

Naturally Speaking

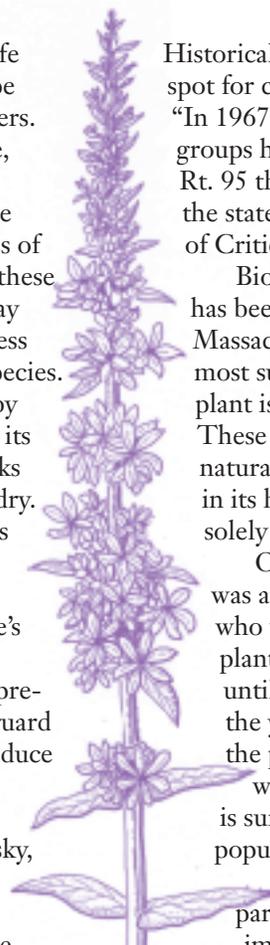
The Payoff of Partnerships

AS ONE OF THE MASSACHUSETTS’ leaders in adventure-based education, the staff at Hale teaches the importance of collaboration. We incorporate these principles in our environmental programs because without cooperation many well intended “green” initiatives will never happen. In 2009, Hale entered into a partnership with the Neponset River Watershed Association to use biological control methods to slow down the spread of Purple Loosestrife, a plant which is rapidly destroying wetland communities and habitats throughout Massachusetts.

A native of Asia, Purple Loosestrife was cultivated in the U.S. for landscape use because of its many beautiful flowers. But this plant has an aggressive nature, a lack of natural predators to keep it in check and has quickly become one of the most destructive invasive species of wetlands and waterways. Unchecked, these plants engulf the margins of a waterway like a purple plague, creating a merciless monoculture that chokes out native species. The plant destroys a wetland habitat by overwhelming native plants and given its insatiable water demands, literally sucks the water out of the habitat until it is dry.

Visit the edge of all of our beaches and ponds and you will find Purple Loosestrife. Although there is no immediate threat to the health of Hale’s swim areas, there are concerns for the future wellbeing of the often underappreciated swamps and wetlands that safeguard our recreational resources. Swamps reduce flooding, filter impurities and provide a niche for many extraordinary plants and animals. Encroachment of the pesky, purple pest is plain to see at our very doorstep. Look no further than the wetland across from our main entrance on Carby Street, it is inundated as is the one across from Membership Beach and behind our neighbors on Conant Road.

In 2008, the Wetland Restoration Fowl Meadow Purple Loosestrife Bio-Control Project, spearheaded by NepRWA, was undertaken specifically to protect the varied habitat communities of Fowl Meadow.



Purple Loosestrife
Plant

Historically the meadow has been a hot spot for collaboration in environmentalism. “In 1967 the efforts of several citizen action groups halted the proposed extension of Rt. 95 through the meadow and in 1992 the state designated the area as an Area of Critical Environmental Concern.”^{1,2}

Bio-control of Purple Loosestrife has been employed successfully in Massachusetts since 1986. One of the most successful ways in stopping this plant is to bring in *Galerucella* Beetles. These beetles, also from Asia, are the natural control mechanism for the plant in its home range as they feed and breed solely on Purple Loosestrife.

Our role in the bio-control project was as one of many “beetle ranchers” who were given Purple Loosestrife plants and adult beetles to look after until the beetles produced young. Once the young beetles emerged we returned the plants and beetles to Fowl Meadow where the abundance of Loosestrife is sure to exponentially increase the population of beetles and thus control the spread of the plant. Our participation in this project will not immediately benefit Hale Reservation but the legacy of our collaborative effort will be evident well beyond our borders and for generations to come.

SOURCES:

1. <http://www.neponset.org/Volunteer!/Towns/Fowl%20Meadow.htm>
2. www.mass.gov/dcr/stewardship/acec/acecs/designations/fm_des.pdf



POWISSETT PRESS

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Hale Matters

ANOTHER SUMMER has come and gone and without fail I find myself in awe of the numbers of buses, campers, families and staff that get out to enjoy Hale in July and August. The property teems with energy, enthusiasm, sounds in the woods, and people playing in the ponds. Although these same events have been happening for many years, recent changes have added a new feel to a trip to Hale.

Most visitors are familiar with the new Trading Post that was completed early last summer, but this year we continued the improvements by building three additional buildings and a new parking area. Two of these buildings enhanced programming space for urban campers and the other one, a new bathroom, replaced two old outhouses, a much needed and welcomed improvement. This new restroom will be open for public use until the first frost of the year.

