pair will be available for use, if you don't) and be ready to **take a walk through the universe!** Note that you don't have to attend every part of the series, so please come whenever your schedule allows. Please e-mail me if you have any questions.

*Please see page 10 of the Spring 2008 Club Newsletter (also available online) for more information about the 'Astronomy Walk Series.'*

### **Kayaking Series**

#### **Ocean Kayaking on the Lower Connecticut River: Great Island Area**

*Long Island Sound, Smiths Neck, Connecticut*

Saturday, July 12, from 8AM to 10PM

Leader: Chris Lyons, Sea Kayaker and Naturalist (e-mail: Programs@GlassVisions.biz)

Registration: REQUIRED, please e-mail me to register!

Meeting Place: 8AM sharp at Basketball Hall of Fame parking lot (near Uno's Pizzeria) in downtown Springfield. After getting a count of everyone and doing a quick gear check, we'll head out by 8:15AM, so don't be late!!! We'll caravan down to our launch site at Great Island State Ramp in Smiths Neck, Connecticut.

We've all enjoyed our local section of the Connecticut River, and with this paddling trip you'll get a chance to see where all that water finally ends up!! We'll put-in at the Great Island State Ramp and then explore the multitude of channels, small rivers (i.e. Back, Lieutenant, Black Hall, etc.), and tidal estuaries all around the Great Island area. Summer water-side plants and flowers will be on prime display, with many different types visible including sea lavender, marsh grass, and seaside goldenrod. Bird viewing is also great in this area, including the beautiful osprey, great blue heron, ducks, and swans. Depending on conditions and what the group is interested in, we might paddle up to the Old Lyme area or head down to Griswold Point, at the very mouth of the Connecticut, to play in the surf! Please dress for the warm weather (don't forget a hat!); plan to share the day with lots of bugs; pack your camera and binoculars; and bring water, lunch and snacks.

The plan is to paddle 8-12 miles at a fairly leisurely pace. Since all of the paddling options in this area are in protected waters, this trip is appropriate for **BEGINNERS**. Depending on interest, we'll end the day with a walk around Essex, Conn. (just up the river) and have dinner at one of the local restaurants in town.

Each person must supply his/her own kayak, paddle, and associated gear. If you don't have your own kayak, they can be rented locally and car-topped down to our put-in. If looking to rent, please contact me ASAP, and I'll provide you with contact information for the best local rental outfitters.

The trip will run unless there is continuous rain forecasted. As with all paddling trips in my Kayak Series, you **MUST** have attended my *Kayak Intro Course* or have met with me to discuss your kayaking experience and received approval for participation.

*Please review the Series Introduction section in the Spring 2008 Club Newsletter (also available online) for more information on my club kayaking activities and necessary experience. If you have ANY questions, please contact me ASAP.*

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the Sunset.

~ Crowfoot

### One Last Time on the Connecticut River

*Windsor to Glastonbury, Connecticut*

Saturday, July 19, from 8AM to 4PM

Leader: Tom Condon (413-564-0895)

Registration: Space is limited. Please call Tom to sign up.

Meeting Place: Dunkin Donuts, Hazard Ave., Enfield, Connecticut

For those that have joined us on other Connecticut River trips, this will be our southernmost venture on the river. We'll start in the shallow waters near Windsor and journey for 10 miles downriver, ending in Keeney Cove in Glastonbury. A quick look at the map and you'll notice Hartford between these two points. Yes, we'll paddle through the Connecticut River's biggest city. What we'll notice is how well this river has served Connecticut and that the work done over the past few decades shows how well we are now serving the river. The river is quiet and tranquil all along our journey, with plenty of opportunities to observe wildlife along the shore.

To sign up, you don't need to own your own canoe or kayak. You can rent one from us. We'll provide lifejackets and paddles and a small dry bag for electronics. Bring along a lunch, some water, and shoes you don't mind getting wet. Remember your sunscreen for this stretch.

### Canal Walk

*Suffield, Connecticut*

Thursday, July 24, at 8AM

Leader: Collette Potter (413-786-1805)

Meeting Place: Saint John's Church, Main Street, Agawam

A morning walk is good for everyone. Join me in looking for birds, flowers and whatever else we can find. Call to register.

### Letterbox Finding and Setting Intro Hike – Penwood State Park

*Bloomfield - Simsbury, Connecticut*

Sunday, July 27, from 8:30AM to 2PM

Leader: Chris Lyons ("The Keeper"), Letterboxer (e-mail: Programs@GlassVisions.biz)

Meeting Place: 8:30AM at Penwood State Park parking lot (CT 158 between Simsbury and Bloomfield, Connecticut)

You might be asking, "What the heck is a letterbox?"

