

a = stone



Brook

Who (Leaders): Arin Hunter - Schlorholtz
617-928-3457

Lyuda Kovalchuk
617-558-5567

What (you should bring): Day pack, Lots o' water (2-3 liters),
Lunch, Hiking Boots, Money for ice cream (maybe)

When: 9 AM - 4 PM dropoff/pickup at Brown

Where: We will be traveling to Stony Brook
in West Roxbury

Why: The mountain sequence is coming up and
long walks like this will hopefully prepare you
for long hikes in the mountains.

How: Walking of course, you can't drive up
Devils staircase and that is the route we're
taking.

In case of Emergency your child will be brought to
Newton Wellesley Hospital: 617-243-6000. This program
must comply with the regulations of the Mass. Dept. of
Public Health and must be licensed by the City of Boston. Please contact...

STONY Brook

Trip slip # 14



When: Mon, July 24 9am-4pm Meet @: Brown Middle School

Leaders: Lyuda "Suzuki" Kovalchuk (617-558-5527)
Arim "Coconut" Hunter-Schlurhoff (617-928-3457)

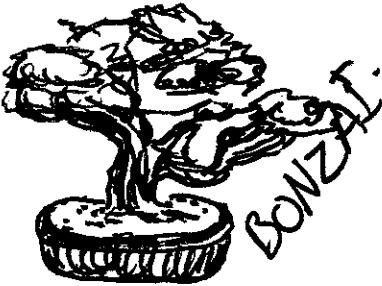
Equipment: boots, lunch, lots of water (2+ liters), rain gear, 1st aid, some \$ for ice cream if you want (we might stop by Friendly's), wear 2 pairs of socks to prevent blistering.

So, it seems that on Monday you, Arim, and I will set off on a journey deep into the heart of West Roxbury, to a reservation containing that mysterious body of water: Stony Brook. The brook got its name from the fact that it used to have stones lying across it, stones that aren't there anymore (mystery...). Because the mountains are quickly approaching, this is going to be a pretty long walk, so make sure to bring plenty of water and wear 2 pairs of socks (1 thick, 1 thin) to keep hot spots / blisters from forming. Also, we'll hopefully get ice cream on the way back, so bring money if you want some!

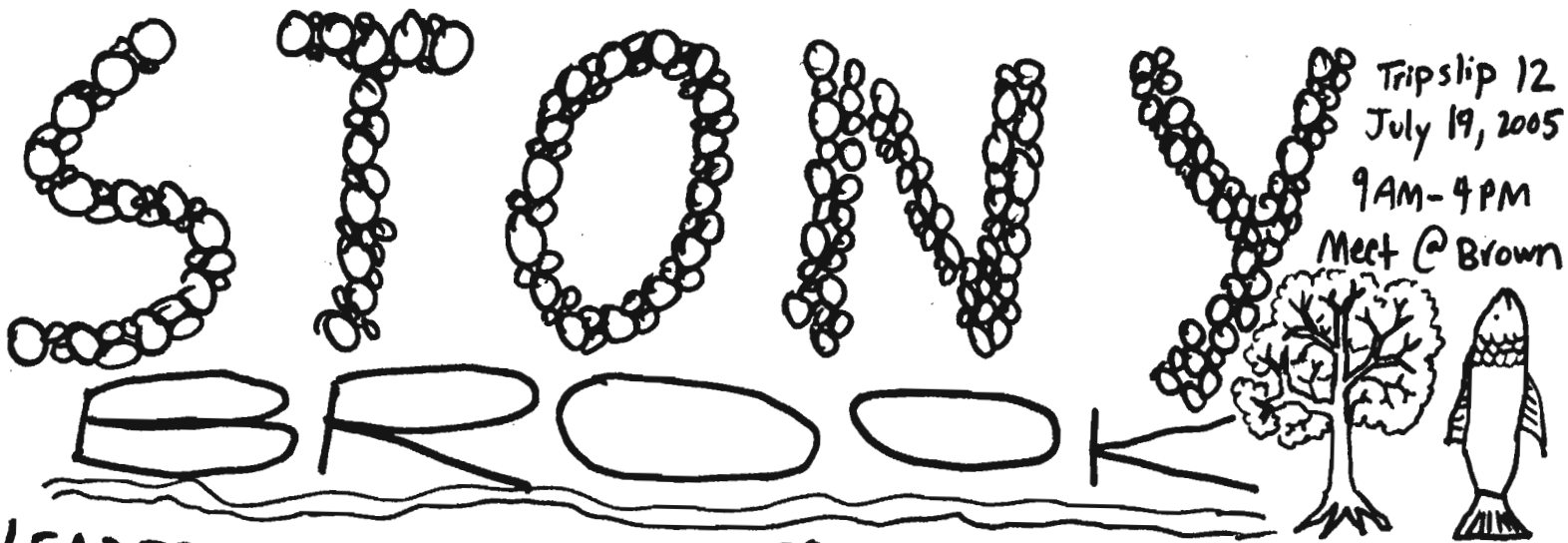
Do you remember...?
how to tell wood sorrel
apart from clover?



the key is the heart-shaped leaves of wood sorrel!




