REGIONAL TRAIL CONNECTIONS

The Lowell region is fortunate to be at the confluence of several regional trails, including the 200-mile Bay Circuit Trail and the Bruce Freeman Rail Trail, among others. In Chelmsford, the Bruce Freeman Rail Trail starts at a tunnel that goes under Route 3 at a parking lot at the Cross Point Towers. Where these two trails meet is one of the final gaps in the entire 200-mile Bay Circuit Trail.

This gap is actually a section of rail corridor under the Lowell Connector that has also long been envisioned as a connection to the Concord River Greenway, the LRTA terminal, and to downtown Lowell’s trail network. Several city planning documents have included these trail connections as a goal.

Late last fall this rail corridor was acquired from the Pan Am railroad by the abutting Gervais auto dealership. As this project moves through development, all parties have been cooperative in working with the city to ensure access to the corridor for trail users. Our hope is that given the strong community support and recent attention to this trail gap may actually help the trail connection come to fruition more quickly that it would have otherwise.

BUNKER HILL ROLL OF HONOR

Members of the Billerica Colonial Minute Men and the Tewksbury Minute Men helped us celebrate the restoration of the Spalding House’s Bunker Hill Roll of Honor in November. A copy of the document can now be found hanging at both Dracut and Chelmsford Town Halls, Lowell’s Pollard Memorial Library and the Tewksbury Public Library.

Rx: Seek Your ‘Blue Mind’ Outdoors

As we head toward spring, each new day brings us additional natural light as the sun rises higher in the sky. This provides us more time to get outdoors and enjoy nature all around us. We live in an area where we are fortunate to have many parks, trails, waterways, and open spaces to explore.

When you do find that place to enjoy the longer days, how does it impact your mood? There is now abundant research on the effects of being outdoors, especially by water, on our mood and creativity. Blue Mind, written by Wallace Nichols, is my book of the year. He discusses in detail the changes in certain parts of our brain when exposed to different environments. Researchers can objectively assess the changes with the use of brain imagery. Most of us spend our day under blankets of stress, termed the "Red Mind." If you experience elements of depression, especially here in New England with less chance of natural sun light exposure, Nichols calls this the “Grey Mind.”

The crux of his book is that we can alter our state of mind by being outdoors, enjoying natural landscapes including parks, fields, forests, and especially waterways. Our goal each day should be seeking a “Blue Mind”, which brings a sense of peacefulness and heightened creativity.

LP&CT has taken on the responsibility of creating and maintaining some of Lowell's special places which provide opportunities to find that “blue” state of mind. There are so many good reasons to take the time to be outside and enjoy nature and our waterways. You are encouraged to bring friends, family and especially children who are too frequently electronically engaged.

Thank you for your continued support. With your help we can continue our many programs, especially after-school environmental education, land acquisition and protection. I hope to see you at our winter programs.

Best wishes,

Mark Cavanaugh
**Whitewater Rafting**

**Raft the**

**Class III & IV**

**rapids of the**

**Concord River!**

Season begins

**April 1, 2017**

**Weekends**

**April & May**

9:00 AM & 1:00 PM

**RESERVATIONS:**

http://www.zoaroutdoor.com/rafting/concord-river.htm

**Lock Tender Training**

Exciting opportunity to learn and share a historic skill.

Mentorship and safety training. You can be part of living history! Learn a unique skill while helping promote Lowell’s natural resources. **Training is Saturday, April 1st, 9AM. Let us know if you’re interested and we’ll send you details.**

**Lp&CT Receives Significant Grant Support From:**

City of Lowell CDBG Program

Massachusetts Cultural Council/Youthreach Program

3Mgives

Constellation, an Exelon Company

Aubert J. Fay Charitable Fund


Joseph P. Donahue Charitable Foundation Trust

Greater Lowell Community Foundation

Hazeldean Foundation

Land Trust Alliance

Lowell Public Schools 21st Century & MA DESE ASOST

Saab Family Foundation

SuAsCo River Stewardship Council

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**River Day, Zen Garden & Textiles**

**Students Visit Congresswoman Tsongas**

Lowell High School Compass after-school “Environmental Adventures” students recently met with Congresswoman Tsongas and Head of School Brian Martin. These freshmen were able to share their current after-school projects and provide input on the Congresswoman’s River Day 2017. The Congresswoman explained that she loves to involve local students in this important celebration, which she holds annually to celebrate the rivers in her district.