Well, that's what this nice summer hike is **ALL** about!!

Letterboxing is basically an outdoor hunt for stamps (non-GPS) hidden in locations all around us. Yet another fun reason to head out into nature! The Penwood area has close to 20 letterboxes hidden in its woods, and we'll be increasing this count by one!

This hike will start with a 15 minute introduction to Letterboxing (handout will be provided). Our hike will start with a hunt for some existing letterboxes, so you can get some experience tracking them down. We'll then head up for some

great views of the surrounding area and stop for lunch. I'll talk a bit about how to put letterboxes together, what should be inside, how to protect it and, most importantly, how to decide on a hiding location and create the necessary clue sheet to help others find it. I'm designing a special letterbox, with a custom handmade stamp, ready for hiding. We'll review this letterbox and then finish our hike with a hiding expedition. Does all this sound like fun? You bet! So please plan on joining me!

Plan on 4-7 miles of easy-moderate hiking with several breaks (**not** appropriate for small children). Bring a small pad (bound 3"x5" cards work well), a pen, and a small rubber stamp of your liking if you have one available (not required). Best to carry all of this in a zip-lock bag to help keep it dry and together in your pack. Bring your day pack, camera, binoculars, **PLENTY OF WATER**, snacks, and lunch. Please dress appropriately for a moderate summer hike (i.e. good hiking shoes & non-cotton clothing). Heavy rain cancels.

### Astronomy Walk Series

#### Take a Walk Through the Universe!

*Easthampton, Massachusetts*

Sunday, August 3 from 7:30 to 10PM (Walk #5)

Leader: Chris Lyons, amateur astronomer (e-mail: Programs@GlassVisions.biz)

Fee: \$5 Naturalists' Club members, \$8 others (This fee is to cover use of the auditorium.)

Meeting Place: Arcadia Wildlife Sanctuary (Mass Audubon), Main Building

**\*\*Program runs INSIDE and/or OUTSIDE, so weather DOES NOT CANCEL!**

Come learn about the beauty and wonder of the universe around us! Each month I'll present information on several different astronomical topics and introduce 2 specific constellations. I'll show their star patterns and the astronomical observing targets contained in each, and talk about their historical significance, including associated myths and legends from around the world. If the weather cooperates, we'll then shift outside for a quick walk to the open fields of Arcadia, where we'll do some physical observing of the evening's 2 constellations (eyes and binoculars only!). There will be something for everyone (families included!), so please join us! Dress appropriately and bring your imagination, eyes, and binoculars if you have them (several pair will be available for use, if you don't) and be ready to **take a walk through the universe!** Note that you don't have to attend every part of the series, so please come whenever your schedule allows. Please e-mail me if you have any questions.

**Please see page 10 of the Spring 2008 Club Newsletter (also available online) for more information about the 'Astronomy Walk Series.'**

## **Kayaking Series**

### **Flat-Water Kayaking at Somerset Reservoir (Southern Vermont)**

*Somerset, Vermont*

Saturday, August 9, from 8AM to 10PM

Leader: Chris Lyons, Sea Kayaker and Naturalist (e-mail: Programs@GlassVisions.biz)

Registration: REQUIRED. Please e-mail me to register!

Meeting Place: 8AM sharp at Barnes & Noble parking lot in Holyoke. After getting a count of everyone and doing a quick gear check, we'll head out by 8:15AM, so don't be late!!! We'll caravan north to our launch site on Somerset Road in Somerset, Vermont.

We'll try to escape some of the summer heat on this paddling trip to the great north!! Somerset Reservoir is located near Mount Snow and is a fairly wild area, protected from development, and really makes you feel like you have gone back in time! It is one of a set of reservoirs created for electrical power production on the Deerfield River. Plant and wildlife are abundant and people are not, which is a great break from our daily lives. This is a super place to practice rescue techniques, so if anyone is interested, you can certainly get some practice in. Please dress for the warm weather (don't forget a hat!); plan to share the day with lots of bugs; pack your camera and binoculars; and bring water, lunch, and snacks.

The plan is to paddle 6-10 miles at a fairly leisurely pace. Since this trip is on a reservoir with protected waters, this trip is appropriate for **BEGINNERS**. I'm also planning on camping at the reservoir on Saturday evening, and doing some additional paddling on Sunday, so if anyone is interested in expanding this trip a bit, just let me know.

