



The Naturalists' Club - Dept. of Biology
 Westfield State University
 P.O.Box 1630
 Westfield, MA 01086-1630

THE NATURALISTS' CLUB NEWSLETTER

Springfield Science Museum at the Quadrangle, Springfield, Massachusetts
www.naturalist-club.org

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JULY to SEPTEMBER SCHEDULE of ACTIVITIES

JULY	8	Sunday	Connecticut River Canoe Trip ~ Indians and Eagles, Stage 2: <i>Turners Falls to Sunderland</i> (11 miles)
	16-19	Mon.-Thurs.	Delaware Water Gap Overnight Paddling Trip, <i>Dingmans Ferry, Penn.</i>
	19	Thursday	The Fullness of Summer, <i>Westfield</i>
AUGUST	4	Saturday	A Visit to the Mashantucket Pequot Museum, <i>Southern Connecticut</i>
	5	Sunday	Mineral Hills Hike, <i>Florence</i>
	12	Sunday	Connecticut River Canoe Trip ~ From the Peneplain to Lake Hitchcock, Stage 3: <i>Sunderland to Northampton</i> (13.5 miles)
	16	Thursday	Pathway Round the Reservoir, <i>Ludlow</i>
	26	Sunday	Paddle Lake McDonough, <i>Barkhamsted, Conn.</i>
SEPTEMBER	7-9	Fri.-Sunday	Stump Sprouts Weekend, <i>West Hawley</i>
	9	Sunday	Connecticut River Canoe Trip ~ Volcanoes and Dinosaurs, Stage 4: <i>Northampton to Holyoke</i> (11 miles)
	19	Wednesday	SEPTEMBER MEETING: Land of Enchantment: New Mexico, USA
	20	Thursday	Autumn's Entrée at Ashley Reservoir, <i>Holyoke</i>
	29	Saturday	Alander and Bash-Bish Mountain Traverse, <i>Mt. Washington, Mass.</i>



Aster

I seldom lead an identification hike on which someone doesn't say, "Can I eat it?" I guess it stands to reason when you hear names like Indian Turnip, May Apple, Indian Cucumber Root, Witch's Butter (a fungus), or Squirrel Corn. With summer upon us and a plethora of plants flowering, fruiting, and flourishing, I thought I'd outline some delectables out there free for the taking (if the landowner agrees), to satisfy your munchie cravings. Some are fun trail nibbles, others zesty salad additives, some make delicious drinks, and many are more trouble to prepare than they are worth, but all are fun and worthwhile to try at least once.

Let me put forth a few words of warning that any article or book addressing wild edibles cannot in good conscience avoid:

- * Be absolutely sure of your identification. Be aware of non-edible (or even poisonous) look-alikes. Consult good resources.
- * Prepare it properly. This could mean the difference between "Yum" and "Yuck" or even "Ouch."
- * Be aware when sharing even perfectly good edibles with others. Who knows what people are allergic to these days.
- * Don't overharvest. Be conservation-minded.
- * Harvest from safe areas. Has the lawn or field been treated with pesticides or herbicides? Is the water source polluted?

With this word of warning, let's start off with everyone's favorite nemesis:

Dandelions ~ Nearly all of this lawn and garden eyesore is edible, and what's more, even nutritious. I like the blossoms, dipped into a tempura batter, then fried. Young leaves (or greens, as they are called) raw in a salad add Vitamin A, thiamine, riboflavin, calcium and potassium to your diet. Older leaves can be eaten too, but they have a bitterness some like to cook out with a change or two of water. The root can be scraped, sliced and boiled in salted water for a nice, crunchy sweetness. The root, roasted and ground, has long been used as a coffee substitute.

Black birch ~ As I write this, I have a pot of black birch twigs sitting in a pot on my stove. When you scratch and sniff a birch twig, the wonderful minty aroma always forces a smile. This essential oil is exactly the same as that found in the wintergreen plant. Oil from the inner bark can be enticed out of the twigs and into water by making a tea. Be sure to just steep, and not boil as the oils will dissipate out of the tea and into the room ~ unless that is your intention. I understand that the inner bark can just be eaten raw to ward off starvation, and I'm sure would provide plenty of your fiber needs.

Jewelweed ~ This wonderful plant of wet places not only is effective in fending off poison ivy rash but has edible parts too. Late summer and fall, when the seedpods are turgid and waiting to spring, touch some pods with your hand wrapped around it so you can catch the seeds that catapult out. Scrape off the outer green covering and you will see a robin's egg-blue seed. Munch it down right then and there. It tastes like a sunflower seed. Here's the kicker ~ they are very tiny and it would take a LOT to make a mouthful, but boy are they fun to collect and nibble.