This spring, these impressive young women plan to build a **Zen garden** in the alley next to the Freshman Academy. The garden will provide a place to relax for busy students while also serving as a rain garden that will **prevent storm water run-off from draining into the Merrimack**. These busy teens, led by Mass Audubon teacher-naturalist Sally Farrow and Lowell Parks & Conservation Trust Education Manager Carolyn Meklenburg, have also been named student ambassadors to the Lowell Public Schools Health and Wellness Committee.

**Other after-school program highlights:**

- The high school upperclassman after-school program, Teens Representing Environmental Excellency and Stewardship (TREES), is organizing the first Lowell High School Youth Environmental Conference.

- Students at Bartlett, McAuliffe, and Greenhalge are combining environmental science with cultural history by exploring how people have used materials from the natural world to make different **textiles**, from flax to furs.

- Shaughnessey and Lincoln students are exploring animal **adaptations** to survive during New England’s seasonal changes.

- Robinson middle-schoolers are keeping track of a sugar maple as the seasons change. This data is submitted to Harvard Forest as part of their large project to track **changes in our trees**.

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Congresswoman Niki Tsongas meets with 9th grade students in Compass after-school program, Environmental Adventures, to discuss their projects, River Day, and upcoming student-led environmental conference. Front row from left: Naihla Parrilla, Amina Bangura, and Lilly Chhun (not shown Amelia Mom).
**Eco-Film Series 2017: Be Inspired**

**Eco-Film: Jumbo Wild**  
Tuesday, Feb. 28, 2017  6:30 PM  
Across our continent, people fight to protect open spaces. *Jumbo Wild* takes a look at a 25-year conflict between ski resort developers and those groups trying to “Keep Jumbo Wild” (52 min). Also featuring winners of the national Land Trust Alliance’s “Land is My…” video contest (25 min).

**Other films this season include:**  
all films on Tuesdays at 6:30PM  
*End of the Line*  (March 28)  
*How to Let Go of the World*  (May 2)  
*Kombit*  (May 30)  
*All the Time in the World*  (June 27)

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**Fall 2016 Program Series**

**Please RSVP (978) 934-0030**

**Wildlife Tracking**  
Saturday, February 25, 2017  
9 – 10:30 AM  FREE  
Join us for a winter adventure to follow the tracks of wildlife you might be surprised to find in Lowell. Who’s a bounder? How can you tell a dog’s tracks from a coyote? What’s happening under the snow? And who’s scat smells like lavender and fresh fish!? A Lowell Winterfest event, co-sponsored by Mass Audubon Drumlin Farm.  
Photo credit: Wayne Cunningham.  
FREE but RSVP required, cmeklenburg@lowelllandtrust.org, space is limited.

**Maple & Walnut Sugaring**  
Saturday, February 25, 2017  
12-1:30 PM  FREE  
You can create delicious sugaring products in your own backyard! No special equipment required – just an interest in tapping your trees. This year we’ll be tapping walnut trees, but you can use the same methods on your own maple trees. This is a Lowell Winterfest event offered in partnership with Mass Audubon Drumlin Farm.  
FREE but RSVP required, cmeklenburg@lowelllandtrust.org, space is limited.

**Artist of the Month**  
Parish Center for the Arts  
10 Lincoln Street, Westford  
**Gallery Reception**  
Sunday, March 5, 2017  12-3 PM  
Featuring Mark Romanowsky’s Special Places Collection of fine oil paintings.  
The Gallery will be open every Sunday in March, 12-2pm.