Beyond these changes, Hale also invested over \$100,000 in drinking water well improvements, water sampling, and water distribution systems. The effort to insure safe, healthy water continues to be a priority and those out for a walk this fall will notice new signage encouraging visitors to help us protect our aquatic resources.

Are we done? Not yet. We are on a bathroom kick right now and plan to eliminate some other old outhouses this coming year and replace them with new restrooms. Not a small task, but keeping the infrastructure solid is a priority. Finally, we will make substantial changes to Noanet Landing this fall. The old parking area will be transformed into a picnic area eliminating a major erosion issue that has had a substantial negative impact on our ponds and at the same time providing a wonderful gathering place for visitors.

The work being done at Hale is happening because of donors. Without gifts to our capital campaign, none of these improvements would have happened. Our donors understand that our annual fees and programs almost support what we do each year. As a non-profit, we need annual campaign gifts to support our operations and capital gifts to insure the ability to make physical plant improvements. Donor support is vital to our continued success and continued ability to improve programs and facilities.

Thank you, thank you, thank you to those who have helped our capital campaign. It is still not too late to make a capital gift – and now you know what the impact will be.

Happy fall,

Eric Arnold
Executive Director

Meet the Board

Maureen Erickson – Maureen Erickson has been on the Hale Board of Director's since 2006. An avid biker and swimmer, Maureen has been able to combine her passion for these sports with her Hale volunteer efforts and has been directing the Hale Triathlon for the past 4 years.

The event raises money to send children to camp. In addition to her duties directing the triathlon, Maureen also serves on the Program Committee for Hale. Maureen and her husband Tom live in Westwood with their three sons.

- ERIC ARNOLD – *Executive Director*
- JULIA BRUNE – *Membership Beach Director*
- DIANE COLLINS – *Finance Director*
- BRIAN DAVIS – *Facilities Assistant*
- TOM DIETZEL – *Ranger*
- ADRIENNE FARFALLA – *Education Director*
- ANDREA JENKINS – *Administrative Assistant*
- STEVE LARSEN – *Director of Programs*
- PAULA McLAUGHLIN – *Director of Development*
- ROBERT PARR – *Facilities Director*
- JAMES REINHOLD – *Camp Director*
- JAY WALSH – *Environmental Resource Manager*

BOARD OF DIRECTOR'S OFFICERS:

- MAUREEN BLEDAY – *President*
- JUANITA ANDREA ALLEN – *Vice President*
- CHRIS McKEOWN – *Vice President*
- TRUM CARY – *Treasurer*
- BOB TRUESDALE – *Assistant Treasurer*

DESIGN – Holtz Design holtzdesign.com

Hale Reservation is a private, non-profit educational organization that manages over 1,100 acres of woodlands, including four ponds and over twenty miles of trails in Westwood and Dover, Massachusetts. Hale is most widely recognized for its summer day camp programs which annually serve over 4,400 children from over 70 communities in the Greater Boston area. Hale Reservation also offers a family program, outdoor and environmental education experiences for children and adults, and open space for casual recreational use.

The essence of Hale Reservation can be found in Robert Sever Hale's original desires for the organization he began in 1918. The current programs and land management practices are the legacy of his desire "to provide education which will develop intelligent, capable and responsible citizens" and to use the land "so long as it is charitable and benevolent in nature." Today's programs strive to develop intelligent leaders and educated environmental citizens. We also believe that the diversity of the natural environment must be reflected back in the diversity of the people who experience our programs. Therefore, we strive to provide programs and opportunities for people of any race, background, religion or economic status.



80 Carby Street
Westwood, Massachusetts 02090
tel (781) 326-1770
fax (781) 326-0676
www.HaleReservation.org



Make New Friends, But Keep the Old

THE FALL IS HERE and with that comes the planning for school vacation camps and the designing of the camp brochure for 2010. It hardly seems possible that after all that preparation, the 2009 camp season has come and gone. But what a summer it was. Thanks to our staff, our new specialty camps were a great success and the same can be said of our traditional camp. It was a blending of the new and the old. With swimming and arts and crafts for some campers, mountain biking and rock climbing for others, there was truly something for everyone.

Thankfully many of our past counselors returned but we also hired lots of new staff. Together they became

our camp Role Models. Thinking back I am proud of the work that was done, happy for the friendships that were made, and sad that it went by so quickly.