Cattail ~ The cattail's roots and lower portion of the stem are edible, both raw and cooked. I have pulled up cattail shoots in the spring and early summer, peeled away the leaves to harvest the crisp, white inner core. Although it can be eaten raw, I slice them up and cook them for a nice hearty vegetable. In the summer the flower heads also can be collected when still immature. Peel off the papery husk, then boil or steam them and eat them like corn on the cob.

Wood Sorrel ~ The clover-like leaves of wood sorrel make for an exhilarating trailside nibble. The leaves add kick to a salad, but should be eaten sparingly: The "zing" they give is due to oxalic acid, toxic in large quantities. I nibble a few on a hike or toss a few in a salad at home.

Staghorn Sumac ~ To make a lemonade, I steep the fuzzy berry clusters in water (or use the sun). Strain, chill, and sweeten to taste.

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Rose Hips ~ Petals, leaves, and fruits (hips) of wild roses are edible and exceedingly high in vitamin C. I steep the hips, but leaves and petals can be used for a fragrant tea too.

Coltsfoot ~ I boil the leaves in water; add a little sugar and drink. This concoction not only has a pleasant flavor but this recipe has been used for many years as a cough syrup.

Jewelweed

Violets ~ Blue flowers are edible raw, and some people can even make them into candy, although I've not quite figured out how to make them not so sticky. I have, however, tossed the young leaves into a salad to reap their reward of vitamins C and A.

So in your wanderings this summer, keep in mind the wonderful variety of edible plants you might come upon. And, by the way, some basics on the examples mentioned in the first paragraph are:

Indian Turnip (otherwise known as Jack in the Pulpit) ~ The root is edible but only after a thorough drying (often many months), cooking and other preparation to get rid of the calcium oxalate. It was used traditionally as a medicinal plant.

May Apple ~ Only the ripe fruit is edible. The rest of the plant the rest of the year is extremely poisonous and actually has cancer-fighting properties.

Indian Cucumber Root ~ The root is edible and smells like cucumber.

Witches Butter ~ Most sources don't even mention edibility. Others say "non-poisonous," but some say this gelatinous, rubbery mushroom is edible but flavorless. This is one I'm not trying.

Squirrel Corn ~ I'm not aware the corms are edible by people. Ask a squirrel.

~ Nancy Condon ~

JULY

Connecticut River Canoe Trip ~ Indians and Eagles

Stage 2: *Turners Falls to Sunderland* (11 miles)

Sunday, July 8, from 9 a.m. to 4 p.m.

Leaders: Tom and Nancy Condon (413-564-0895)

Registration: Please call to register, so if bad weather forces cancellation we can contact you.

Meeting Place: Barnes & Noble parking lot in Holyoke

This stretch starts where the Deerfield River joins the Connecticut, a perfect place for a settlement, or so some must have thought back in the early 1700s. As we paddle this bucolic portion of the river, we can think back to the Deerfield settlement and the conflicts it caused with the resident Native Americans. This section of the river is also dotted with small islands, which now hold bald eagle nests. Bring along your binoculars and perhaps that long lens for your camera.

Call ahead to reserve your space. We have canoes and all the gear needed, for a mere \$5 per person charge, if you do not. Dress for the weather. Bring a lunch and plenty of water to drink. Be sure to identify yourself as a member of the Naturalists' Club for priority reservations since there is lots of interest in this series and limited space.

Delaware Water Gap Overnight Paddling Trip

Dingmans Ferry, Penn.

Monday, July 16, through Thursday, July 19

Leader: Bob Cantin

Registration: call Bob, at 413-536-4126, after 3 p.m.

Come paddle with us in the Delaware Water Gap, one of the cleanest and most scenic rivers on the East Coast. The Delaware Water Gap lies in a national recreation area established by Congress in 1965 to preserve and protect this unspoiled natural and historic area. The trip will consist of 2½ days of paddling and three nights camping at Dingman's Campground. We will paddle between 40 and 50 miles, depending on conditions. Openings are limited, so if you are interested call Bob Cantin, at 413-536-4126, after 3 p.m.

The Fullness of Summer, Westfield

Thursday, July 19, at 8 a.m.

Leader: Colette Potter
(413-786-1805)

Venturing into Stanley Park along shady pathways in the coolness of an early summer morning, birds calling all around ~ sounds so refreshing! Call to register and for meeting place. Bad weather cancels.