In case of emergency, your child will be brought to:
Newton Wellesley Hospital: 617-243-6000.
This program must comply with the regulations of the Massachusetts Dept. of Public Health and must be licensed by the city of Newton Health Department.



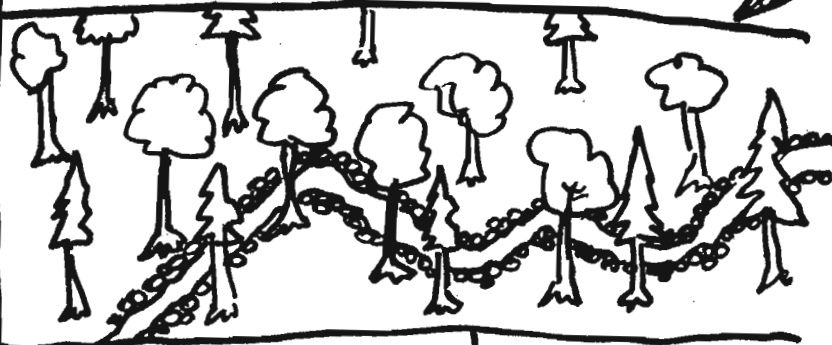
LEADERS:

Nate Kaufman (617) 969-4144
 Joey Backer (617) 969-0288
 Dan Swartz (617) 244-2339

EQUIPMENT OF NECESSITUDE:

BOOTS, LUNCH, LOTS O' WATER, FIELD KIT, RAINGEAR, \$10 (IF YOU WANT ICE CREAM (MAYBE)), A GOLDEN APPLE 

Wow, Stony Brook! One of my favorite trips! (It also happens to be a stop on the orange line). It lies deep in the heart of West Roxbury, where few have ever dared to venture. Stony Brook is inside a forest. What species differentiate a wet forest and a dry forest? And brooks. How are brooks formed? What makes them keep flowing? How are they different from streams and creeks and rivers? Learn this



HERE'S THE DEAL: Mount Monadnock

is on Friday, Blue Hills on Thursday. The mountain sequence is nearly upon us! So these next few long-distance walking trips should help to ease you right into the more heavy-duty hikes. So put your good-attitude caps on, prepare with lots of water, and get really psyched! Wipoo!

Trivia Question of the Day:

Who shot J.R.?



AND MORE!

In case of emergency, your child will be brought to: Newton Wellesley Hospital: 617-243-6000. This program must comply with the regulations of the Massachusetts Dept. of Public Health and must be licensed by the city of Newton Health Department.

Stony Brook

Leaders: Julie - 964-7248
Danny

Time: 9-3
Meet at Brown

Equipment: field kit
- Some money - Lots of H₂O
for ice-cream-Lunch
- boots
- Xtra boot laces
- 1 pretty flower

Stony Brook is a very long trip. It may be the longest walking trip in the program. Stony Brook is a reservation located in West Roxbury. There is a nice pond there, where we can eat lunch. Since this trip is so long we have to be careful of a few things.

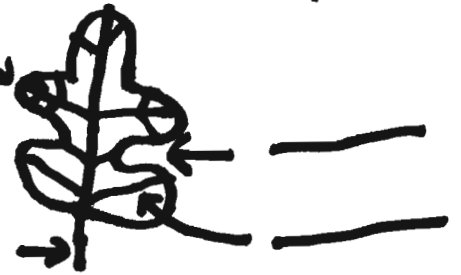
① heat exhaustion; which includes nausea, dizziness, headache and other things that the heat can cause.

② Dehydration; when your body is not hydrated enough. Even if your not thirsty you should drink.

Here's a question: why are trees important for the environment?

If we have enough time we will stop for ice-cream at friendlies

can you identify these parts of a leaf?