This year's "Role Model" staff shirts were a nice reminder that their charges are always looking up to them.

I look forward to the vacation camp programs that we will be offering again next year. In February we will have winter hikes, Quinsy Hut construction, wilderness survival skills, including fire building and "S'mores," arts & crafts and of course...lot's of hot chocolate!

April Vacation Camp will also hold loads of fun as the spring begins to return, with activities like mountain biking, rock climbing & rappelling, hiking and geo caching.

So if you can't wait for camp, be sure to sign up for these fun and exciting programs.

Three Whistles

By Shannon Obey, Waterfront Director

AT MEMBERSHIP BEACH children have the chance to participate in many activities and enjoy a sense of freedom within the community. This freedom is a fantastic part of the education and growth that happens at the beach. Unfortunately, however, little ones occasionally may wander off without a parent knowing his or her destination.

This is exactly what happened with 'Little Johnny' on one sunny day at Hale. 'Little Johnny' went from one activity to the next without checking in with his mother. When he was no where in sight his mother immediately told a lifeguard.

The moment someone tells a lifeguard that his or her child is

missing, the most dreaded sound on the beach is heard — three whistles. The water is cleared and red uniforms pop out of the woodwork sprinting onto the dock. "As we called his name again and again (on the PA system), my heart raced faster and faster, yet I knew that the staff was taking control," says Mrs. Johnny of the event. "The staff's swift response, organized manner, and quick action is impressive."

The child's name is called repeatedly, and the lifeguards begin searching the swimming bins. Other guards go running along the paths of Hale. As the staff searches and calls out 'Little Johnny's' name, they are all pleading that they will find the child in the woods and not in the water.

Fortunately to date, searches have ended with child and parent safely reunited and the guards grateful for the happy ending. "As I thanked the table (where the guards sit), your staff was reassuring that it was good we found him and [they were] glad to help," Mrs. Johnny said in an email.

Membership Beach could provide its members with every activity



Summer staff practices a lost child search.

imaginable, but, at the end of the day, if the members do not feel safe, then everything else is worthless. Every second counts when you are dealing with a lost child, particularly in a waterfront setting and we at Hale are thankful that we have a wonderful summer staff. Perhaps the greatest thanks that the Membership Beach staff received was these words from Mrs. Johnny, "We are feeling so well taken care of and physically and emotionally safe...I am incredibly grateful we have found Membership Beach as a summer home."

Shannon Obey: Member 1997-2002; Lifeguard 2003; Water Safety Instructor 2004-2006; Head lifeguard 2007-2008; Waterfront Director 2009

Hale Calendar of Events

2009-2010

To register for most programs, call the Hale Main Office at 781-326-1770. Search for more information about these events online, visit: www.HaleReservation.org.

Family Programs

Sundays, 1pm – 2:30pm

FAMILY WALKING CLUB

A Hale naturalist will lead a walk exploring the seasonal landscape of Hale and sharing the wonders of its natural history. Strollers welcome, no dogs please. Meet at the Hale Main Office. FREE

Saturday, October 3, 10:00am – 1:30pm
ARCHAEOLOGY DAY

October is Archaeology Month in Massachusetts. Join us on October 3 with Alan Leveillee, a renowned archaeologist familiar with Hale and its hidden treasures. See the past come to life as you visit two archaeological sites and witness the creation of stone tools used in the daily life of Native Americans. Meet at Trading Post. Pre-registration is required by Wednesday, September 30. FREE

Monday, October 5, 7pm – 8:30pm
FULL MOON CANOE TRIP

Enjoy a canoe trip under the full moon on Noanet Pond. Meet at Noanet Landing Parking Lot (canoes and lifejackets provided.) Pre-registration is required by Friday, October 2. FREE

Thursday, October 22
HALLOWEEN HIKES

Follow the trail into our forest and meet along the way our friends of the forest - when you find them, they will tell you about themselves. At the end of the trail there is sure to be treats to share! Trail groups start every 10 minutes beginning at 4pm through 7pm. When you register, please choose your preferred start time. Maximum trail group size is 15. Expect your total event time to be 60 minutes. Meet at Cat Rock Parking Lot. Pre-registration is required by Tuesday, October 20. \$8 per person

Thursday, December 3 and Thursday, December 10, 6:30pm – 8:30pm

OWL'S EVE

Learn "who" lives at Hale at night! The evening begins with an owl slideshow and then we will bundle up for a hike in search of nocturnal critters. Meet at Trading Post. Pre-registration is required by Tuesday, December 1. FREE