**SAVE THE DATE**  
Saturday, June 17, 2017  
5-8 PM  
At the home of Lisa Gwiazda & Matthew Donahue  
**Summer Solstice Soirée**  
Is your company part of EarthShare New England?  
If not, let us know if you’d like to learn more about this opportunity for workplace giving.  
CFC # 54057

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**Thank you!**

**Office help:** Helen Littlefield, Sopheap Theam, Barbara Whitney, and UMass Lowell’s Sigma Beta Rho Fraternity

**Land Stewards:** Constellation, an Exelon Company (above), Bruce Cote, Sheila Hallissy, Martha Iarrapino, Rachel Hervieux, Helen Littlefield, Jack Moynihan, and Barbara Whitney

**Spalding House:** Constant Contact, Melissa McNulty, Kurt Meklenburg, Georgoulis Roofing

**Park Stewardship:** ARRIS interns, Richard Cameron, Harbor of Hope Christian Church, Lowell Canalwaters Cleaners

Can your group help make a difference?  
Contact: cmeklenburg@lowelllandtrust.org
**ANNUAL FUND GIFTS**

Donations to the Annual Fund are above and beyond annual membership dues (below received July 1 - Dec. 31, 2016). We thank the following for the contributions, which provide critical unrestricted support.

**Please support those businesses that support us (bold).**

And... a special thank you to our new donors (*)!

**Annual Fund $1,000+**
- Nancy Donahue, Newell Flather, and Mark & Renee Romanowsky

**Annual Fund $500+**
- James L. & Susan Cooney, and Michael & Caroline Rider

**Annual Fund $250+**
- Centennial Island Hydroelectric Company, Christine Cole, Nancy Dubner, and James & Amanda O’Hearn

**Annual Fund $100-$249**

**Annual Fund $50-99**

**Annual Fund $1-$49**
- Mr. & Mrs. William Agyatovech, Newt & Janet Akashian, Mrs. Ingrid Bayliss, Eleanor Belanger, Richard & Pamela Bohne, Bernie Cassidy, Kate Kennedy & Philip Chonacky, Mrs. Pauline Cloutier, Marcia & Bill Daunis*, George & Alexandrea Dimakarakos, Francis Duggan, Mary Talbot & Paul Early*, Lois & Jennifer Fay, Shirley & Leonard Fitzgerald, Virginia Fitzgerald, Mrs. Kathleen M. Flynn, continued...

**ANNUAL FUND GIFTS, CONT.**

Mr. & Mrs. Frank Grady, Kristin Shaver & Marianne Gries*, Donald & Joan Hearm, Marcia Herlihy, Gail & Adam Heward, Donald & Sandra Hogan, Ami Hughes, Ken & Mary Ann Hughes, Lynnda Ignacio, Gayle Jervis*, Stephen and Mary Kandrotas, Stavros & Donna Kanaracus, Peter & Martha Kaselis, Sheila Kirschbaum, Lenzi’s Catering, Elayne Loving*, Thomas & Karen McCall, Patricia McCoy, William & Janet McMahon, George Montminy, O.D., Robert Moynihan, Mr. & Mrs. Carl Narssesian, Frances Nowak, Jack & Helen Picanso, Virginia & Robert Powers, Cecile Provencer, Philip & Patricia Ragnio, Bruce Robinson, Clarissa Rowe*, Pat Sawyer, Bob & Patricia Stanley, Glen & Linda Stuke*, Elissa Tap*, Daniel Tenczar, Jeanne Thompson, Naomi Title, Mr. Jason Vinas, Peter vonAu, Reginald & Ruby Walker, Sustainable Westford*, Barbara Whitney*, Cynthia Wilkenling, Patricia Williams, and Will Winslow

**Special Contributions**
- Jollene Dubner Park Maintenance Fund
  - David Bulman
  - David & Margaret Reiter

**Special Places Contributions**
- Molly Cronin, Nancy & Jim Doyle, Austin O’Brien, Connor Quarry

**Spalding House Donations**
- Mary Elizabeth Demallie

**EMPLOYER MATCHING GIFTS**

Ask your employer about its Matching Gift Program.
Please remember to submit your matching gift form with your next donation to LP&CT.