Leaders: Jeff Huemmoerder
(617-332-9506)

Amelia Runyan
(617-244-8836)

Stony Brook

Trip slip #10

Place & Time: Brown Middle School, 9am-4pm, July 16th

Equipment: Daypack, hiking boots, extra laces, raingear, lots of water, lots of lunch, money for ice cream hopefully, air conditioner ^{2-3 liters}

Now we're getting into the long trips. Stony Brook is one of the longest, so its really important to bring lots of water. Lots. 2-3 liters is enough, but no less. In long trips like these, we need to have enough or you could get heat exhaustion or dehydrated.

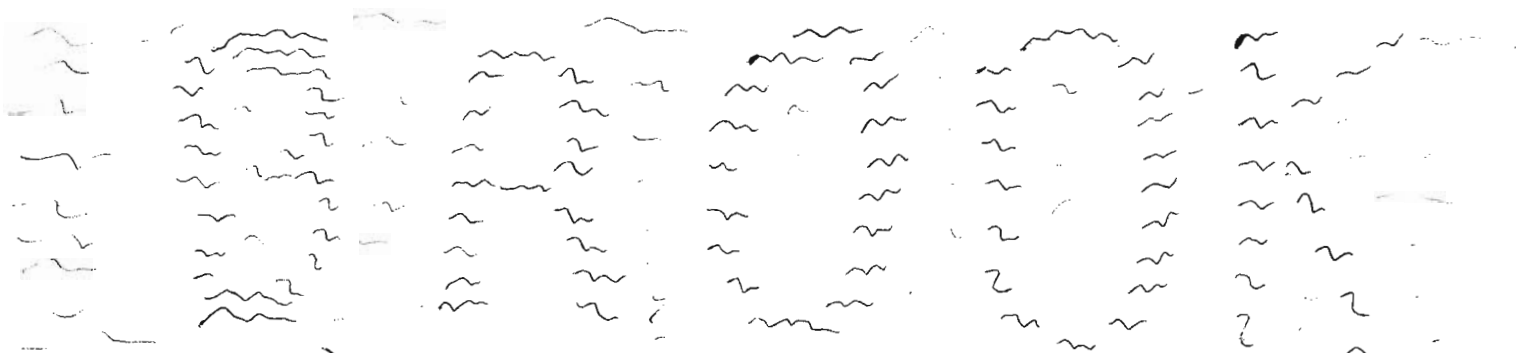
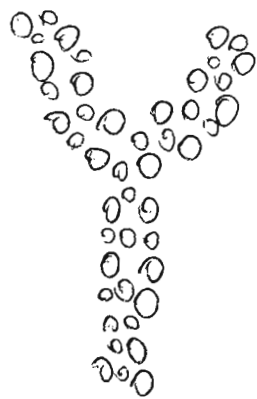
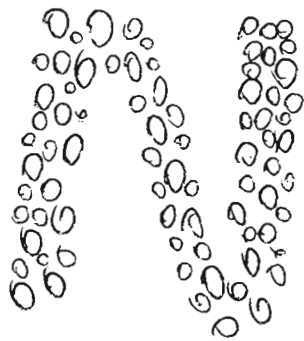
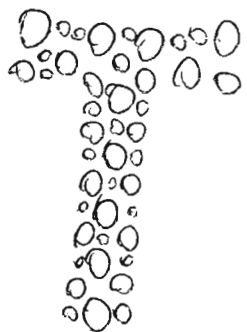
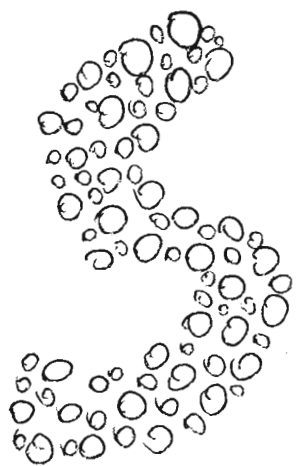
Stony Brook is a reservation in West Roxbury. The reason that it got its name is because there used to be stones across the whole brook. In a bout of creativity, it was named Stony Brook. Now, most of the stones are gone, and they're not going to change its name to Brook, so it kept its name. On the way back, we might stop for ice cream, so bring some money if you want any.

Quote of the Day:

"To me, it's a good idea to always carry two sacks of something when you walk around. That way, if anybody says 'Hey, can you give me a hand?', you can say 'Sorry, got these sacks.'"

TRIPSLIP #12

JULY 17, 2002



Nate (617)-969-4144

Time 9am - 4pm

Jeff ~~DR~~ (617) 964-7845

Place: Brown M.S.