Each person must supply his/her own kayak, paddle, and associated gear. If you don't have your own kayak, they can be rented locally and car-topped up to our put-in. If looking to rent, please contact me ASAP, and I'll provide you with contact information for the best local rental outfitters.

The trip will run unless there is continuous rain forecasted. As with all paddling trips in my Kayak Series, you **MUST** have attended my *Kayak Intro Course* or have met with me to discuss your kayaking experience and received approval for participation.

*Please review the Series Introduction section in the Spring 2008 Club Newsletter (also available online) for more information on my club kayaking activities and necessary experience.* If you have ANY questions, please contact me ASAP.

### **Quabbin Reservation: Gate 30 - Rattlesnake Hill**

*Orange, Massachusetts*

Saturday, August 16, from 10AM to 2PM.

Leader: Bill Fontaine (413-533-2153)

Meeting Place: Florence Savings Bank parking lot at the Stop & Shop Plaza on Route 9 in Belchertown.

Registration: Call Bill

This walk will take us along a gated, paved road through a variety of habitats on the northern end of Quabbin Reservoir. This area features abandoned fields and orchards and is home to yellow-rumped and Canada warblers, eastern towhees, American kestrels, and red-tailed and red-shouldered hawks. We'll begin with an interpretive walk keyed to numbered posts along the first part of the paved road. Afterward, we'll continue toward the shore of the reservoir, some 2.5 miles away. Bring sturdy footwear and something to drink.

### **Summer Time**

*Longmeadow, Massachusetts*

Thursday, August 21, at 8AM

Leader: Collette Potter (413-786-1805)

Meeting Place: Fannie Stebbins at Bark Haul and Pondsides Roads

A morning walk is good for everyone. Join me in looking for birds, flowers and whatever else we can find. Call to register.

### **Turkey Hill**

*Chester, Massachusetts*

Saturday, August 23, from 8AM to 12PM

Leader: Tom Condon (413-564-0895)

Registration: Please call Tom to sign up.

Meeting Place: Chester Elementary School, Middlefield Road, Chester.

Turkey Hill is a Nature Conservancy property in the town of Chester. As the name implies, there will be a climb and it can be a bit steep at times – hence the reason for the early meeting time, so we have time to catch our breath! The trail, an old road really, will allow us to wind our way up the mountainside. Eventually, we'll level out and find ourselves in amongst some unusual rock cliffs. After a touch over one mile, we will crest out at the site of an old fire tower. The views of the Westfield River and its watershed from the top are well worth the effort of the climb.

Bring along a snack, plenty of water, binoculars. Dress for the weather, and you may want to wear solid hiking shoes as it can be a bit rocky in places.

Land of the Spotted Eagle: The old people came literally to love the soil and they sat or reclined on the ground with a feeling of being close to a mothering power. It was good for the skin to touch the earth and the old people liked to remove their moccasins and walk with bare feet on the sacred earth. Their tipis were built upon the earth and their altars were made of earth. The birds that flew into the air came to rest upon the earth and it was the final abiding place of all things that lived and grew. The soil was soothing, strengthening, cleansing and healing.

~ Chief Luther Standing Bear

## Kayaking Series

### 3-Day Sea Kayaking Adventure on Lake Champlain

Basin Harbor, Vermont

Friday, August 29 to Sunday, August 31

Leader: Chris Lyons, Sea Kayaker and Naturalist (e-mail: Programs@GlassVisions.biz)

Registration: REQUIRED BY AUGUST 1st. (8-10 kayaks MAX) Please e-mail me to register or call 562-4740!

Costs: Camping fees (\$16/night with showers available), museum fee, and food.

Meeting Place: 7AM sharp at Barnes & Noble parking lot in Holyoke. After getting a count of everyone and doing a quick gear check, we'll head out by 7:15AM, so don't be late!!! We'll caravan north to our put-in and camping area for the night at Button Bay State Park in Basin Harbor, Vermont.

