

HOPKINTON AREA LAND TRUST INC.

NEWSLETTER



Volume LIII, Autumn

September 2019

President's Letter

It is time for "Hails & Farewells". In 1995, when five Hopkintonians got together to find a way to conserve and protect land in the town, little did I know that 24+ years later I would still be serving as president of the organization.

Earlier this year, just after my move to Arizona, I resigned as a Director of the Trust. The Board of Directors took two actions at that time. They immediately filled that director's chair that I vacated. Secondly, the Board also elected me as a Director Emeritus, where I will continue to act as a consultant for the next 3 years.

First, a bit of history for those that are new to the town. In the '90's, Hopkinton was undergoing a huge spurt of residential and commercial development. Five of us, David Goldman, Mary Pratt, Caroline Geischecker, Darlene McCormick, & Betty Fitzpatrick came together to found the Hopkinton Area Land Trust. The five founders formed the Board of Directors and elected Mary Secretary/Clerk of the corporation, Betty to be the Treasurer and Dave Goldman to be the President. Over the years, the Board of Directors has changed faces and expanded from the original five, to the present nine sitting directors. HALT has changed Treasurers and Secretary/Clerks, but I have had the distinct honor serving as President for the past 24+ years.

During that time, the Trust has grown significantly. The Trust has grown from its first acquisition of 16+ acres (Wiley Woods) into an organization that now holds approximately 1,200 acres, (nearly 2 square miles), either under a Conservation Restriction or owned in fee, of land mostly in Hopkinton, with a few small pieces in Ashland. In financial terms, the Trust has benefited from the generosity of the town's residents who have been kind enough to support our cause with your donations, both monetary and gifts of land. **Please remember to continue to support the Trust as it relies on your annual contributions through memberships and donations to operate.** With those gifts, the Trust has kept you informed via our newsletter several times a year. In addition, the Trust has provided numerous scholarships to noteworthy Hopkinton High School students. Further, the Trust has provided Boy Scout projects needed to earn their Eagle badge (too many to mention here). We did not neglect the Girl Scouts, and provided projects to a few girls that needed to attain their Gold Award.

As I sit here in Arizona, in my last couple of months serving as President of the Trust, I think proudly of the state of the Trust's accomplishments, a solid financial condition and the strong slate of officers and directors that will continue the "Mission" to care for and monitor the lands in conservation. I will be handing the reins over to a new President at our Annual Meeting in September, to a member from our Board who will assume the lead. **Continued on Page 2**

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Now to the farewell. I will be leaving the presidency in September after the Trust's Annual Meeting. It is with a bit of sadness and a bit of joy. Sadness because I will no longer be doing the work I have undertaken and enjoyed over the past 24+ years serving the residents of the town with conservation services. Joy because after the 24+ years it is time for me to move on and turn the reins over to others to run the organization. I have every confidence that the officers and the Board will continue to do the outstanding work that they have done over the years. Therefore, as I close this letter I would like to thank you the officers, directors, volunteers, residents and town officials for allowing me to serve this amazing town of Hopkinton.

Dave Goldman, President (until September 25, 2019)

HALT AROUND TOWN and ANNUAL MEETING

Anyone interested in finding out more about the Trust or our trails can visit our "booths" at Polyarts on the Town Common or Hopkinton Family Day at the High Schools on Saturday, September 14th. Trust members will be manning a table at both events, raising awareness for our cause and answering questions about trails, open space, and our mission.

On Wednesday, September 25 HALT will hold its annual meeting 7 PM at the HCAM Studio, 77 Main St., Hopkinton. Arrive by 6:45 PM. All members and the public are welcomed to attend or if you are not a member stop by to join the Trust.

PART V: NEW SERIES FOR THE NEWSLETTER

Readers of this newsletter may have noticed that HALT has often named its trails and properties after a particular person or family. Hopkinton residents may be interested in learning more about these particular persons or family, and why HALT would have named a trail or property for them. This series will discuss some of these people or families in upcoming issues.