EQUIPMENT: Field kit, hiking boots, big lunch, lots of water, one stainless steel double-barrelled slingshot, some \$ for ice cream

Folks, this one is a long one. So bring lots of water! You wouldn't want to get dehydrated on our trip to West Roxbury; what could be the longest trip in the program. But hopefully we will be able to stop for ice cream on the way back. What you don't want to do is get dehydrated on the way, or the way back. Some symptoms: excessive perspiration, pale skin, tiredness, headache, nausea, dizziness. Drink mucho water!

Times: 9-4
 Meet @: BMS
 Date: Monday, July 22
 Trip slip #14



Fearless leaders:
 Sarina "Loosistrifen" Yospin
 (969-3966)
 Joey "Pickles of Rage" Backer
 (969-0288)

STONY BROOK

Equipment:

- Boots -extra \$ for ice cream if desired
- Field Kit -sunblock
- BIG LUNCH
- AT LEAST 2L of water
- 1 (hand-milked) Pint coconut milk

We're heading out on an odyssey to Stony Brook, only we're hoping that this odyssey involves no deities & get us home in less than ~16 years. Stony Brook is a really pretty area with lots to look at and learn about. It's also pretty far away, though, so there's some stuff that's important to remember.

STUFF TO REMEMBER:

Good idea:

Going outside and enjoying the fresh air and sunshine



Bad idea:

Staying out in hot hot sun w/out taking breaks & drinking tons of water & having good sun protection



SO, bring lots of water and sunblock and a hat if you think you need them, or even if you don't!

Stony Brook is connected, somehow to the Charles River. People have done some kooky/cooky things to the river that have really screwed it up. For your brainy enjoyment, I've dug up some stuff about the history of how humans have messed with the Charles. Starting around 1880, when Newton started growing, we started dumping our sewage directly into the Charles, where it could be swept into the harbor with the tide (the river was tidal until about 1910). That killed lots of stuff and was awful, but it's better now w/ Deer Island. out of space!

Trip slip #: 13

7/23/01

Leaders: Jon 617-527-1849

Julie 617-964-7248

Place: Brown
Time: 8:30-4:00

Equipment:

field kit

Boots

Lunch + H₂O

some money for
ice cream.

wear
2 pairs
of
socks!

STONY BROOK

Today we will be walking to West Roxbury. Where is West Roxbury? It's very far away. Because we will be walking so far it is important that you have plenty of water. Dehydration and heat exhaustion are not our friends! But Julie I don't know what heat exhaustion is. Well Jon here are a few symptoms of heat exhaustion:

- * 1) Lots of perspiration; which means you are soaking in your own sweat and start to smell funky.
- * 2) Pale and clammy skin; for example: If I go from my lobster-colored skin to pale white I'm in trouble.
- * 3) Tiredness and weakness; well you may not consider this a symptom considering we will all be tired because our walk is 18 miles round trip.
- * 4) Headache; This explains itself.
- * 5) Nausea and Dizziness; You know your dizzy when everything starts spinning.
- * 6) Fainting; Lets not let this happen!!

Well Jon now you know the Basics of heat exhaustion. So we should all be prepared. If I remember correctly there is a friendly's near by so we can get some ice-cream to keep us going!!

LEADERS:

Jeffrey "DQ" DeCew
617-964-7845
Nate "Ash" Kaufman
617-969-4144

Starring
in:

STONY BROOK

EQUIPMENT:

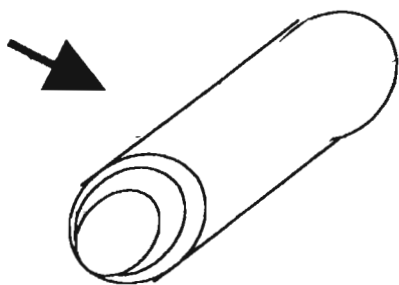
Field kit
Raingear
First aid
Sunblock
Bug spray
Hiking Boots
Water (2-3 Liters)
14 Stones
1 Brook
A hand-held copy of
the Envi-Sci ten
commandments
(plus one).
Yourself
Optional Items:
12 yards of cheese
cloth.

Tripslip #
July 16th, 2002
Stony Brook & co.