The Kayaking Series will take another trip NORTH and offer 3 days of paddling on Lake Champlain. This will be a kayak camping trip using 2 Vermont State Parks; D.A.R. and Button Bay (about 10-12 paddling miles apart). We'll be camping each night and spending the days paddling and getting close to all the nature this spectacular northern lake has to offer. We'll start our adventure at Button Bay State Park on Friday, which is right on Lake Champlain. We'll do some local exploring of Button Bay, and do a short paddle north up to the *Lake Champlain Maritime Museum*. The museum provides a great view of all the maritime activities the lake has supported throughout history and is a delightful place. We'll paddle back to Button Bay, maybe do some rescue practice, and then camp for the evening. Paddling distance for the day should be no more than 5 miles. If the weather cooperates, I'll provide a short night sky viewing program both nights for anyone interested. We'll break camp and get the kayaks packed by 9AM on Saturday morning. Our destination will be D.A.R. State Park, which is about a 10-12 mile paddle south. We'll get great views of the lake and the surrounding mountains and have a fabulous seat for taking in the abundant wildlife. We'll also visit several historical spots, including Arnold Bay (where Benedict Arnold is thought to have hidden). We'll stop for lunch and then finish our paddle to D.A.R., where we'll unpack our boats and set up camp for the evening. We'll end our trip with the return paddle (10-12 miles) to Button Bay (possibly on the other side of the lake) and get a few more peeks into the areas history and wildlife. *Please note that our itinerary may change based on participant experience level and weather and lake conditions!!*

Although this trip is on an inland lake, it is still only appropriate for those with MODERATE paddling experience. Everyone **MUST** have paddled on at least ONE of my earlier kayaking trips. Paddling distance, kayak camping, and unpredictable Lake Champlain weather all combine to increase this trip's challenge. Due to the length of this trip, it will run regardless of weather. We'll have a group meeting in mid-August to review and finalize the itinerary and discuss all safety and kayak camping issues. This trip will be limited to 8-10 kayaks, so PLEASE sign-up early!

Each person must supply his/her own kayak, paddle, and associated gear. All camping gear must also be supplied by each participant. If you don't have your own kayak, they can be rented locally and car-topped up to our put-in. If looking to rent, please contact me ASAP, and I'll provide you with contact information for the best local rental outfitters. If renting, expect to spend about \$100 for your kayak.

*Please review the Series Introduction section in the Spring 2008 Club Newsletter (also available online) for more information on my club kayaking activities and necessary experience.*

On the Shred of a Cloud: Stand and fill your lungs with air. With every breath you inhale a thousand billion billion atoms. A few million billion of them are long-living argon atoms that are exhaled within the second and dispersed with the winds. Time mixes them and has been mixing them for a long time. Some of them may have visited Buddha or Caesar, or even earlier paid a call on the man from Makapan.  
~ A. Rolf Edberg

## Stump Sprouts Weekend

West Hawley, Massachusetts

Friday, September 5 through Sunday, September 7, from dinner on Friday evening through a Sunday luncheon  
Leaders: Dietrich and Julie Schlobohm (788-4125)

Registration: All-inclusive cost for two nights' lodging and six meals is \$129 per person. Make check payable to The Naturalists' Club and send to Dietrich Schlobohm, 52 Poplar Ave., West Springfield, MA 01089. Indicate in your registration your roommate preference. Reservations and a 50% deposit must have been received by June 1. This trip will be cancelled if 18 people are not paid by that date. *Please note: By this point 20 people may be signed up, but we are creating a waiting list. Call Dietrich or Julie for more information.*

High on the side of a mountain with a magnificent view, Stump Sprouts ski lodge provides a beautiful setting for walking, hiking, or relaxing in solitude. A ninety-minute drive from Springfield, the property consists of a 450-acre tract surrounded by Dubuque, Savoy, and Mohawk State Forests.

Guests need to bring their own bedding, towels, and toiletries; bathrooms are shared. Our hosts will provide superb family-style garden-fresh meals, complete with homemade breads, and cookies. There is usually a choice of regular or meatless entrees. Bring along binoculars, good footwear, curiosity and a sense of adventure. Limit: 20 people

## **Astronomy Walk Series**

### **Take a Walk Through the Universe!**

*Easthampton, Massachusetts*

Sunday, September 7 from 7:30 to 10PM (Walk #6)

Leader: Chris Lyons, amateur astronomer (e-mail:

Programs@GlassVisions.biz)

Fee: \$5 Naturalists' Club members, \$8 others (This fee is to cover use of the auditorium.)

Meeting Place: Arcadia Wildlife Sanctuary (Mass Audubon), Main Building

**\*\*Program runs INSIDE and/or OUTSIDE, so weather DOES NOT CANCEL!**

Come learn about the beauty and wonder of the universe around us! Each month I'll present information on several different astronomical topics and introduce two specific constellations. I'll show their star patterns and the astronomical observing targets contained in each, and talk about their historical significance, including associated myths and legends from around the world. If the weather cooperates, we'll then shift outside for a quick walk to the open fields of Arcadia, where we'll do some physical observing of the evening's two constellations (eyes and binoculars only!). There will be something for everyone (families included!), so please join us! Dress appropriately and bring your imagination, eyes, and binoculars if you have them (several pair will be available for use, if you don't) and be ready to **take a walk through the universe!** Note that you don't have to attend every part of the series, so please come whenever your schedule allows. Please e-mail me if you have any questions.