Thursday, January 28, 6:30pm – 8pm
MOONLIGHT TRACKING

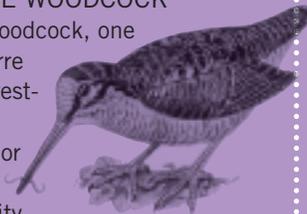
Hale staff will search for animal tracks and help participants learn to identify them under the full moon. Meet at Trading Post. Pre-registration is required by Tuesday, January 26. FREE

Thursday, February 25, 6:30pm – 8pm
MOONLIGHT TRACKING

Pre-registration is required by Friday, February 19. FREE (see above)

Tuesday, March 30, 7pm - 8:30pm
FLIGHT OF THE WOODCOCK

The American Woodcock, one of our most bizarre and secretive forest-dwelling birds, possesses superior camouflage for its life of obscurity. However, for a short period of time in early spring, males will leave the safety of the forest to strut their stuff in a dazzling courtship display. Meet at the Hale Main Office. Pre-registration is required by Friday, March 26. FREE



Adult Programs

Sundays, 1:30pm

TRAIL MAINTENANCE CREW

Join volunteers as they maintain Hale's trails and help with projects. A wonderful way to help out at Hale! Meet at Cat Rock Parking Lot.

Sunday, October 18, 3pm – 4:30pm
PEAK TO PEAK HIKE

Hike to Powissett Peak and Nimrod's Rock and enjoy fun, fitness and Hale's glorious landscape. Catch a view west over Powissett Plains and the view east to see Boston. Meet at Powissett Parking Lot. Pre-registration is required by Wednesday, October 14. FREE

Tuesday, November 17, 9:30pm – 11pm
METEOR SHOWER VIEWING

A Hale naturalist will lead a hike to view the Leonids Meteor Shower. Meet at Trading Post. Pre-registration is required by Friday, November 13. FREE

Friday, January 29, 6:30pm – 8pm
SNOWSHOE EXPLORATION

Enjoy the fresh snow in a healthy way. A guide will take you snowshoeing through our trails. Please provide your own snowshoes. Meet at Cat Rock Parking Lot. Pre-registration is required by Wednesday, January 27. FREE

Friday, February 26, 6:30pm – 8pm
SNOWSHOE EXPLORATION

Meet at Trading Post. Pre-registration is required by Wednesday, February 24. FREE (see above)



Girl Scouts enjoying the Halloween Hikes!



Youth Programs

Wednesday, November 11

8:30am– 3pm

ADVENTURE DAY

A day of outdoor adventure including ropes course and rock climbing activities, trail hiking and GPS exploration, nature exploration, mountain biking (for those with bikes), and field games. Pre-registration is required by Friday, November 6. Cost: \$65.

Tuesday, February 16, Wednesday, February 17, Thursday, February 18

8:30am – 3pm

FEBRUARY VACATION EXPLORATIONS

K – 6th Grade Pre-registration is required by Wednesday, February 11. Cost: \$65 per day. Call for more information or check out our website.

Save the date for our APRIL VACATION EXPLORATIONS on Tuesday April 20, Wednesday April 21, and Thursday, April 22.

VOLUNTEER SERVICE PROJECTS

If your youth group or corporation would like to do a service project at Hale, contact Jay Walsh at 781-326-1770 Ext. 17 or jwalsh@HaleReservation.org.

Short Wednesday Programs

1:30pm – 4:30pm

Trained Hale staff will lead participants through themed programs. The children will enjoy hiking, biking, climbing, and teambuilding while exploring Hale. Meet at Trading Post.

GRADES 1 – 3

October 21 – Bike and Hike

Go mountain biking and trail trekking in the depths of our woods.

November 4 – Native American Discoveries

Visit an authentic Native American quarry located on site, a rock shelter and Bear Cave.

December 2 – Hike and Shelter Building

Take a hike in our woods and learn about wild edibles along the way as you trek to a special place to build a shelter.

January 27 – Skins, Skulls, Scat & Tracks

View the skins, skulls, scat, and tracks of different animals found in the region and then head out on the trail to find signs of wildlife in their natural environments.

February 24 – Teambuilding and Snow Shelters

Learn to play together in new ways and build winter snow shelters.

GRADES 4 – 6

November 18 – Map and Compass/Orienteering Exploration

Learn how to read a map and use it in conjunction with a compass to find a treasure.

