

Maple Sugarin'

March 15th & 16th 10:00 AM - 2:00 PM \$5.00 per person*

A sure sign of spring is when wood smoke rises and sap starts boiling in our annual maple sugaring event Trace the history of sugaring and all that goes into it in this self guided tour. Your reward will be maple syrup covered pancakes and popcorn with hot chocolate to wash them down at the end of your tour.

* \$1.00 off with the donation of a can or package of nonperishable food to be donated to local food banks.

Icy walking conditions

Prevent painful and slips and falls on packed snow and ice. Due to icy walking conditions; DCR Rangers recommend wearing the appropriate footwear while walking at Breakheart. Choose footwear that gives you the same solid, predictable grip you're accustomed to feeling on dry surfaces. Dog owners, please be aware that ice on our ponds is NEVER safe.

ICE SAFETY TIPS The state Division of Fisheries and Wildlife offers additional ice safety tips and also provides an ice strength table and guidance in determining if the ice is safe at www.mass.gov/dfwele/dfw/dfwice.htm or go to www.mass.gov/dfwele and search for "ice."

1. Never go onto the ice alone. A friend could go for help if you fall through the ice.
2. Always keep your pets on a leash. If a pet falls through the ice, do not attempt a rescue. Go for help.
3. Beware of ice covered with snow. Snow can insulate ice and keep it strong, but it also can insulate the ice and keep it from freezing.
4. Ice formed over flowing water is generally weaker than ice over still water.
5. Ice seldom freezes or thaws at a uniform rate. It can be 1 foot thick in one spot, and be only 1 inch thick 10 feet away.
6. If a companion falls through the ice and you are unable to reach them from shore, throw something to them (a rope, tree branch, even jumper cables from the car). If this doesn't work, go or phone for help. Get medical assistance for the victim immediately.
7. If you fall in, do not panic. Turn toward the direction you came from. Place your hands and arms on the unbroken surface, working forward by kicking your feet. Once the ice is solid enough to hold you, and you can pull yourself out, remain lying on the ice (do not stand; lying down spreads your weight across a wider area, lessening the weight on any one spot) and roll away from the hole. Crawl back the way you came, keeping your weight distributed, until you return to solid ice or ground.
8. As the season progresses, plan accordingly and use caution, as the condition of older ice greatly varies and is subject to rapidly changing conditions.

Published by the Friends of Breakheart Reservation

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Please make checks payable to the Friends of Breakheart Reservation and mail with this form to:

FRIENDS of BREAKHEART RESERVATION

Attn: Membership Director

177 Forest Street, Saugus, MA 01906

Donations are tax deductible to the extent that the law allows.



FRIENDS *of* BREAKHEART RESERVATION



The beauty of Breakheart shines from season to season

As 2007 wound down and the joyous gratification of the Red Sox World Series Championship settled in, fall became winter at Breakheart, with the year's final outdoor event, The Turkey Trot. The Friends of Breakheart Reservation were the sole sponsor of the event this year and the result was spectacular. Over a hundred runners and gorgeous fall weather with many turkeys to give away, made a fun day for all.

December came on hard and strong. Wind, snow and ice, combined with very cold temperatures, made the going in our beloved reservation very difficult. Yak Trax, snowshoes, and cross-country skies became the foot fashions. Several regular visitors braved the elements only to come and report very dangerous conditions. Conditions were so consistently poor that the annual Friends of Breakheart Reservation Christmas Open House had to be canceled. Ice compromised most activities for the rest of '07.

The First Day Hike was a cold, snowy day but it could not stop many hearty souls from coming out and enjoying the beauty of the snow and the woods. At Breakheart the staff worked constantly to clear snow and ice. Just as we finally had walkway and road conditions as good as we could get them we got literally plastered with January's heavy wet snow storm. Trees, wires and our backs were heavily stressed for many days to follow. The aftermath of the storm left the Pine tops area inside the park looking like a battle scene from the Motion picture "The Chronicles of Narnia". Trees bent from the weight of the snow and white everywhere. Truly beautiful... truly dangerous. With fewer visitors venturing into the reservation because of the dangerous conditions there was fewer wildlife sightings and reports.



As we pass time through mid winter '08 we look for promising signs of the spring to come. Breakheart's annual Maple Sugarin' program is but a month away. Preparations are underway to make this years sugarin' event the best ever. New equipment and a reconstructed Sugar Shack are just some of the upgrades folks will see in this years tours.

Anthony, Maria and I look forward to greeting all the good folks who will come enjoy the reservation as winter fades and Breakheart comes alive with green again.

All the best, *Bill*

Food Bank Donations

When you come to Breakheart, please think of those less fortunate than us by bringing a can or package of nonperishable food for us to donate to one of our area food banks. There is a basket for donations outside the Friend's office, next to the drinking fountain.