*Please see page 10 of the Spring 2008 Club Newsletter (also available online) for more information about the 'Astronomy Walk Series.'*

## **Alander Mountain Trail**

*Mt. Washington, Massachusetts*

Saturday, September 13, from 9AM to 3PM

Leader: Bill Fontaine (413-533-2153)

Meeting Place: Friendly's parking lot, Great Barrington, Mass., on Route 7 just north of the Route 23 intersection.

Registration: Call Bill

The views from the summit of Alander Mountain are well worth the effort it takes to get there. On this strenuous 5.5-mile round trip hike we'll climb to the summit of Alander Mountain, on the western escarpment of the Taconic Range, to enjoy views overlooking the Harlem Valley and Catskills to the west, Mt. Everett to the north, and Mt. Frissell and Bear Mountain to the east and south. Our journey will take us through a red oak-northern hardwood forest and along a hemlock ravine that channels Ashley Brook, one of the tributaries that feeds Bash Bish Falls. This remote area is home to bear, coyotes, and bobcat. Bring sturdy footwear and something to eat and drink.

Listening Point: While we are born with curiosity and wonder and our early years full of the adventure they bring, I know such inherent joys are often lost. I also know that, being deep within us, their latent glow can be fanned to flame again by awareness and an open mind.

~ Sigurd Olson



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## **SEPTEMBER MEETING**

### **ADVENTURES IN COSTA RICA**

Wednesday, September 17, at 7:30PM

Tolman Auditorium, Springfield Science Museum

Speaker: Fred Morrison

Twenty years ago, after his first trip to the Central American country of Costa Rica, naturalist Fred Morrison bought a share in a 50-acre tract of land adjacent to the Monteverde Cloud Forest Reserve. He's been leading tours to Costa Rica since, with an eye to sharing the beauty of this exotic land, with its tremendous diversity of flora and fauna along with its unique geology and culture. Come and listen to Fred, a man both passionate and enthusiastic about the natural world, whether it be New England or the place he'll share a glimpse of tonight ~ Costa Rica.

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### Peaked Mountain

Monson, Massachusetts

Thursday, September 18, at 8AM

Leader: Collette Potter (413-786-1805)

A nice morning walk around Lunden Pond, and if we have time, a walk up the mountain. Call to register.

### Ocean Kayaking on Cape Ann: Rockport to Thatcher Island ~ Wildlife and Lighthouses!

Atlantic Ocean, Rockport, Massachusetts

Saturday, September 20, from 7AM to ???

Leader: Chris Lyons, Sea Kayaker and Naturalist (e-mail: Programs@GlassVisions.biz)

Registration: REQUIRED. Please e-mail me to register!

Meeting Place: 7AM sharp at Barnes & Noble parking lot in Holyoke. After getting a count of everyone and doing a quick gear check, we'll head out by 7:15AM, so don't be late!!! We'll caravan east to our launch site at Granite Pier in Rockport, Mass.

Join me for a full-day of great ocean paddling on Cape Ann, from Rockport out to the twin lighthouses on Thatcher Island. For lighthouse fans, the pair on Thatcher is an absolute must-see! Thatcher and the close-by Milk Island are also great spots to view many different birds on their fall migration. We might even get lucky and get a chance to see some early-season seals! Please dress appropriately; pack your camera and binoculars; and bring water, lunch, and snacks. We'll have lunch on Thatcher Island while enjoying the outstanding views! The sea, history, and wildlife opportunities on this trip all combine to provide one of the most interesting paddling destinations in Massachusetts!

Thatcher is about a half mile offshore and due to the distance from possible put-in sites, this trip will require 10-12 miles of paddling. Since most of the paddle is in open-ocean conditions, this is also a more ADVANCED trip. We'll end the day with a leisurely stroll around Rockport and stop for dinner at one of the many great seafood restaurants in town.

Each person must supply his/her own kayak, paddle, and associated gear. If you don't have your own kayak, they can be rented locally and car-topped to Rockport. If looking to rent, please contact me ASAP, and I'll provide you with contact information for the best local rental outfitters.

The trip will run unless there is continuous rain or high winds forecasted. If weather will compromise the safety of this trip, I'll change the destination to a safer paddling location in the Rockport area. As with all paddling trips in my Kayak Series, you MUST have attended my *Kayak Intro Course* or have met with me to discuss your kayaking experience and received approval for participation.