Blueberries

A clear breeze has no price, the bright moon no owner. ~ Song Hun ~

AUGUST

A Visit to the Mashantucket Pequot Museum,

Southern Connecticut

Saturday, August 4, at 10 a.m.

Leader: Jack Megaw (413-782-3962)

Meeting Place: 10:00 a.m. at Museum Admissions, 110 Pequot Trail, Mashantucket, Conn. 06338. (Off I-95, Exit 92. Near Foxwoods)

Gather your family and friends for a day at one of the finest Native American museums in the nation. Learn about ancient New England landscapes. Walk through a 1600's Pequot village to see people's lifestyles. Explore the dramatic changes that occurred with European contact. See a film about the history and culture of the Native American tribes and learn of the triumphant survival of these amazing people. Eat native foods in the restaurant.

Fees: \$15 for adults, \$13 over 55. Kids under 15 are free that day. For more information, call Jack or contact www.peqoutmuseum.org (800-411-9671).

Mineral Hills Hike, *Florence*

Sunday, August 5, from 9 a.m. to 1 p.m.

Leader: Sheila Croteau (413-732-7254, sheilacroteau@aol.com, or cell 413-455-7700 on the day of the hike)

Registration: Contact Sheila Croteau for details.

Meeting Place: Trailhead on Sylvester Road in the Florence section of Northampton.

Join us for a hike of approximately 3 to 4 miles on the blue-blazed trails and cool, shaded woodlands of the Mineral Hills Conservation Area. More than 700 acres encompass this very important wildlife area, which connects with 380 acres comprising the Sawmill Hills to the east. We'll hike on various trails that gradually climb to a ridge with a nice vista of the Westhampton Hills, then wind our way down from the hilltop and perhaps see the abandoned quarry. The hike is easy, as we will not be hurrying up the hills but will be taking it at a leisurely pace, keeping a lookout for wildflowers and signs of wildlife that potentially include bear, bobcat, fisher, or moose. Bring along bug spray, lunch, water, and sturdy hiking footwear.

Connecticut River Canoe Trip ~ From the Peneplain to Lake Hitchcock

Stage 3: *Sunderland to Northampton (13.5 miles)*

Sunday, August 12, from 9 a.m. to 4 p.m.

Leaders: Tom and Nancy Condon (413-564-0895)

Registration: Please call to register, so if bad weather forces cancellation we can contact you.

Meeting Place: Barnes & Noble parking lot in Holyoke

This portion of the trip takes us through some of the least used as well as most used sections of the Connecticut River.

We will start below the red cliffs of Sugarloaf Mountain and travel a long, straight stretch of the river through a pastoral setting. Step back before the time of glaciers and imagine the Pioneer Valley as it once was, as flat as Kansas. Sedimentation from the erosion of the massive (some say over 30,000 feet tall) Berkshires filled the valley, creating a peneplain. The glaciers and now our river have carved away the landscape. As we approach Northampton, the river begins to make wide curves through the valley floodplain, reminding us that the Connecticut is but a young river, born from Lake Hitchcock a mere 10,000 years ago. Northampton brings with it plenty of motorboat traffic, but also a number of small islands behind which we can escape to search out birds and other wildlife that use this area. Bald eagles have been known to nest here, as do shore birds.

Call ahead to reserve your space. We have canoes and all the gear needed, for a mere \$5 per person charge, if you do not. Dress for the weather. Bring a lunch and plenty of water to drink. Be sure to identify yourself as a member of the Naturalists' Club for priority reservations since there is lots of interest in this series and limited space.

Pathway Round the Reservoir, *Ludlow*

Thursday, August 16, at 8 a.m.

Leader: Colette Potter (413-786-1805)

Take a stroll along the water's edge with knowing naturalists, whose tendency is to take a leisurely pace, skirting around Ludlow Reservoir's level yet scenic route. Bring binoculars and dress for a summer morning. Call to register and for meeting place. Bad weather cancels.

Perhaps the truth depends on a walk around the lake.

~ Wallace Stevens ~

Paddle Lake McDonough, *Barkhamsted, Conn.*

Sunday, August 26, from

Leader: Sabine Prather (413-949-3914, sabineprather@gmail.com)

Registration: Contact Sabine to sign up.