Meeting Time:
Brown Middle School

Meeting Location:
9:00

Cheese Cloth



Today's Discussions:

- 1.) What is stony brook, other than the obvious?
 - 2.) How Long will it take to get there?
 - 3.) What will we do with the stones and brook?
 - 4.) What is Cheese Cloth?
- 1.) Stony brook is a brook, which got its name because it was full of stones along almost its full length. Although Stony brook is less stony today, it still has remnants of its namesake.
 - 2.) It will most likely take one and a half to two hours, walking at the ESP Metered pace, with set-duration water breaks, to reach our destination. Just a guesstimate.
 - 3.) This is a very interesting question, because we don't seem to need to bring the trip with us, but oh how wrong you are. Knowing what to look for is the first step to finding it. Basically, if you have seen the brook it is easier to find it in a busy place. This is (not) exactly what we are doing. We will (not) build a scale model of the brook with our collective stones and brook sections. We will then know (not) what we are looking for, and the trip will be a whole lot more fun and efficient so you eager little students can get back to brown, and eventually home, faster. (JUST KIDDING! That was a lie. We will make this as long as possible.) :-p Disclaimer: This is a joke. Do not bring stones tomorrow.
 - 4.) CHEESE CLOTH! Don't leave home without it. Seriously, this stuff is as useful as gold. But not just any gold. EDIBLE GOLD! You see, cheese cloth can be made into shirts, shorts, pants, ball's of cheese twine, or anything your imagination can conceive. It is a unique substance which comes from Cheese-sheep. These rare animals are more valuable than a golden goose. (Only because that moron KILLED the goose, but that's okay, too.) So, if you have a cheese sheep, or some of it's fine product, make sure to bring it in. (Just Kidding)

Trip Slip #12

Stony 9-3

Danny
(938-0269)

Julie
(961-7248)

Brook

(a brook of stone)

You need: field kit, H₂O, \$ for ice-cream @ Friendly's

Stony Brook is far, (18 miles) but its our last regular trip together for the summer. There will be many water brakes, so bring lots of water!

Stony Brook is a 475 mile preserve for lowlands and wildlife

Forrest Ecology

Canopy - receive most sunlight
top layer

under story - middle layer

ground cover - soft plants, minimal

SUNLIGHT



Stony Brook

Trip #12
July 19, 2004
9am - 4pm
meet @ Brown

Leaders: Nate "Placebo" Kaufman (617) 796-7762
Lyuda "Deja vu" Kovalchuk (617) 558-5567

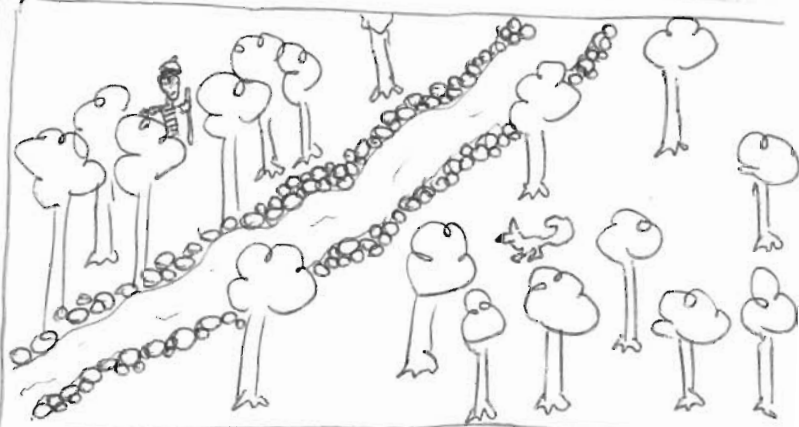


What you need: Boots, lunch, plenty of water, field kit, raingear, \$10, sunblock + bug spray, a big yellow hat, a good attitude

Tomorrow, we will be going for a jaunt to West Roxbury, where we will do our very best to find Stony Brook, a brook that lies deep within the forest. We will talk about wet forests and dry forests and what specific populations distinguish them. Also, we'll talk about brooks. How are brooks formed? What makes them keep flowing? Difference from a river?



If you guys walk quickly enough (you don't actually have to walk quickly to still have time), we can get some ice cream maybe. So bring \approx \$10.



In case you were unaware of the current Envi-Sci situation, let me inform you. Stony Brook is a fairly long walk, so as to prepare us for some even longer walks - dare I say hikes? - later on this week and next week. So get ready these last few days before the mountains to be walking an awful lot more!

TRIVIA QUESTION OF THE DAY

What is the air speed velocity of an unladen swallow?



This program must comply with the regulations of the MA department of public health and be licensed by the City of Newton Health Department. In case of emergency, the nearest hospital is...

of the MA department of public health and Department of Environmental Health and Safety.

Stony Brook

7/19/04 Time: 9AM-4PM Place: Brown Middle S.

Equipment: boots, big lunch, lots of water, field kit, sunblock, \$ for ice cream @ least 2 liters!