*Please review the Series Introduction section in the Spring 2008 Club Newsletter (also available online) for more information on my club kayaking activities and necessary experience.* If you have ANY questions, please contact me ASAP.

### A Quiet Water Paddle on Buckley Dunton Lake

Becket, Massachusetts

Saturday, September 27, from 10AM to 3PM

Leader: Tom Condon

Registration: Space is limited, please call Tom to sign up (413-564-0895)

Meeting Place: Call for Directions to the Lake  
Buckley Dunton Lake lies mostly within October Mountain State Forest. This 195-acre lake is truly a gem in the Berkshires since there is very little development along its shores. We'll take a leisurely tour of the lake, watching for birds (so bring your binoculars) and beaver. As we move into the shallows at the north end of the lake, we'll listen for bullfrogs and turtles.

Join us for this early fall paddle. To sign up, you don't need to own your own canoe or kayak. You can rent one from us. We'll provide lifejackets and paddles and a small dry bag for electronics. Bring along a lunch, some water, and shoes you don't mind getting wet. Remember your sunscreen or your raincoat.

### Monument Mountain Hike

Great Barrington, Massachusetts

Sunday, September 28, at 9AM

Leaders: Dave and Suzy Gallup (413-525-4697)

Meeting Place: Table and Vine parking lot, Route 5, West Springfield, Mass.

By climbing Monument Mountain and viewing colossal white granite breaching the landscape like a whale, you will soon discover Herman Melville's inspiration for *Moby Dick*. Other famous authors and poets, such as Nathaniel Hawthorne and Oliver Wendell Holmes, would come to this area for inspiration as well. If you would like, bring along some of their works or your favorite poems to share.

A moderately strenuous hike up the trail leads to the summit's captivating view of the valleys below. Following lunch, we will descend the mountain, and you will have the afternoon to explore, on your own, nearby Stockbridge with its famous Red Lion Inn and Norman Rockwell Museum. Bring a lunch or snacks, water and sturdy hiking shoes. Rain cancels.

"The Answer": The greatest beauty is organic wholeness, the wholeness of life and things, the divine beauty of the universe. Love that, not man apart from that . . .

~ Robinson Jeffers



**STANLEY PARK**

# NATURE SERIES

*Westfield, Massachusetts*

All walks and workshops will meet at the sign at the entrance to the Frank Stanley Beveridge Memorial Wildlife Sanctuary and will cancel if there is heavy rain. Bring along your field guides, binoculars and camera. For more information call (413) 568-9312

## **Ferns and Their Relatives for Beginners**

Sunday, July 19, from 2 to 4 PM  
Leader: Dave Lovejoy (572-5307)

The Westfield State College Herbarium contains about fifty species of ferns, horsetails, and club mosses from Hampden County. Many of these are uncommon and do not occur in the Sanctuary, but a dozen or so species should be relatively easy to locate. We'll search for these along the various trails and hear some comments on how to recognize them and their habitat preferences. Registration is not necessary. Heavy rain cancels.

## **Nature Reclaims History**

Saturday, August 16, from 2 to 4 p.m.  
Leader: Art O'Leary

Take a walk back in time using a map made in 1850 to locate and identify manmade structures and learn the rich history of industry, home life, and the stories behind the names, as we travel old roads, trails, and bushwhack in the Wildlife Sanctuary. This little-known portion of Stanley Park contains the remnants of canals, dams, foundations, a river ford, cellar holes, and the second oldest cemetery in Westfield. Nature steadily reclaims these sites with successional growth, deposition, and weathering. Locate these disappearing sites in the remote reaches of the Wildlife Sanctuary and learn about the Pirates Den, Mother Walker, Blacksmith Hill, Cold Water Party, the courtship of a poor ravishing beauty, and other tales and verbal histories. Wear appropriate hiking attire, sturdy boots, and bring water, binoculars/camera. Note: A continuation of this walk takes place Saturday, October 18.

## **Hemlock Woolly Adelgid**

Saturday, September 13, from 10 a.m. to 12 noon.  
Leader: Tim Parshall

Non-native species are becoming more common everywhere you go and often have serious ecological consequences. The hemlock woolly adelgid is an insect native to eastern Asia that has recently reached Massachusetts and may kill most or all hemlock trees in our region. This insect is present in the upland forests at Stanley Park but has yet to be found in the wildlife sanctuary. Help survey the park for the adelgid and learn how you can volunteer to monitor for the adelgid in the Westfield River Watershed so that we can better understand the threat of this insect to our forests in the future.