Meeting Place: Boat access off Route 219, just south of the Saville Dam

Join us to paddle on a beautiful, sandy-bottomed lake in Barkhamsted, Connecticut. The views from the lake are of the green rolling hills of this part of Connecticut. There are many nice coves and islands to explore. We'll have lunch on one, and perhaps swim if it's warm. Rowboats are available for rent, but not canoes. There is a \$6 fee to park and a \$5 boat launch fee. Heavy rain cancels. Contact Sabine for directions and start time. Bring lunch, water, sun protection, boats, and related equipment.

SEPTEMBER

Stump Sprouts Weekend, West Hawley

Friday, September 7 through Sunday, September 9, from dinner on Friday evening through a Sunday luncheon

Leaders: Dietrich and Julie Schlobohm (413-788-4125)

Registration: All-inclusive cost for two nights' lodging and six meals is \$149 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 be received by July 15. This trip will be canceled if 18 people are not paid by that date. Please note: Although by this point 20 people may be signed up, we are creating a waiting list. Call Dietrich or Julie first for current 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.



Goldenrod

Connecticut River Canoe Trip ~ Volcanoes and Dinosaurs

Stage 4: Northampton to Holyoke (11 miles)

Sunday, September 9, from 9 a.m. to 4 p.m.

Leaders: Tom and Nancy Condon (413-564-0895)

Registration: Please call to register, so if bad weather forces cancellation we can contact you.

Meeting Place: Barnes & Noble parking lot in Holyoke

Imagine Western Massachusetts 65 million years ago. Dinosaurs roamed the valley in a much more tropical climate than we experience today. We will find evidence of this past history along this stretch of the river when we stop at the dinosaur footprints along Route 5 in Holyoke. Imagine, too, the valley 200 million years ago when volcanoes and earthquakes threatened to tear the valley apart. We will pass beneath evidence of these dramatic changes along this stretch, as well. This 11-mile section will take us between Mt. Tom and the Holyoke Range, then end at the historic Holyoke Dam. We will talk about geology and the impact of the Paper City on the development of the Connecticut River.

Call ahead to reserve your space. We have canoes and all the gear needed, for a mere \$5 per person charge, if you do not. Dress for the weather. Bring a lunch and plenty of water to drink. Be sure to identify yourself as a member of the Naturalists' Club for priority reservations since there is lots of interest in this series and limited space.

"All water has a perfect memory and is forever trying to get back to where it was." ~ Toni Morrison ~

SEPTEMBER MEETING

THE LAND OF ENCHANTMENT: NEW MEXICO, USA

Wednesday, September 19, starting at 7:30 p.m.

Springfield Science Museum, Tolman Auditorium

Presenter: Jack Megas



With the Naturalists' Club since its beginnings, Jack is well-known for the roles he has taken on as director, past president, and presenter specializing in astronomy and the American Southwest. After having led Naturalists' Club trips to Arizona and New Mexico, an in-house tour is long overdue. Being in the Southwest with Jack means having a special, extremely well-informed guide to introduce you to flora and fauna, Native American culture, special sites along the way, the beauty of the natural parks, and of course interesting places to eat, followed by a journey through the dark Southwest starry skies!

Jack's slide presentation will focus on the New Mexico beyond the wonders of Santa Fe and Taos. Landscapes and cultures will be featured in this travelogue around the state, and native arts and crafts will be on view. Come and rejoin your friends at this opening meeting of the club's 43rd year!

Autumn's Entrée at Ashley Reservoir, Holyoke

Thursday, September 20, at 8 a.m.

Leader: Colette Potter (413-786-1805)

Stroll along a scenic trail that rambles round the various ponds. This setting is lovely all year round but with color-added depth as breezes shimmer a watery reflection of the early autumnal palette. Please call to register and for meeting place. Bring your binoculars and dress for the weather. Bad weather cancels.

Alander and Bash-Bish Mountain Traverse,

Mt. Washington, Mass.

Saturday, September 29, from 8 a.m. to 3 p.m.

Leader: Bill Fontaine

Registration: Call Bill (413-533-2153)

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

Views from the summit of Alander Mountain are well worth the effort it takes to get there. This remote area has been described as one of the most beautiful and ecologically significant regions in the Northeast. The Nature Conservancy has called it one of the nation's "Last Great Places." On this strenuous 6.5-mile traverse, we'll climb to the summit of Alander Mt. 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. Afterward, we'll continue north on the South Taconic Trail along Alander's open crest, an especially scenic section. Our journey will then take us over the northern shoulder of Bash-Bish Mountain for the steep descent to Bash-Bish Gorge and the shuttle cars. Dress in layers, wear sturdy footwear and bring something to eat and drink. Bring poles, too, if you have them; the descent to the gorge is steep!

