

## March 2023 Programming at Fresh Pond Reservation

**Tuesday, March 14<sup>th</sup>**

**11:30am to 12:30pm**

**Intro to Fresh Pond with Ranger Omar**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway

Join our newest Ranger for a lunch time walk around the reservoir to familiarize yourself with all the natural and man-made features that make up Fresh Pond. Includes off trail areas. Come dressed to be outside. For questions or more information contact: [omejia@cambridgeMA.gov](mailto:omejia@cambridgeMA.gov)

**Thursday, March 16<sup>th</sup>**

**6:00pm to 8:00pm**

**Fresh Pond Master Plan Advisory Board Meeting**

Public Open Meeting accessible via Zoom

The Fresh Pond Advisory Board meets quarterly to discuss on-going and future projects and programs at the Reservation. Full agenda and Zoom link can be found on the Water Dept. calendar page:

<https://www.cambridgema.gov/Water/newsandevents/Calendar?start=20230316T000000&view=week&page=1&resultsperpage=15>

**Sunday, March 19<sup>th</sup>**

**11:00am to 12:30pm**

**Mindfulness at Fresh Pond**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway

Join Ranger Tim and guest guide, Stefanie Haug, as we explore Fresh Pond Reservation by slowing down, being attentive to nature with all our senses, and deepening our appreciation for this special slice of our Cambridge neighborhood. Our Mindful Outdoor Experience will include: simple warm-up movements, natural history of the area, guided breathing and centering awareness, mindful walking with sensory activities, and finding our nature meditation/sit spot.

All are welcome to experience our innate connection to nature with calmness, curiosity and care. Come as you are and just be yourself. You will be supported to connect to nature in your own way whether it be exploring the delicateness of plants, strength of trees, movement of animals, or the vastness of the sky. Shinrin Yoku ('forest bathing') and similar practices around the world are reminding us, nurturing our inherent relationship with nature is good for us, body and soul.

What to bring: layered clothing, comfortable shoes, small mat or towel to sit on, water.

Stefanie Haug, LICSW (she/her) guides people on journeys of self-awareness and relationship with nature as a local therapist and certified Mindful Outdoor Guide (Kripalu School of Mindful Outdoor Leadership).

**Sunday, March 19<sup>th</sup>**

**2:00pm to 3:30pm**

**World Water Week: Fresh Pond is a Living Filter**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway

Fresh Pond Reservation is managed by the Cambridge Water Dept. to ensure drinking water quality. Take a walk with our rangers and learn about how every decision on the property is not only informed by its impact on water, but how many natural features are actually feats of environmental engineering with sustainability in mind. There's more to a meadow than you think! For questions or more information contact: [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov)

**Thursday, March 23<sup>rd</sup>**

**4:00pm to 5:30pm**

**National Puppy Day: Fresh Pond Pups**

Drop-in any time at Kingsley Park

Meet and greet the Cambridge Rangers and Animal Control Officers that take care of Cambridge's dog population! Between 4 and 5:30pm there will be a table set up at Kingsley Park with info, dog treats, dog swag, and the ability for Cambridge residents with valid rabies certificates on file to get their 2023 License Tag in person before the 2022 tags for off-leash expire at the end of the month.

**Sunday, March 26<sup>th</sup>**

**3:00pm to 4:30pm**

**A Year Searching for Bugs**

Meets at the Water Treatment Plant (front door), 250 Fresh Pond Parkway

Our nonprofit partner Earthwise Aware (EWA) is starting its fifth year of collection here at Fresh Pond. EWA's growing participatory science community is constantly amazed by the beauty of the arthropod world that reveals itself to those who care to pay attention. The community is as diligent and committed to protecting them as ever.

Join us and enjoy an indoor slideshow recap of last year's survey activities and favorite sightings. Learn how you can join the effort for the 2023 season! More info at <https://www.eventbrite.com/e/a-year-searching-for-bugs-tickets-559011647887>

**Monday, March 27<sup>th</sup>**

**10:15am to 11:15am**

**Fresh Pond Nature Walk (Collins Branch Library)**

Meets at the Collins Branch Library (64 Aberdeen Ave.)

Join us for a relaxing walk of Fresh Pond with Ranger Tim! No two weeks are the same in nature, and Tim will share his insights about what's growing, changing, and blooming in the neighborhood. The walk will meet in the courtyard of the Collins Branch (64 Aberdeen Ave.) and leave together towards the pond at 10:15am. This is a winter weather walk so clothing for cold temperatures (like hats and boots) are suggested. For more information or with any questions, please contact Lucy at

[LFlamm@CambridgeMA.gov](mailto:LFlamm@CambridgeMA.gov)

**Thursday, March 30<sup>th</sup>**

**12:00pm to 1:30pm**

**National Take a Walk in the Park Day: The Signs of Spring**

Meets at the Ranger Station (under the clock tower), 250 Fresh Pond Parkway

To much of the wild world, the vernal equinox marks the start of the new year. Kick away your feelings of winter and walk with Ranger Tim on "National Take a Walk in the Park Day" as we explore about how we can observe the signs of spring with all five senses on our way through the reservation. For questions or more information contact: [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov)

**Monday, April 3<sup>rd</sup>**

**6:00pm to 7:30pm**

**Walter J Sullivan Water Purification Facility Tour**

Meets at the Water Treatment Plant (front door), 250 Fresh Pond Parkway

Come learn how the Cambridge Water Department purifies drinking water for your tap after it's conveyed from nearby Fresh Pond into our facility. You'll have the chance to speak with water treatment staff, see the equipment in action and check out our water quality lab! For more information, contact Ranger Tim at (617) 349-6489 or [tpuopolo@cambridgeMA.gov](mailto:tpuopolo@cambridgeMA.gov). Please call ahead if coming with a large group.

**Save the Date!**

**Fresh Pond Day 2023**

**Saturday, June 10<sup>th</sup> from 11:00am to 3:00pm**

Back after hiatus! Stop by for a day of music, activities, and festivities.