Tim Parshall is an assistant professor of biology at Westfield State College whose specialties include forest ecology, ecological history, and environmental education.

## **Late Summer Wildflowers**

Sunday, September 21, from 2 to 4 p.m.  
Leader: Dave Lovejoy

On this last weekend of summer, the wildflowers blooming will be nearly totally different from those of the spring. Goldenrods and asters will predominate in this season, but there will surely be others as well. Come along on this last summer day to see how many species we can find. Registration not necessary. Heavy rain cancels.

Home to the Wilderness: I held a blue flower in my hand, probably a wild aster, wondering what its name was, and then thought that human names for natural things are superfluous. Nature itself does not name them. The important thing is to *know* this flower, look at its color until the blueness becomes as real as a keynote of music. Look at the exquisite yellow flowerettes in the center, become very small with them. *Be* the flower, be the trees, the blowing grasses. Fly with the birds, jump with the squirrel! ~ Sally Carrighar

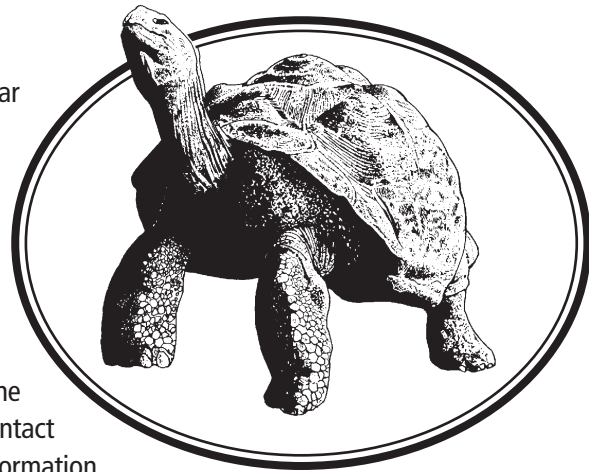
## **ANNOUNCEMENTS**

### **DOROTHY ANNE WHEAT GRANT RECIPIENT:**

**Connecticut River Watershed Council.** For over 55 years, the Connecticut River Watershed Council (CRWC) has worked for a protected and vital river ecosystem where human activity is in balance with the preservation of the region's natural resources. CRWC undertakes actions and programs to protect critical natural resources, promote public support for and involvement in river conservation, and increase public understanding and enjoyment of the watershed and its rich diversity of natural and cultural resources. We receive many phone calls from people asking if the river is safe to swim in. Unfortunately, the public has little information as to whether the river is safe for water-based recreation at any given location or time. Mass. Department of Environmental Protection samples only once every five years, and their report from 2003 is still not out yet. In 2007 CRWC launched a volunteer water quality monitoring program to work towards filling in the data gaps. We are currently fundraising to build a community water quality laboratory and volunteer training room in our offices in Greenfield, Mass. We intend to use the grant from the Springfield Naturalist Club towards this laboratory project. The lab will allow us, and other nonprofits such as the Deerfield River Watershed Association, to monitor bacteria and to publicize the results quickly. CRWC is also active on hydropower licensing, discharge permits, and development plans around the watershed. In addition, we have a fisheries restoration program, under which we work on dam removals or installing fish passage. CRWC thanks the Springfield Naturalist Club for their support!

*~ Andrea Donlon, River Steward*

**2009 Trip to the Galapagos and Peru.** Did you hear about last summer's trip to the Galapagos? Well, we will have a repeat performance in July 2009! These volcanic islands are 600 miles off the coast of Ecuador and home to plants and animals that are found nowhere else in the world. It is a naturalist's delight. This year we will be extending the trip on to Peru, where we can see the magnificent Andes and the incredible huge stonework of the Incas. The height of the trip includes an adventure to Machu Picchu. Please contact Sonya Vickers at [sevickers@charter.net](mailto:sevickers@charter.net) for more information. There just may be a few spaces left!



"Reverence for Life": Let a man once begin to think about the mystery of his life and the links which connect him with the life that fills the world, and he cannot but bring to bear upon his own life and all other life that comes within his reach the principle of reverence for life . . . ~ *Albert Schweitz*

Quotations appearing in this issue were found in a compilation Dave Gallup recommended, entitled *The Earth Speaks* (1983), by Steve Van Matre and Bill Weiler, published by The Institute for Earth Education, Greenville, West Virginia. . .