V. ZETTEK OVERLOOK

The Zettek Overlook is a small, well landscaped park-like area at approximately 52 Greenwood Road. Several wide steps lead to the top of the property where a vista opens to

the west. Come at sunset to see the spectacular sky! Several benches await, and roses and daylilies provide color in season.

Charles M. Zettek, known to all as "Chuck", came to Hopkinton in 1952 with his wife Anne and their first child. After serving in the United States Army Air Corps with exceptional valor during WWII, he attended both undergraduate and graduate studies at Harvard University, graduating in 1949 with a Master's Degree in Urban Planning. He felt that he had helped destroy so many urban areas during the war that his post-war career should be all about building them back up, and he dedicated his life to improving conditions in America, notably in the cities of Worcester and Lowell.

Chuck began his hometown service by being elected to the Planning Board, where he helped develop the Town's first Master Plan in 1957. Along with 25 years on the Planning Board, he spent more than a dozen years on the Conservation Commission, joined the Elmwood School Building Committee, and spent 15 years as the Town Moderator.

Well respected by everyone, his unique wit and personal charm made him a popular character in Hopkinton. He listened to people, respecting all their opinions, and was always ready to lend a hand for whatever needed to be done. He was the author of a book, "The Ten Most Important Words in Your Life" in which he attempted to reconcile his beliefs in science and God.

Chuck Zettek died the 17th of June 2011, after a bout with Alzheimer's disease.

Two Hours a Week Is Key Dose of Nature for Health and Well Being

Spending at least two hours a week in nature may be a crucial threshold for promoting health and wellbeing, according to a new large-scale study.

Research led by the University of Exeter, published in *Scientific Reports* and funded by NIHR, found that people who spend at least 120 minutes in nature a week are significantly more likely to report good health and higher psychological wellbeing than those who don't visit nature at all during an average week. However, no such benefits were found for people who visited natural settings such as

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town parks, woodlands, country parks and beaches for less than 120 minutes a week.

The study used data from nearly 20,000 people in England and found that it didn't matter whether the 120 minutes was achieved in a single visit or over several shorter visits. It also found the 120 minute threshold applied to both men and women, to older and younger adults, across different occupational and ethnic groups, among those living in both rich and poor areas, and even among people with long term illnesses or disabilities.

Dr. Mat White, at the University of Exeter Medical School, who led the study, said: "It's well known that getting outdoors in nature can be good for people's health and wellbeing, but until now we've not been able to say how much is enough. The majority of nature visits in this research took place within just two miles of home, so even visiting local urban greenspaces seems to be a good thing. Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit."

There is growing evidence that merely living in a greener neighborhood can be good for health, for instance by reducing air pollution. The data for the current research came from Natural England's Monitor of Engagement with the Natural Environment Survey, the world's largest study collecting data on people's weekly contact with the natural world.

Co-author of the research, Professor Terry Hartig of Uppsala University in Sweden said: "There are many reasons why spending time in nature may be good for health and wellbeing, including getting perspective on life circumstances, reducing stress, and enjoying quality time with friends and family. The current findings offer valuable support to health practitioners in making recommendations about spending time in nature to promote basic health and wellbeing, similar to guidelines for weekly physical."

How do you know that it's not just that healthier people go outside more? Mathew White an environmental psychologist at the University of Exeter stated, "Yes, the main problem [with a cross-sectional study] is that it could be that's what we're effectively detecting. However, because we've got such a large sample, a big proportion of the people, nearly 4,000, have a long-term illness or disability. And yet, they were showing exactly the same 120-minute benefit as people without that. So we know that it's not just that healthy people visit nature. And we've done a lot of work experimentally outside of this showing [the health benefits of] a 30-minute time in nature. This [study] is completely consistent with experimental work."