Autumn is a second spring when every leaf is in flower. ~ *Albert Camus*

The course of the Connecticut River through Massachusetts

At the Massachusetts line the primary mountains crowd down, again narrowing the Valley. Across this state the Valley's stretch from north to south is nearly fifty miles, with a varying but averaging width of about twenty miles. It broadens toward the south and narrows at the southern end as at the north, between close-pressing hills.

The River enters Massachusetts meandering in long graceful curves through the border town of Northfield, the east-side village rising from the meadows in broad terraces, a picture of quiet beauty as seen in the summer sunshine from the car windows of a railroad train on the opposite bank. The eighteenth basin continues a few miles farther down, ending at the mouth of Miller's River, the first Massachusetts tributary, which flows into the stream in the southeast corner of the west-side town of Gill. Westward of this basin, rising in high ridges between Gill and the adjoining town of Greenfield, a range of greenstone appears, which, trending southward, enters the Valley and extends along its central parts through Massachusetts, twice crossing the river; and then continuing in the chain that, lower down, cuts across the State of Connecticut and terminates in West Rock, at New Haven. This interior mountain range, with the River's magnificent curves and superb ox-bows and frequent meanders between deep meadows and terraced banks, diversifies the scenery and gives to much of the Valley in Massachusetts a charm of its own distinct from the beauties of other parts.

Through this region, extending from Northfield across the two states to New Haven, where the River had its earlier outlet in the Sound, lie the "new red sandstone" formations in which were found, some sixty years ago, between the strata of the bed, those marvelous fossil footprints of ancient bipeds, the discussion of which by savants of that time gave a great new zest to geological research in the Valley. Ages back, they say, before the globe was fit for man, these strange creatures roamed the shores of the estuary which then was here, and left their impress on the mud clay, the rock in its plastic state, on the slopes and shallow bottom when the tide was out. So Dr. Hitchcock, first to examine scientifically and describe these Triassic tracks, recorded. Huge birds were they, as he portrayed, four times as large as the African ostrich. They reached in height twelve feet and more, in weight four hundred to eight hundred pounds, and had a stride of from thirty to sixty inches. With them were other gigantic races, for the high temperature which then prevailed was seemingly favorable to a giant-like development of every form of life. The footprints, thousands of which Dr. Hitchcock examined, were found in the bottom of the Valley in places scattered between Gill, in Massachusetts, and Middletown, in Connecticut, a linear distance of about eighty miles. Dr. Hitchcock's theory was that the colossal birds passed over the surface in flocks, as indicated by rows of tracks found in certain localities, among them the southeast part of Northampton.

The nineteenth basin extends from the Miller's River junction in Gill to the conical peak of Mount Toby, or Mattawampe, in Sunderland, east side, in which the interior range reappears at its first crossing of the River. At the beginning of this reach of only eight or ten miles the River's course is sharply is sharply turned to the northwest. Thus it runs for about a mile between picturesque banks. Then bending westerly it flows in that direction for two miles, through a "horse race" and "the narrows," Gill lying on the north and the town of Montague on the south. In the narrows it turns again abruptly northward. After a mile or so in rapids it plunges over a rocky precipice at Turner's Falls. Then making a great semi-circle, or bow, of three miles in extent, it resumes its southward way, and so approaches the basin's end. Along this roving course numerous terraces appear on either side, some of considerable extent. Greenfield on its hills lies on the north and west of the great bow. At the upper bend Falls River, coursing down the side of Greenfield from the north, enters the stream. Next south of Greenfield beautiful Deerfield lies,

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N A T U R E

W O R K S H O P S

At Stanley Park, Westfield

All walks and workshops will meet at the entrance sign to the Frank Stanley Beveridge Memorial Wildlife Sanctuary and will cancel if there is heavy rain. Bring along your field guides, binoculars, and camera. Call park headquarters, at 413-568-9312, with any questions.

Island Hopping

Leader: Arthur O'Leary

Saturday, July 21, from 2 to 4 p.m.

Munn's Island and Nelson's Island in the Wildlife Sanctuary contain wetlands, floodplain, and riparian corridors. Bushwhack through the brush, and hop a channel where once flowed the entire Little River, and a canal that was dug by pick and shovel. Explore the habitats on these remote Islands and learn how they support wildlife with food, cover, and nest sites. Wear appropriate hiking attire, sturdy boots, and bring water, camera/binoculars.

