



Update

F.O.P. Newsletter, Winter 2017, V. 31, No 1

From the President

The first part of winter has made access to the park through skiing, snowmobiling and snowshoeing possible. Many have taken advantage of this with both snow and some warm weather to get out and enjoy what the park has to offer this time of year. In days of late as the temperatures changed the ponds have transformed and become a playground for those that get out to skate, play hockey and just pass the time enjoying the solitude and beauty.

FOP has made some milestones when it comes to long term stability and recognition for FOP efforts. After much discussion with the state we have signed a memorandum of agreement. This sets the framework for how the two organizations carry out operations. At the annual meeting we voted on and approved amended bylaws which were necessary to help steer FOP activities in the future. There has also been much effort to improve trail blazing in the park. New white diamond blazes some with trail names have been placed on many trails within the park. We will continue to press on with this task until all trails are completed making for improved usability and safety while on the trails. As mentioned in the last Update and described below, FOP was recognized by receiving a Spirit of NH Volunteer Service Award.

With the start of a new year, FOP has many projects to look forward to in the months ahead. The west side of the Kilburn Loop trail will be improved as a result of an RTP grant that was awarded. Timing of this project will be dependent on when the funds become available. There also will be improvements made to the Reservoir and Parker trails. In addition, we will be putting on the 3rd Annual 5K/10K trail race/walk in the park on May 27th. See info later in the newsletter. We hope to see you all there.

Lastly I would like to thank all of those that have helped in projects in the last year. We look forward to working with you all in the coming year. There is always opportunity to help and all are welcome. Without the help of volunteers FOP would not be as productive as it is.

Matt Edson

Volunteer Service Award Received by Friends of Pisgah



The Spirit of New Hampshire Awards honor outstanding contributions to volunteerism throughout the state of New Hampshire. They augment the many local recognition events that show appreciation for the work of community volunteers and volunteer programs. Each fall, a statewide celebration is held to present Spirit of New Hampshire Awards in two major groups. **Volunteer Service Awards** recognize individuals and groups who provide volunteer services that strengthen communities and improve the lives of the citizens of New Hampshire. These awards honor outstanding volunteers – or groups of volunteers – who reflect the strong ethic of service and volunteerism in our state. FOP was honored to receive one of these awards on Nov 1, 2016 just as our last Update issue went to press. We were represented by 9 of our Executive Council Members at the awards ceremony at the Capitol Center for the Arts in Concord. A group photo above shows Jack Kondos, John Herrick., Kim Nilsen, Laura Susmann, Abe Howe, Beth Phippard, Jon Knickerbocker and President Matt Edson. Missing in the photo is attendee John Hudachek

Friends of Pisgah Third Annual 5K/10K Trail Race/Walk – May 27, 2017

We are pleased to announce that the Friends of Pisgah Third Annual Run in the Park has made it on to the calendar for May 27, 2017. This is a great opportunity for trail runners and road runners that want to get a taste of trail running to see the Park in a different light. The trails that will be run or walked are not overly challenging or technical although both have some climbs that can be expected of a trail run. It really is a course that can be a good opportunity for road runners who have always wanted to give the trails a go or for an experienced trail runner to run with friends or fellow runners.

On race day there will be two water stations on course and pre and post-race food to top off or refuel. The course will be well marked using trail ribbons and signs and we also will have volunteers posted on the course where needed.

Registration is available on active.com and also by mailing in the accessible entry form. As an added incentive to register early T-Shirts will be given to the first 125 registrants. If you're not running or walking this year but would still like to participate let us know and we will find a volunteer opportunity for you. We look forward to seeing you on May 27th in warmer weather.

Abe Howe, Race Director

Animal Tracks and Signs

It's been a snowy and cold winter thus far and the snow has made for great hiking, skiing or snow shoeing in Pisgah. So get out there and try your hand at the winter life. You may have the thrill of finding animal tracks and signs. Snow is not the best medium for studying tracks as it settles rapidly, melts easily and loses depth and structure. Plus, drifting snow obliterates tracks. Mud or moist sand is best - but with winter upon us, snow is the best medium to enable the tracking of our forest friends. The discovery of tracks, in the yard or on the trail leads to exciting thoughts of seeing animal friends. This has been an exceptional year for sightings on Old Chesterfield Rd on the way to the Park. Turkeys have exceeded cars in numbers on the street from down where Ranger Whip Newell lives right up to the Visitor Center. Flocks of 5 to nearly 30 have been constantly observed with tracks running all around.

Animal scat and territorial markings are another possible source of observation in the natural world. Also, observations of fur caught on a branch, claw marks on a log, etc., coupled with the tracks and scat, help you to identify the animal that has crossed your path. It is not always possible to identify an animal from its tracks alone, so don't be discouraged if you cannot determine what has caused the tracks.

