

### JUNE HIKES

DATE	EVENT	DIFFICULTY	LEADER(S)
June 1	Forest Bathing		Kimberly Wooten
June 3	Northern Rail Trail	Bike	
June 6	Canterbury Shaker Village	Saturday	Don & Val
June 10	Cast Iron Boiler Trail	Adventure	Don & Hal
June 17	Nashua Rail Trail	Bike	
June 20	Cedar Swamp Preserve - Manchester	Saturday	Bud & Joyce
June 24	Deepwood Forest - Canterbury	Adventure	Bob and Jane
June 29	Full Moon Hike – Heritage Heights 8:00		Hal Carter

### MAY HIKE RECAPS

#### RockN' Race

The Heritage Heights Team did a wonderful job in support of the Concord Hospital Payson Center for Cancer Care HOPE Resource Center. Forty-seven folks associated with HHH signed up to participate on our team and, although several could not make it to the event, our team made an impressive showing. Twenty of the folks in our group were over 80



old and four were over 90. Our own Don Hayes was the Grand Marshall and rang the bell to start the race. Four members of our Team won VNA

awards: Don Hayes and Malia Till (Male & Female 5K), Catherine Yeager (Female 1 Mile), and Bob Heigis (Age Group 5K). Also impressive is that the team raised \$6,508 to support the Payson Center and ranked third among all the team fundraising results.



Thanks to all who made this event a great success, including the HHH Administration, which provided a bus to take us to the event and made a significant financial contribution.

#### Lady Slipper Hike



After several days of rain, the sky brightened on May 16 and nineteen of us walked a little over 2 miles on the Batchelder Mill trails in search of the elusive Lady Slipper wildflower. It was a simply glorious Spring Day. We blamed the cool weather this Spring for finding only 3 of the flowers, none of which had yet fully blossomed. Still there were many other wildflowers to enjoy, together with good friends and much sunshine.

## Smart's Brook/Campton Conservation Hike

On May 20, 15 of us drove north to Thornton, NH to hike part of the Smart's Brook trail network. It was a hot, sunny day, but much cooler along the brook. This loop trail follows the crystal-clear brook lined by huge boulders then gradually ascends above a very deep ravine. A short climb up hill takes one through the red pine flats. Next, we joined the old Waterville Valley Road, walked a bit along Route 49 and then were back into the forest. There were not many wild

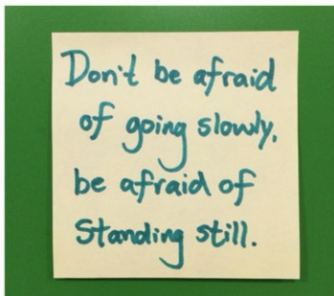
## Ogunquit



On a heavily misting (but not raining because it was a "No Rain Wednesday") day, a full bus of HHH residents



traveled to Ogunquit, Maine to see the Atlantic Ocean as we walked the Marginal Way, and to visit the Ogunquit Museum of American Art. Both were magnificent experiences.



flowers yet, and thankfully virtually no black flies. A short drive took us to a restaurant in Campton beside a covered bridge over the Pemigewasset River. After lunch we hiked about an hour in the West Branch Brook Forest, 145 acres, owned by the Campton, NH Conservation Commission. We enjoyed searching the vernal ponds for salamander egg sacks. (On the map, you will see "Peggy's Pool," which is named after our own Peggy Martin in honor of her years of keeping track of the critters in the vernal ponds.)