Leaders: Lyuda "la linterna" Kovalchuk 617-584-2624

Nate "Bonanza" Kaufman 617-796-7762



stony



brook

On this coming Monday, we will start the week off with a fun little trip to Stony Brook, ^{which} is a stream that empties into the Charles River. Actually, this trip isn't so little, it's quite long, so be sure to bring plenty of H₂O. We'll be going all the way to West Roxbury, and we don't want to have to revive you from heat exhaustion. Anyways, we will see the reservation that Stony Brook is a part of, have lunch there, then maybe go to Friendly's (bring \$ if you want some ice cream), and finally head back to Brown. See you next week!

In case of emergency, your child will be brought to: This program must comply with the regulations of the Public Health and be licensed by the City of Newton South Dept Massachusetts Dept

Stony Brook

Trip/Slip #13

7/23/01

Time: 8:30 -
4pm

Meet at Brown

Leaders: Jon (527-1849)
Julie (964-7248)

Equipment: boots, water (at least 2 liters), field kit, sun block, map, compass, wear 2 pairs of socks
*Optional - some money for ice cream

2 Socks?



By this, I mean 2 pairs, wearing 2 pairs of socks is very important. 2 pairs reduces the amount of friction produced between your foot and boot while you are walking. Since our trips are much longer these days, 2 pairs means a lower chance of getting blisters on your snelly feet!




(No blisters)

Hi. It's Jeff, but Jon is busy walking his pet wombat. You guys are headed for Stony Brook, a 475 (that's huge!) acre reservation south of Newton. The large pond there is called Turtle Pond. The surrounding area has heaps of walking trails and you'll check out the diverse environments in the area. Have fun!



Water, you say?

Water is the key to safe hiking trips. Nobody likes heat exhaustion, when we take water breaks, there is no need to argue. Drink up! (See Julie's trip slip for some horrible symptoms of heat exhaustion).
MT. WASHINGTON IS COMING! 

Stoney Brook



This is very interesting....

Trip slip: number 10
leaders: Beth Ann DiAgostino
+
Jennifer McKenna

In 1987 American's generated almost enough trash to fill a twenty-four-lane highway one foot deep from Boston to Los Angeles!

Phone numbers: 332-2827 + 332-7824

Time: 9:00 - 2:00

There are so many things that your family can do to save the environment. Please help!

Bring a big Lunch, 2 pairs of socks, and 2 water bottles.

recycle and reuse - don't push it aside - make an effort

*Also Bring Money because there is an ICE CREAM shop on the way! Don't forget! 😞

This is another trip that is to get you in shape on the mountains. The reason you should wear two socks is that it will cause friction between the two socks rather than your foot and your socks and therefore you won't get any blisters.

Did you know.....

That enough hazardous waste is generated in one year to fill the New Orleans Superdome 1,500 times over.

That since 1970, increasing herbicide use has created a Jungle of at least forty-eight "super weeds" that are resistant to chemicals.

Please Help Save our planet!! 😊

STONY BROOK

LEADER: ANIGELA (527-7993)
TRIPSLIP: #11
TIME: 9-3 LOCATION: BROWN
EQUIPMENT: BOOTS, WATER,
FIELD KIT, SUNBLOCK,
YOU MIGHT ALSO WANT TO
BRING SOME EXTRA
MONEY FOR THOSE
BUMPS IN THE
ROAD LIKE ICE
CREAM.

SO, THIS IS A REALLY REALLY
LONG TRIP SO I HIGHLY RECOMEND
WEARING TWO PAIRS OF SOCKS TO PREVENT BUSTERS AND
BE MORE COMFORTABLE ALL AROUND. ALSO YOU WANT TO BRING
LOTS OF WATER TO PREVENT DEHYDRATION OR HEAT EXHAUSTION.
AS LONG AS WE ALL DRINK A LOT OF WATER WE SHOULD
BE FINE. JUST REMEMBER THAT WE CAN STOP ANYTIME AND
IF YOU EVER FEEL WEAK OR DIZZY STOP AND LET ME KNOW.

SYMPTOMS FOR HEAT EXHAUSTION:

- LOTS OF PERSPIRATION
- PALE + CLAMMY SKIN
- TIREDNESS + WEAKNESS
- HEADACHE
- NAUSEA + DIZZINESS
- FAINTING

* ALSO IF YOUR THIRSTY, YOUR
ALREADY DEHYDRATED.