January 13 – Geocaching

Search through Hale's forests looking for hidden treasures with the aid of a GPS unit.

February 10 – Teambuilding and Field Games

Spend the afternoon learning new ways to play together and enjoy group games while solving puzzles and mysteries.

March 10 – Ropes Course Adventure

Cross the "Poison Peanut Pit" and fly on our "Giant's Swing" during your ropes course adventure.

Please pre-register one week before program. Cost \$40 per program. \$20 discount if you attend all programs.

Thank you

Thanks to a grant from the Westwood Educational Foundation, Hale has been able to expand its offerings of free community programs.

2010 Summer Programs

HALE DAY CAMP

Registrations open January 1. Early incentive rates end January 29, 2010. Brochures will be mailed to 2009 campers in December.

MEMBERSHIP BEACH

Registrations open January 1. Early incentive rates end February 26, 2010. Brochures will be mailed to 2009 families early January.

Firewood from Hale?

Hale is now selling firewood at our front entrance. \$20 for a 2' by 3' "square". Cords are also for sale for \$300 (\$350 delivered). The trees, one of our greatest natural resources, were removed from some select areas in January of 2008 as we began construction at the Trading Post. The wood was split in the early spring of 2009.



To purchase a "square" stop by the bin in front of the office anytime and deposit the money in the "money tube" near the interpretive sign. To purchase a cord, email jwalsh@HaleReservation.org or call the office.

In our last issue of the Powissett Press, Hale announced our first ever scholarship contest thanks to the generosity of Roche Bros. Supermarkets. We received many wonderful entries but the essay that stood out the most was one written by Samantha Ronan, a lifeguard at Membership Beach.

The Conquering of Fears

by Sam Ronan, Head Water Safety Instructor at Membership Beach

AFTER JOINING Membership Beach in 1993, the gradual conquering of fears came to define my relationship with that small pond. As a young member, I wriggled my way out of swim lessons at any given opportunity, nervously trailed behind the group bound for the Ropes Course, and dreaded sailing tip practice more than a visit to the dentist. Though I always aspired to become one of the whistle-twirling lifeguards stationed across the docks, from such panicky beginnings I hardly foresaw myself having the backbone to complete a Lost Child Search let alone instruct the lessons I dreaded. Somewhere between Time for Tots and passing the kayak test, however, I found myself growing increasingly unafraid of the water—a confidence whose establishment is attributable to both a litany of patient yet persistent instructors as well as my equally unrelenting inner monologue. I recall moments of unexplainable boldness: my desire to swim to the diving dock, for instance, arose independent of the fact that all of my friends had already done so dozens of times. That moment's long forgotten thought process is what I strove to recreate in my classes as an instructor years later.

I have always approached swimming instruction with great self-consciousness. Recalling my own experience, I attempt to be effective while quelling a fear of water. Occasionally this method left a swimmer perched on the docks while others counted bobs, but this same hesitant child would remain after the

lesson in an attempt to coax at least one deep end back float out of her. In my fondest memory as a swimming instructor, Mary was never one to be left sitting on the side, but harbored her own set of swimming fears which I was determined to quash. More outgoing and spunky than I had ever been, I made it my mission to see her pass level two with confidence. Like many young swimmers, her inability to keep her face in the water derailed her stroke development and ability to swim unassisted. Mary clung to her comfortable doggie paddle week after week although progress was noted. During a single private lesson, however, her confidence emerged before I had a chance to reflect on the reason. Initially she paddled about merrily but kept “forgetting” to put her face in. “Sometimes in class I just don’t remember to do it,” she explained and so we agreed on a code word—“flowers”—at which she would be reminded to dunk her head in and breathe to the side. She was excited at the proposal, loving its secrecy, and in hearing “flowers” she started to pinch her nose, paddle with her left hand, and kick from ladder to wall, wall to ladder. Soon both arms were paddling, inching towards deeper water; while I shadowed her with a kickboard “just in case.” From ladder to wall, she swam to the raft where she proudly waved and called out to her parents. After the lesson, I returned Mary to her family, bursting with details, and although I had cheered and persuaded, I realized that Mary’s triumphant swim was the result of her long-awaited ability to

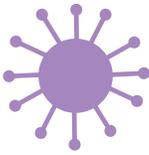


Sam Ronan with swimmers

conquer one of her own fears—something a code word alone would not allow.