State outdoor agencies may have lists of animals which can be sighted and, perhaps, even a short fact sheet. There are quite a few books which may be of value on this subject (Murie - Animal Tracks, Peterson Field Guides, Houghton-Mifflin Co. and Miller - Track Finder, Nature Study Guild, Berkeley, CA). Limited track information may be found in many nature guides, for example in The Audubon Society Field Guide to North American Mammals. Try your library or favorite bookstore for background information. For more help contact the Harris Center or your local library.

In addition, a most valuable book is Field Guide to Tracking Animals in Snow (Stackpole Books). Try your library or local bookstore for copies of one or more of these excellent books. If you want more general guidance to the natural world in winter, try A Guide to Nature in Winter (Little, Brown and Co). This book by Donald Stokes provides information not only on animal tracks but also on insect patterns, birds, weeds and flowers among others.

Matt Donachie



Friends of Pisgah

Third Annual 5K/10K Trail Race/Walk
Saturday, May 27th, 2017 10:00AM
FUN FOR FAMILIES AND ATHLETES

T-Shirts to the first 125 registrants

Friends of Pisgah Membership free to all registrants

Proceeds benefit the Friends of Pisgah in their advocacy of Pisgah State Park.

Course Description: Runners will travel over old jeep roads and single-track trails through a northwest portion of Pisgah State Park. The scenic courses will have water stops, one on the 5K and two on the 10K.

Directions: From **West:** NH Rt. 9 from I91 Exit 3, east 7mi to Rt. 63S, then 1 mi and left on Old Chesterfield Rd., .2mi past school and field, bear right onto Horseshoe Rd. for 1.5mi drive to parking lot.

From **East:** NH Rt. 9 from Keene, approx. 13mi to Rt. 63S. Follow directions above.

Registration: Horseshoe Trailhead 8:00-9:45AM

Fee: \$25 individual or \$10 16 years old and under

Payment Options: Register online at Active.com, cash or check on race day or send check with this registration form payable to Friends of Pisgah Inc., P.O. Box 134, Chesterfield, NH 03443-0134. Additional registration forms are available at FriendsofPisgah.org

ALL INFORMATION REQUIRED

Last Name: _____ First Name: _____
Address: _____ City: _____ State: ____ Zip: _____
Phone(s): _____ Email Address: _____
Emergency Contact: _____ Phone: _____

Age (years): _____

Circle Choices: Male/Female Race: 5K/10K Shirt Size S/M/L/XL

I hereby assume the risk of participation in this race and waive, release, discharge, and agree not to sue, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind as a result of my participation in or travel to or from this event, the following organizations and its members: Friends of Pisgah Inc. et al, the State of New Hampshire and their officers, directors, employees, representatives, agents, and volunteers.

Signature: _____ **Date:** _____

Parent Signature if under 18: _____ **Date:** _____

Invitations

Pisgah Park is open all year round. Come and enjoy the trails any time. Except for the Kilburn parking lot at certain times, there is always ample room for vehicle parking. Think about strolling, hiking, cross country skiing, snow shoeing in the Park seasons. We have been improving and re-signing the trails for a better traveling experience. Come and visit us. There is also some nice hiking and walking at nearby Chesterfield Gorge State Park.

Matt Donachie

Photos from the Trails

We need photos of members and friends of Pisgah Park enjoying the Park at any time in the year. So many of you have cell phones these days I should be inundated with photos of folks enjoying the Park. With the digital equipment we have these days, it should be easy to send me or John Hudachek a photo or two or three after each trip to the Park. If you don't know how to send them, stop at my house (340 Old Chesterfield Rd) a mile south of the Visitor Center and maybe we can work it out. Try me! I will see that as many photos as possible are presented for our reader's enjoyment.

My email is mattd1932@myfairpoint.net.

Annual Meeting - November 15th, 2016

Council Members In Attendance: Laura Sussmann, Jack Kondos, Matt Edson, Jim Schofield, Kim Nilsen, John Herrick, Beth Phippard, Matt Donachie, Abrahm Howe, John Hudachek, John Summers, Jon Knickerbocker

President Matt Edson called the meeting to order at 7:03 pm. Jon Knickerbocker moved to accept the minutes of our previous meeting as written, the motion was seconded, and the motion was approved unanimously. Matt began the meeting by indicating that he feels that the State of New Hampshire has really stepped up this year, and we have been working closely together. Patrick Hummel, DRED - Volunteer Activities Coordinator, has been very helpful to us, as has our new regional rep (Meredith Collins). Through their efforts, Whip now has a brand new ATV for use in the park, and this has been very helpful to Whip and FOP members in doing hard work that he has been doing.

•Patrick nominated FOP for a Spirit of New Hampshire volunteer award. That award was received about a week ago at a very nice award ceremony in Concord.