STONY BROOK IS A 475
ACRE RESERVATION
LOCATED IN SOUTH
NEWTON. IN THIS RESER-
VATION WE WILL SEE
FOREST AND POND SUCCESSION.
ON THE WAY WE WILL
TALK ABOUT WHY CONSER-
VATION AND RESERVATIONS
ARE IMPORTANT AND WHAT
PURPOSES THEY SERVE

Stony Brook



It's a very long walk...
be ready

Trip #111
July 21, 1997
Times 9am-3pm
Leader:
Sarah
#965-4602

Equipment: field kit, boots
wear 2 pairs of socks,
Lots of water (at least 2 quarts)
Big Lunch (maybe ice cream
\$ just in case)

Stony Brook is ~~an important~~
a super long trip so the two
sock idea is a really good one.
(because blisters are bad, but
they are especially bad before
the mountains start) A sign
that you might be getting a blister
is a hot spot (one place on
your foot will feel warmer than
the rest of your foot) If you
start to feel one, just let me
know and we will take
care of it. (I hope everyone
has mole skin in their yst
aid - its... if not, please get some)

this is our last day of
exploring on our own...
Next comes the mountains.
We want to make sure
that we have a great
time, and that we are
safe. One thing we have
to watch for is dehydration.
The way to prevent this is
by drinking enough water...
this means bring lots of
water. (If you want you
can bring a bottle with plain
water, and a bottle with
a sugary drink (NOT SODA))

- Quick review of
Pond Succession
1. Bare bottom
 2. Submerged vegetation
 3. Emerging vegetation
 4. Temporary Pond and Prairie

17 July 1990
TRIPSLIP #11

Leaders: Rachel
(332-7372)
and
Beth Ann
(332-2827)

STONY BROOK



EQUIPMENT: field kit, LOTS of water, large lunch, a HAT with a brim, a good night's sleep, and maybe money for icecream or something.

This is a long trip, so wear two (2) pairs of socks (to avoid blisters), and bring lots and lots of water. This is to avoid HEAT EXHAUSTION.

Heat Exhaustion is the response to heat characterized by fatigue, weakness and collapse due to inadequate intake of H_2O to compensate for sweating. WATCH OUT FOR

- THESE SYMPTOMS:
- 1) Profuse Perspiration
 - 2) Pale & Clammy skin
 - 3) Tiredness, Weakness
 - 4) Headache
 - 5) Nausea, dizziness
 - 6) Fainting

Don't hesitate to ask us to stop for a water break

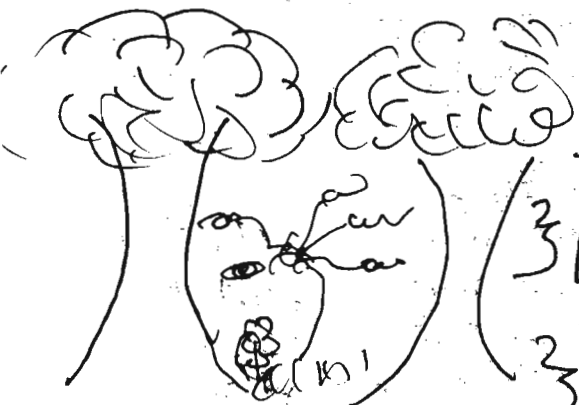
Stony Brook is a preservation area for lowlands and wild life.

FOREST Ecology

Canopy = the crowns of the large trees, which reach above other vegetation to receive maximum sunlight

UNDER-STORY = smaller shrubs which will never reach the canopy. Their growth is more lateral and spreading

GROUND COVER = small, herbaceous (non-woody) plants which receive whatever sunlight is not filtered out by the two higher layers.



STONY BROOK

Leaders: Kathy Thorp 527-3681
 Sarah Northrup 965-4602

Times: 9-3
 July 20, 1994

Equipment: Field Kit, 2 canteens,
 lunch, boots, money for ice cream
 Wear 2 pairs of socks

This is a really long trip and to avoid heat exhaustion, we'll take a lot of water breaks. If you feel really tired and sweaty, please just ask to stop. This trip will get us in shape for the Mountains. This is our last real day trip! Stony Brook is a wildlife preservation.

Forest Ecology ~~terms~~ terms:

Canopy:
 Crowns of large trees which reach above other vegetation to receive maximum sunlight

Under story:
 smaller shrubs which will never reach the canopy.

Ground level:
 Take a wild guess. What stage of forest succession do you think ground level plants no longer exist at?