Current business participants include:
- Aspect, AT&T, Autodesk, Inc.,
- Bristol-Myers Squibb,
- Constellation An Exelon Company,
- Dell, Eastern Bank, Fitzgerald & Halliday, Inc.,
- HP, IBM, Juniper Networks,
- Medtronic, Millipore,
- National Grid/MA Electric,
- New Balance, Oracle, Polaroid,
- Sun Microsystems, TIAA-CREF,
- Tufts Health Plan Foundation, and Verizon.

FIND US ONLINE:

WE THANK THE FOLLOWING FOR THEIR IN-KIND SUPPORT:

- Anstiss & Co., P.C.
- LDFC/Lowell Plan
- UMass Lowell Inn & Conference Center
Renewing Members $100-$249

Renewing Members $50-99

Sustaining Members $2,000+

Sustaining Members $1,000-$249

Sustaining Members $500+
Stephen A. Conant & Nancy Rourke, Lisa A. Gwiazda & Matthew Donahue

Sustaining Members $250+
Walter Bacigalupo, Charlie & Phyllis Cutler, Laurel & David Martin, The McCauley Family

Sustaining Members $100-249

Sustaining Members $1-99
Prudence Brighton, Brian & Amy Cutler, Elaine Demetroulakos, Gwen Kozlowski, Louise Saulnier-Andrews, Lisa FitzGerald Wagner

Sustaining Members $500+
Lowell Five Savings Bank, Lowell General Hospital, Belinda Juran & Evan Shapiro

Renewing Members $250+
Robert Bassett, Grace Conway, Nancy Dubner, Dr. Stephen Fisher, Lowell National Historical Park, Lowell Sun Charities, Corey Scuito, and Andrea Peraner-Sweet & Mitchell Sweet MD

Renewing Members $1-49

The programming work, and partnership work, that LP&CT does is top notch. Investing in urban kids and schools — and using conservation as a tool to teach leadership, self-esteem, and educational success. Conservation work that matters—that changes lives, and enriches the lives who live in Lowell—that’s what this nonprofit is about.

- Judy Anderson, conservation consultant
The Lowell Parks & Conservation Trust relies on membership dues for continuing our mission to protect the parks and open spaces of Lowell. If you haven’t already, please consider joining the Trust today or renewing your membership.

**Would you like to make a special donation?**

We have established separate funds to support these projects, *above and beyond* membership dues:

- LP&CT Endowment Fund
- Jollene Dubner Park
- Spalding House Fund
- Hawk Valley Farm
- Liberty Park
- Kittredge Park

**Support the Lowell Parks & Conservation Trust. Become a member or renew today!**

Is your membership current? Please see your address label.

**Yes, I want to support the Lowell Parks & Conservation Trust!**

☐ $250  ☐ $100  ☐ $50  ☐ $25  ☐ $15  ☐ $_______  Notecards: #___ sets ($10/set + $2/shipping)

☐ I’ve enclosed a matching gift form from my/my spouse’s employer.

☐ I’d like to become a sustaining ‘green’ member and donate $_______ monthly through my credit card

☐ Please call or email me about volunteering: __________________________ (mailings, land stewards, lock tending, etc.).

Payment method: ☐ Check enclosed  ☐ Charge my credit card:  ☐ Visa  ☐ MasterCard  ☐ AmEx

Account #: __________________________  Exp. ________  Signature __________________________

Name & address: ____________________________________________________________

____________________________________

____________________________________

(For LP&CT e-news!) EMAIL: __________________________

Please mail to: LP&CT, PO Box 7162, Lowell, MA 01852

**Whitewater Rafting**

Season begins April 1, 2017

**Weekends in April & May**

Trips run at 9:00 AM & 1:00 PM

Raft the Class III & IV rapids of the Concord River!

**RESERVATIONS**

(Proceeds support LP&CT):

http://www.zoaroutdoor.com/rafting/concord-river.htm

**Winter 2017 Events**

Please RSVP (978)934-0030 or cmeklenburg@lowellandtrust.org

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Saturday, Feb. 25, 2017  12-1:30 PM

**Artist of the Month Gallery Reception**

Parish Center for the Arts

Sunday, March 5, 12-3 PM

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**Summer Solstice Soiree**

Saturday, June 17, 2017  5-8PM

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