•A future project is related to an RTP grant that was written by Kim for \$23000 to work on improving parts of the Kilburn trail including culverts, road and trail repairs, etc. Patrick was supportive of our efforts to seek funding, and FOP was approved for those funds, despite the highly competitive nature of the process. Particular thanks go out to Kim Nilsen and Matt Edson for their hard work and excellent writing skills that resulted in us being awarded this grant!

After a couple of years of negotiations, we have finally completed and signed an MOA with the state of New Hampshire (DRED). In Matt's opinion, the MOA provides a good framework to follow for us, and for the state, and it provides some clarity and protections for both parties. Numerous improvements have been made to the park over the last year. For example, the Reservoir Road has been greatly improved with lots of gravel and fill added. This project was funded and completed by the folks from New Hampshire Division of Parks. Chestnut Hill Parking lot is now being rebuilt; FOP members have been installing all new signs and blazes to better mark trails; many bridges have been repaired or replaced, and we have built a viewing platform and overlook at the Heron Rookery.

FOP has also had a successful year financially. We made a fair amount of money from the trail race (although not as much as the previous year). We had some trouble with signage for the race, and one runner gave us a \$50 check for signage in the park. We also received a check for \$500 from Josh Gillingham, race organizer for Pisgah Mountain Trail Race. Many thanks to all who worked on both races!

Business:

Nominations were made for one year terms officers including Matt Edson for president, Kim Nilsen for Vice President, John Hudachek for Treasurer, and Jim Schofield for Secretary. Kim made a motion that we adopt those nominations, and this was seconded. Hearing no other nominations from floor, a vote was taken and the above names were approved unanimously.

Nominations were also made for terms of 3-years for the Council including Matt Donachie, John Knickerbocker, and John Herrick. No other nominations were made from floor, so motion to accept was made and seconded. These individuals were approved unanimously.

Kim explained some proposed changes to the FOP bylaws. One change was added about the Dort Property and one other small property that we now own. Another change in language was related to keeping the safety of the public in mind at all times and in all that we do. Another change was removing the restrictions on term limits for officers. Finally, other statements were added about operating in a low impact manner, and about FOP carrying insurance for liability, and Errors and Omissions insurance for the board. These proposed changes were made into a motion, seconded, and approved unanimously by the group. The revised bylaws were signed by Matt Edson and Jim Schofield, and will now be filed with Attorney General.

In the next part of the meeting, several members of the audience spoke up about the need for us to preserve the wild and beautiful nature of Pisgah State Park. There were questions and concerns brought up about balancing the forest management needs of the state, with the desire to preserve the park's natural beauty, and the public's desire to use the park for recreational activities. The issue of wanting and needing 300-foot buffers was discussed.

The Business portion of meeting was adjourned at 7:41, so that the group could hear presentation of a very interesting and thought-provoking talk and slide show by Vice President Kim Nilsen.

A brief overview of his presentation is below.

12,000 Years Lost in Pisgah State Park (An Unauthorized History).

Kim's presentation essentially traced the biological, anthropologic, and social history of the Pisgah area over thousands of years. He described this as a real history, but different than what we might see in history books. He talked about the Native Americans, the Europeans, and Clovis people who inhabited the area even before the Native Americans.

During this presentation, Kim talked about the presence of a huge ice cap that existed over North America 12,000 years ago, and the subsequent and relatively rapid melting and retreating of that ice cap. This caused massive changes in the flora and fauna that occupied the area. Tundra vegetation and large mammals moved from Canada to this area including caribou and large bears. Subsequently, humans moved in, primarily because of the availability of those large animals (mega fauna) for food. The Clovis people were the first group to move in, bringing innovations such as the very useful Clovis point.

As the things were going well, something sinister came out of the night sky. Earth passed through a very large comet debris field approximately 11900 years ago, and some of the debris struck the planet pretty hard, narrowly missed Pisgah State Park. The impact generated huge amounts of heat, and the North American continent burned. Shrapnel headed south at tremendous speeds. The mega fauna (big animals) were gone instantly, so were the Clovis. This also reversed the ice age. Slowly the forests came back, and smaller creatures indigenous to Mexico came back to our area, as did nomadic humans.

The new residents of the area fished by day, and spear fished by night. Their skills were great, and they were unparalleled hunters. They made nearly everything they needed for their daily living, and traded with other tribes who had things that they needed. Life was good until about 1491, when our European relatives showed up. European diseases spread quickly (diseases associated with domesticated animals) such as small pox, measles, mumps, etc.; within a few hundred years, many Indians died off from those diseases.