**The NATURALISTS' CLUB**  
**2008–2009**

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With today's excessive gasoline prices, please be mindful of the environment, trip leaders, and drivers. If possible, please:

- carpool to destinations
- share costs with your driver

~ Thank you ~

*Naturalists' Club Board of Directors*

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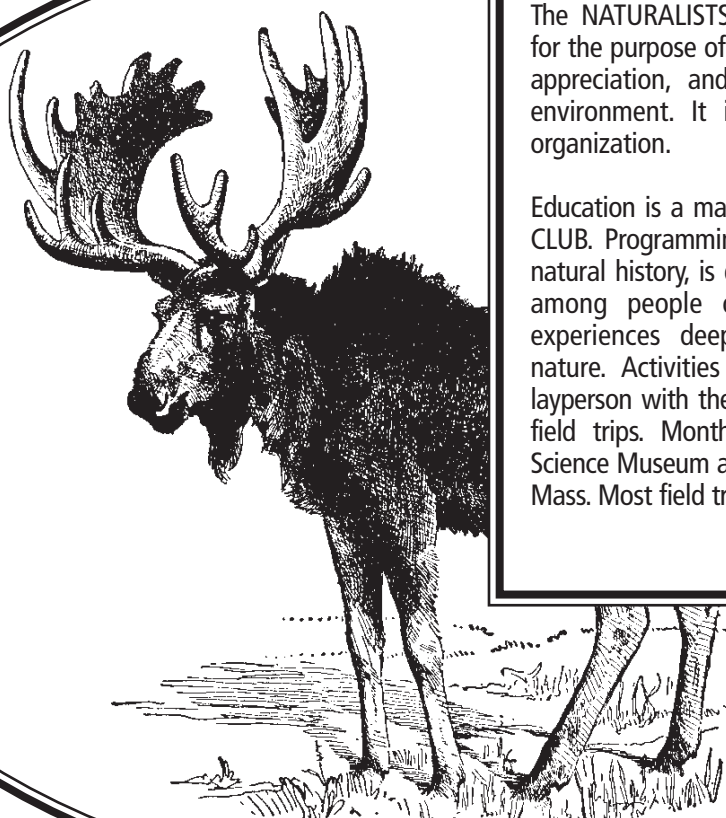
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The NATURALISTS' CLUB was founded in 1969 for the purpose of actively promoting knowledge, appreciation, and preservation of our natural environment. It is an all-volunteer non-profit organization.

Education is a main focus of The NATURALISTS' - CLUB. Programming, with an emphasis on local natural history, is designed to create camaraderie among people of diverse interests through experiences deepening their appreciation of nature. Activities are geared to acquaint the layperson with the natural world, mostly through field trips. Monthly meetings are held at the Science Museum at the Quadrangle in Springfield, Mass. Most field trips and programs are free.



### FROM THE TREASURER:

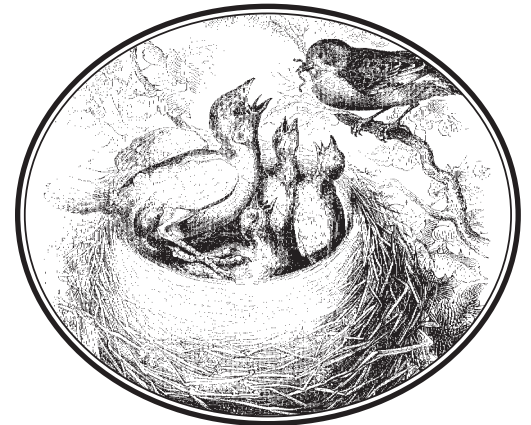
Fall of the year is the time to renew your membership in the club, so payment for 2008-2009 is due now. (If you have already paid for the current year, "08-09" will be printed on your mailing label.) Please send payment to Dave Lovejoy, Department of Biology, Westfield State College, Westfield, MA 01086 (check payable to The Naturalists' Club). You may also pay at a monthly meeting. Membership levels are indicated elsewhere on this page. Perhaps some of you will join the more than 30 members who have renewed or joined at the supporting or sustaining level. Thanks for your support.

*Please note: Dave Lovejoy maintains the Naturalists' Club mailing list. Direct special requests or changes to him.*

### MEMBERSHIP LEVELS

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- \$15 per year for Individual or Family Membership
- \$25 per year for Supporting Membership
- \$50 per year for Sustaining Membership
- \$300 for Lifetime Membership



**Become a Club Member or  
Renew Your Membership for 2008.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Requests for programs/trips \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
*Please send information per the above to Club Treasurer Dave Lovejoy, Department of Biology, Westfield State College, Westfield, MA 01086*