From www.sciencedaily.com and www.psychologytoday.com

September Nature Events

September marks the end of summer and the beginning of autumn. September 23 is the autumnal equinox, as the sun moves south across the equator making day and night about equal in length. We all know temperatures drop, day light gets shorter and the leaves turn color. But other amazing events occur in September. Here are a few you might want to look for:

- **Crickets get louder** – As fall progresses, mating becomes imperative, as adult crickets perish come winter. The loud, monotonous song we hear in the evenings is that of the males, singing to attract a mate; they then sing a quicker, softer song when a female approaches.
- **Hurricanes** - You just need to watch the news to know that this is peak hurricane season. Most Atlantic and Gulf hurricanes are born off the western coast of Africa when warm ocean water evaporates and rises into the windy upper atmosphere, creating a powerful, spiraling storm with a heated core. A typical hurricane can release up to 600 trillion watts of heat energy.
- **Monarch butterflies** begin their winter migration - Despite their delicate appearance and breezy style of flight, they average about 50 miles per day. The two major populations of monarch butterflies in North America are separated by the Rocky Mountains. The western group over-winters in coastal California; the eastern in the Transvolcanic Mountains in the Mexican state of Michoacan, at altitudes of up to 11,000 feet.
- **Song birds** - Monarchs aren't the only creatures flying south. In cool climates, songbirds are flocking together in anticipation of migration. Many migrating songbirds fly at night to avoid overheating and predation. It is believed that they use the moon and stars to guide them, as well as magnetic cues and visual landmarks.
- **Canada geese** – Early in the morning or even at night you can hear Canada geese flying over your house. As early as September, one can see their characteristic V-shaped flight formation in the skies as well as hear their distinguishing calls. Canada geese are intensely loyal to flock and family members. While traveling, if an individual goose gets sick or is wounded, two additional geese drop out of formation and follow it down to protect it. They stay until the afflicted goose either dies or is able to fly again.

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- Brown bats - September is the start of a very busy season: migrate, mate, and hibernate. For creatures that sleep nearly 20 hours out of every 24, little brown bats surely do get around. They typically travel between roosting sites – for day, night, and hibernation. When they're not snoozing upside down, little brown bats are hunting and eating – anywhere from 600 to 1,000 moths, mosquitoes, gnats, beetles, midges, mayflies, and wasps per bat in a mere 2 to 4 hours.
- Squirrels - Working almost constantly from sun up to sun down every day, squirrels start stocking up food for the winter. If you watch the squirrels you'll notice how they work. They disperse their food in many places to ensure that the entire year's supply will not be lost if another animal finds a cache. Squirrels mark the nuts with their scent by rubbing them on their face or licking them. This procedure makes the nuts easier to locate later.

Portions from www.thenaturefan.com

Deneen Conservation Area

The Deneen Conservation Area is adjacent to Lake Maspenock. Although this property is only 5.53 acres, it allows Hopkinton residents access to large amount of open space in Upton on Peppercorn Hill. From Deneen Road the trail begins on the right side on an easement of 50 yards or so from a driveway extending south. Continuing further down the driveway beyond the trailhead is private property and is not open to the public. The HALT property extends to the west of the driveway/easement and around the houses at the end of Deneen Road, and also extends east of the driveway entrance. There is a sign marking the entrance to the property.

This land was gifted to HALT by Jean Scarlata and family, who is a lifelong Hopkinton resident. The west side of Lake Maspenock and Oakhurst Road was originally developed by the Deneen family.

The name Maspenock comes from the Nipmuc dialect of eastern Algonquin, and is written as Massibenokik, which means "the waters at the base of the great hill", a direct reference to the steep rise of Peppercorn Hill on the shoreline in Upton.

You can take an important step for your community: Offer your leadership, political support, and charitable gifts to the Land Trust. Better yet, consider donating a conservation easement on your land. It is an investment in the future that offers attractive tax benefits and the satisfaction that the land you love will be protected forever.

Become a Member of HALT

Family	\$30 _____
Sentinel	\$50 _____
Centurion	\$100 _____
Steward	\$250 _____
Protector	\$500 _____
Conservator	\$1,000 _____
President's Circle	\$1,000+ _____

Total Enclosed \$ _____

Name _____

Address _____

City _____

State _____ Zip Code _____

Telephone _____

Email Address _____

All contributions to HALT are deductible for income tax purposes.

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