Europeans settled the land. If you were lucky enough to get a piece of land from land granters, you were good. However, they had to clear land, plant crops, but the land was exceptionally rugged, and covered with rock. The people who had a beaver bog were blessed because you could drain the bog and then immediately plant that bog. It was the most fertile soil anywhere in the park. After draining the bog and planting, your next task was to build a cabin using the logs that you had cut. Prior to that, they were just in lean-tos. Clearing of land in Pisgah went on and on and on. Lots of wood was needed for burning, building and making Potash that could be sold for cash. Potash was used for a variety of things. For example, it was mixed with lye to make soap, and potassium fertilizer. They worked devilishly hard all day every day, every single day. They also built stills to make and sell liquor.

Every homestead also had to have plenty of potable water. Cooking was very difficult, and keeping fire going for heat in long cold winters was very hard work. Their winters in 18th century were about 2 degrees colder than what we have now. The year 1816 was a famously brutal winter for ice and cold. One in four people in New Hampshire left due to the cold.

Breaking up the soil was needed to be able to plant a cash crop. This was very difficult work here in Pisgah, but it was a matter of life and death, so people worked very hard every day. Trying to grow lots of beans for protein in winter was particularly important. Shucking corn was done day in and day out. They stacked hay up high and arranged it on top so that water would run off. Lots of trapping was done. There were no doctors, but lots of births that were assisted by neighbors. People dug the graves for deceased relatives. Building of gristmills to grind flour and grain became important. Life was hard, and the winters were long. People would gather together for all kinds of reasons just to pass the time.

Jim Schofield

Photos from the Annual Meeting



John Hudachek, Matt Edson, Kim Nilsen and others
Enjoying Refreshments



Bob and Nancy Miller, John Hudachek



Beth Phippard and Laura Susmann at Annual Meeting



Gathering Around the Refreshment Table



Marty and John Summers Checking Refreshments



Tim Butterworth, Patti Hudachek, Jack Kondos, Kim Nilsen



Abe and Sam Howe



Kim Nilsen

All Annual Meeting Photos Courtesy of Matt Donachie

Blazing Pisgah

Over the past few months, FOP volunteers have been slinking around on Pisgah trails, removing old wooden and plastic blazes and hammering up new, white, diamond-shaped blazes to greatly improve the ability of the public to get around in the Park. To date, half a dozen trails have had their blazes upgraded, including the Kilburn Loop Trail, the lengthiest path in the Park, plus the convoluted Chestnut Hill Trail, North Ponds Trail, Lily Pond Trail, the Pisgah Ridge Trail over the long north-south ridgeline, and the South Woods Trail. Over the course of 2017 virtually all the paths will get their blazes upgraded. The new blazes should cut down on the number of folks who get “turned around” in the vast park and need assistance. That should solve any navigation riddles. By the time the entire park is re-blazed there should be 2,000 or more new blazes up and doing the job. Remember, trails have to be blazed in two directions, so the number of blazes per trail mounts up quickly. The new blazes were made possible by funds from the NH Trails Bureau and dollars invested by the Friends of Pisgah.

Kim Nilsen

Update is published occasionally during the year by Friends of Pisgah, Inc.
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First Class Mail

Please use the form below and send to the address shown if you wish to join FOP, renew membership or give one as a gift. The Friends of Pisgah maintain a nominal dues structure with the intent being to encourage as many individuals and families as possible to join. Over half of the student/single/family dues provides for printing and mailing the Update and the Annual Picnic notice, as well as for the fine food at the picnic. Dues are as follows: student - \$10, single - \$15, family - \$20, group (club) - \$30.

Cut here -----

Date: _____	<u>Category</u> (Check applicable boxes)	<u>Willing to Assist On</u> <u>Committee for:</u>
Name(s): _____	<input type="checkbox"/> New	<input type="checkbox"/> Annual Picnic
Address: _____	<input type="checkbox"/> Renewal	<input type="checkbox"/> Educational Programs
_____	<input type="checkbox"/> Gift	<input type="checkbox"/> History/Archaeology
_____	<input type="checkbox"/> Student (\$10.00)	<input type="checkbox"/> Membership
Phone: _____ (Home)	<input type="checkbox"/> Single (\$15.00)	<input type="checkbox"/> Newsletter Articles
Phone: _____ (Work)	<input type="checkbox"/> Family (\$20.00/address)	<input type="checkbox"/> Planning & Strategy
E-mail: _____	<input type="checkbox"/> Group (\$30.00)	<input type="checkbox"/> Fund Raising
	<input type="checkbox"/> Donation \$ _____	<input type="checkbox"/> Public Relations/Park Info
Questions? Call Matt Edson (603-336-7796) or John Hudachek (603-363-8897)	Name/Address of gift giver	<input type="checkbox"/> Rails to Trails Advisory
	_____	<input type="checkbox"/> Trails/Maintenance
Send form and check to:	_____	<input type="checkbox"/> Wantastiquet-Monadnock
Friends of Pisgah, Inc.	_____	<input type="checkbox"/> Greenway
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