Witnessing a child working out her small phobias made swimming instruction worth returning to each year. Aware of how frightening the water can be, I was overjoyed when this past summer Mary approached me asking to try the deep end test. Still too young to have the endurance, she did not pass that day, but the attempt in itself spoke volumes. That afternoon has stood out in my Membership memories because I felt connected to Mary’s excitement and pride in her accomplishment. Persuasion alone could not have convinced her to plunge her face into the water, so I will attribute the transformation to something inherent in our small, beloved beach. Just as I had once grown increasingly brave, jumping into progressively deeper water, so I was able to watch Mary progress in that one summer, reminding me why I have returned to the same small pond for over a decade.

Sam Ronan: Member 1993–2003, Arts and Crafts Assistant, 2001–2002, Lifeguard, 2003, Water Safety Instructor, 2004–2007, Head Water Safety Instructor, 2008–2009

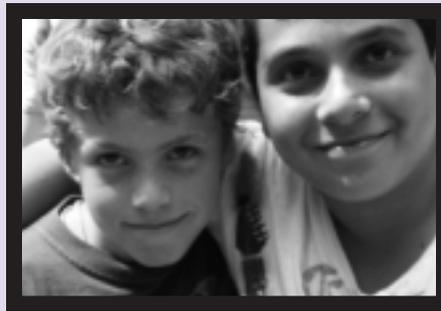


I Think I Can...

THE OLD GEM CAR chugs up the road reaching a comfortable speed of 12 miles per hour. The campers yell out, "Can I have a ride?" It's the most frequently heard question on the tour. This a common sight during the summer, an electric car whose passengers include a board and staff member and usually a funder who is visiting to see exactly how their donor dollars are being put to use. Can we show them the best of Hale? We think we can.

Taking these tours is always an adventure. Although visitors seem to delight in seeing the camps up close, we are never quite sure what we will encounter. We expect to see campers learning to swim and boat and we always swing by the ropes course to watch a group learning to problem solve or meet a new challenge. There is usually a stop to see the Health Center where there may be a scraped knee or a bee sting –unavoidable camp

hazards. But then there are those things that just happen — a deer leaps out to greet us as if it appeared on cue, a curious child wants to know why



Happy campers



there is a man wearing a tie on the beach or the spontaneous hug from a camper who has been told that these are the people that are "responsible for the new building we are in." Can visitors appreciate the difference their dollars have made? We think they can.

We can write about our programs in grant proposals or solicitation letters but nothing says it better than an actual visit. Even when it rains, these tours never disappoint. We can describe the fun that the children have or the beauty of these 1,100 acres but can these words or even pictures do them justice? Will people continue to support our efforts, even if they haven't seen them up close? We hope you can.

I Think I Can Help...



80 Carby Street
Westwood, Massachusetts 02090
(781)326-1770 fax(781)326-0676
www.HaleReservation.org

HALE RESERVATION began as a generous gift to all of us.

We are sustained by gifts from friends like you, enabling us to share our resources and wonderful programs.

Thank you for doing your part.

Yes, I would like to help Hale continue the tradition. Enclosed is my gift of

\$ _____

to help preserve, protect and allow for public use of the natural resources at Hale Reservation.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

PAYMENT METHOD CHECK VISA/MC _____ EXPIRATION _____

CARD NO. _____

SIGNATURE _____

PLEASE SEND ME INFORMATION ON MAKING A GIFT TO THE CAPITAL CAMPAIGN.

Now Is the Time!

Have you been meaning to give a gift to the Capital Campaign?

Do you love the improvements that have been made at Hale?

Our next project this fall is a new picnic area at Noanet Landing. Your donation WILL make a difference.

Now is the time to help!

(See donation form on reverse, visit HaleReservation.org or call 781-326-1770 for more information.)



Bob Newman and Nancy Jones stand next to the new welcome sign.

Signs of Improvement

VISITORS TO HALE are now greeted with welcome signs made possible by the thoughtfulness of Westwood residents Nancy Jones and Bob Newman. The two longtime nature enthusiasts have always given generously to Hale not only financially, but also of their time and talents. The signs, one at the main entrance and the other at Cat Rock Parking Lot, were given in memory of Nancy's sister MaryBeth Jones and her father, Paul B. Jones.

In addition to the signs, visitors will also notice some other improvements to Hale Reservation. Through capital campaign efforts, two new buildings were built for campers from Boston's Bird Street and Cooper Community Centers. A new parking area was also constructed with an adjacent bathroom that will be open to the public until the first frost. Check it all out as you walk through Hale.



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