"I am at two with nature." ~ Woody Allen ~

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back of a deep strip of meadow extending the town's full length, while the symmetrical stretch of Deerfield Mountains continues the interior range from the Gill and Greenfield ridges. At the town's north end Deerfield River empties into our stream, having come down from the Green Mountains and the Berkshire Hills through its own rich valley, bringing along with it Green River from Greenfield, which it receives near its mouth. At the south end, or in South Deerfield, the bluff of Sugarloaf peaks, in which the Deerfield chain culminates, stand out boldly, with Mount Toby looming high on the opposite side of the River.

In the twentieth basin the Valley widens, and here the striking characteristics of the terraces are their width. Along the plains and over the rising banks spread on either side the historic towns of Hadley and Hatfield; Amherst back of Hadley, and Northampton, the "Meadow City," fair seats of colleges. Opposite Northampton, in South Hadley, the River circling through the splendid gorge between, Mount Holyoke lifts its graceful front. Here the interior range makes its second crossing, and attains its highest elevation in Mount Tom, on the Northampton side, eleven hundred and twenty feet above the sea. Thence the slopes of this range, called in this part the Holyoke range, trend southward with the River's course to the lower Massachusetts line. At Northampton, Mill River, a pretty feature of the rural city, joins the stream.

From Edwin M. Bacon, *The Connecticut River* (New York: G.P. Putnam's Sons, 1907), found in *This American River: Five Centuries of Writing about the Connecticut*, edited by W.W. Wetherell (University Press of New England, 2002).

"Great things are done when men and mountains meet. This is not done by jostling in the street." ~ William Blake ~

Asters and Goldenrods

Leader: Dave Lovejoy

Sunday, September 16, from 2 to 4 p.m.

A dozen or so species of each can be found in this area. We may not find that many on our walk, but we can learn how to distinguish some of the common ones we come across and are likely identify some other wildflowers as well.

Purple Aster
Aster puniceus



Nature Reclaims History,

Leader: Arthur O'Leary

Saturday, September 22, from 2 to 4 p.m.

Take a walk back in time using an 1850 map to locate and identify manmade structures, and learn the rich history of industry, home life, and stories behind the names. Travel old roads and trails and bushwhack through the Wildlife Sanctuary. This little-known portion of Stanley Park contains remnants of a canal, dams, mill foundations, an old channel of the Little River, and footbridge abutments. 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 John Munn's "Newfoundland," the Ruinsville Mill, Cotton Cooley's boarding houses, Cyrus W. Field, Jedediah Clapp, traumatic amputations at the Saw Mill of Lucas Cowles, and other tales and verbal histories. Wear appropriate hiking attire, sturdy boots, and bring water and a camera/ binoculars.

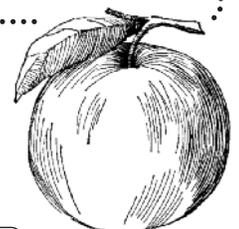
Laughing Brook, Hampden

Leader: Kevin Kopchynski (413-267-4757)

Register with Mass Audubon at Arcadia (800-710-4550). Fees may apply. Laughing Brook is located on Main Street in Hampden. These events run on the following Saturdays, between 10 and 11:30 a.m.

- August 18, Insects of Field and Forest
- September 15, Hawks, Monarchs, and Other Migrants

Baldwin Apple



THE NATURALISTS' CLUB 2011 - 2012

FROM THE TREASURER

Many of you know that September is the month for membership renewal for the year (September to August). Members with a '12-13 (or later) on your newsletter mailing label have paid for (at least) the upcoming year. Those current through '11-12 may either renew over the summer by sending a check (payable to The Naturalists' Club) to Dave Lovejoy, Department of Biology, Westfield State College, Westfield, MA 01086, or wait to pay at the September meeting. Note: If your address and contact information have not changed, the form below need not be completed. We would, however, like your email address if you haven't previously sent it. Thanks.

Note: Since Dave Lovejoy maintains the Naturalists' Club mailing list, direct pertinent requests or changes to him, please, at dlovejoy@westfield.ma.edu or 413-572-5307.

MEMBERSHIP LEVELS

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



Just a reminder... Please be mindful of the environment and fuel costs. If possible, please:

- carpool to destinations
- share costs with your drive

~ Thank you - Naturalists' Club Board of Directors

RENEW YOUR MEMBERSHIP NOW

Name

Address

Phone Number

Email

Comments or Suggestions:

Please send information per the above to Club Treasurer Dave Lovejoy, Department of Biology, Westfield State University, Westfield, MA 01086.

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.

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