Did you know...
 In 1987 Americans generated enough trash to

fill a 4 lane highway one foot deep from LA to B...

copying

July 17, 1991

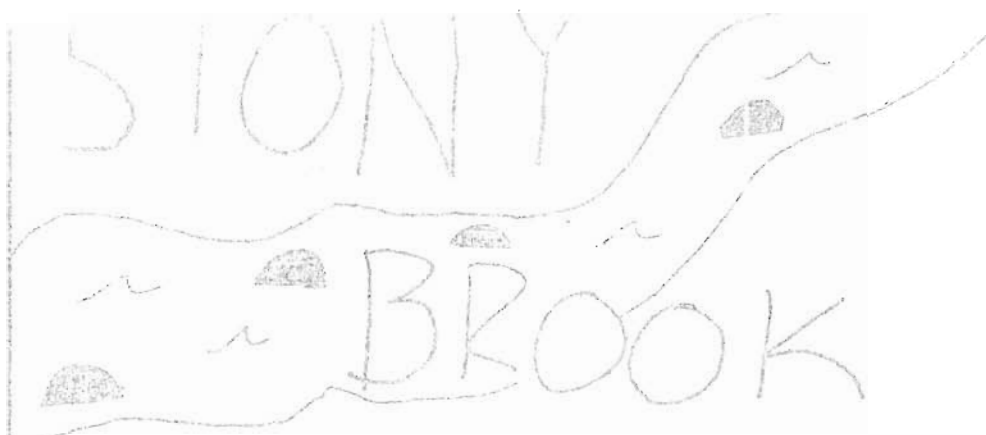
code:

Beth Ann (332-282)

Time: 9AM - 3PM

Location:

STONY BROOK



Equipment:

Boots

Field Kit

SIG LUNCH

also water

money

(or ice cream)

Did you know?

In 1987

Americans

generated almost enough

rash to fill a 6-lane

highway one foot deep

from Boston to Los Angeles!

It might be hot so if

you are thirsty don't

hesitate to ask for a

water break. We will be

bringing plenty on the way.



This is another trip that is to get you in shape for the mountains. You should wear 2 PAIRS of socks because it cause friction between the socks rather than your foots and socks and therefore you will get less blisters. On the way home if we have time and you are good we might stop on the way home. This trip is very long so be prepared for a hard hike. But don't worry we will make it easily.

Stony brook is a preservation area for lowlands and wild life.

Forest Ecology

Canopy - The crowns of the large trees, which reach above other vegetation to receive maximum sunlight.

Under story - smaller shrubs which will never reach the canopy. Their growth is more lateral root spreading.

Ground cover - small, herbaceous (non-woody) plants which receive whatever sunlight is not filtered out by the two higher layers.

trip #4
July 11, 1974, 9AM - 3PM
I e. 969-6074
Stony Brook Reservation
GROUP:

Wear: standard hiking gear
Bring: complete kit, lunch
reference guides from the
Library

Previous Readings:
Basic Ecology; pp. 39-50,
58-64, 98-100, 103-104,
107-112
Fond Life; pp. 4-9, 17-21
24-25
Take notes if you have any
questions about the readings.
We will try to answer
them as a group.

page 3
with the Webeter Area in
Newton

4) to use the soil auger
5) to exercise map and compass skills. (Each of you will have the task of leading our group at some point)
6) to begin to build up endurance for later full day hikes

QUESTIONS

1) Take out your map. How high above sea level is Turtle Pond. Does Stony Brook flow into it or out of it? How can you tell from the map alone? Is the reservation a hilly area or a flat plain?

2) What is pond succession?

page 5
5) What is the dominant of the woods about Stony Brook? What allows you to make this judgment?

6) Is this area in a state of ecological transition or has it reached what is called the "climax stage"?
7) What is an "ecotone"? How many can we point out? Are they gradual or well-defined? To what degree do they keep the animal life within definite boundaries?

page 2
You will find Stony Brook Reservation in the southeast corner of your Newton. It is in Boston, about 4 miles from Newton South. We will be using the trails around Turtle Pond and Bearberry Hill. Time permitting, we will also visit the small pond (unnamed) at the intersection of the Turtle Pond Parkway and Bald Knob Rd.

OBJECTIVES

1) to explore a new area
2) to run chemical tests on the ponds (measure pH, density, D.O., phosphate, chloride, nitrate)
3) to identify plants and animals native to the reservation for comparison

page 4
What stage of succession is Turtle Pond in? What man-made factor could be accelerating the eutrophication? (HINT: What is located 3/4-mile due east of the pond?) On the west, what effect might the parkway runoff have? When would be the best time of the year to demonstrate this?

3) Compare the shapes of the ponds in 1956 (your map) to the 1970 map of the area (most recent one USGS has made). Have they changed any?
4) Why are the tests listed under Objective #2 important? What deleterious effects arise from excesses or deficiencies of these very simple chemical compounds?

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8) Are there any glacial features evident here? Is any bedrock exposed? If so, what type is it?
9) Can you fill the following ecological niches for the communities we find?
producers
key-industry animals
other consumers
carnivores
decomposers
scavengers
parasites