

BOW OPEN SPACES - - Get outside and enjoy your open spaces!

## Bow Open Spaces - spring/summer newsletter

Become a Member! | [bowopenspaces.com](http://bowopenspaces.com)



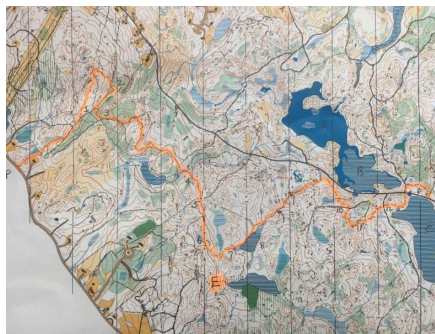
A fine day for a hike!

### Bow Open Spaces Guides OLLI Through the Nottingcook

Twelve participants from the Osher Lifelong Learning Institute (OLLI) walked from South Bow Road over to the Bow Bog end of Woodhill-Hooksett Road (left to right on map) on a perfect spring day, the first in quite a while.

Black flies were only at initial parking. Views from Great Hill were excellent. No one other than Ray Mercier, the OLLI host, had been there before and he only in the past few weeks on scouting work.

There were several comments such as, "I've lived in the area 38 years and I've never been here". Each participant had a Nottingcook forest map with numbers on it to pinpoint their exact location. They also walked a straight bearing thru the woods which provided a different perspective.



Bow Open Spaces board member Bob Lux was the group's guide. (Photos.)

### Volunteers Hit the

## Trails!

### *Many hands make light work*

On Sunday May 20, a group of trail enthusiasts removed slash remaining from recent utility line work on the Single Circuit Trail in the Knox Forest.

Robinson's Crest Trail was tidied up and received routine maintenance to keep it wearing well plus fun and safe to use. The trail also finally has red blazes from end to end.



Trail Helpers

The sign at the Single Circuit/Robertson junction was installed, leaving just one other missing sign in the forest- that sign will go up soon!

## Trails Committee Forming

Bow Open Spaces is starting a Trails Committee.

Projects under way include mapping and blazing the Walker Forest, producing an updated map for Nottingcook Forest, and creating a solution for the long, wet section on the Knox Forest's Robertson Trail.

This activity promises to be fun and extremely worthwhile. If you'd like to find out more, please [contact our Trails Director Hilary Warner, via email.](#)



## Tick Patrol...!

### **Tips to enjoy the woods and avoid ticks**

*by Hilary Warner*

After being treated for Lyme Disease in 2013, I'm pretty careful about protecting myself from ticks when I'm in the garden or the woods. Here are some of the strategies I employ:

- Pants tucked into socks and covered with:
- Permethrin treated gaiters by or, purchased from Eastern Mountain Sports
- Permethrin treated t-shirt from [insectshield.com](http://insectshield.com)
- Permethrin treated "Buff" from [insectshield.com](http://insectshield.com)- a stretchy cowl-like accessory that I wear around my neck
- Sawyer insect repellent (permethrin)- recommended by Concord Monitor hunting columnist Bob Washburn for treating clothes you own. It lasts for 6 washings.
- DEET based insect repellent applied around my hairline
- Check body for ticks every day

The Environmental Working Group gives DEET based insect repellents a more favorable rating than permethrin treated clothes. But I think I'm more likely to use the treated clothing.



Dress Right - to avoid ticks

## We 'Wood' Love to Have Your Deck Salvage!

It's that time of year again. Home decks are being repaired or replaced, and Bow Open Spaces is gathering materials to repair or create bridges for some of the low, wet areas of the forests.

Please keep us in mind as you carefully remove old decking. We love to re-use pressure treated or plastic lumber for trail bridge projects. Drop us an email at [Bowopenspaces@gmail.com](mailto:Bowopenspaces@gmail.com).



## Support Bow Open Spaces!

### *Monthly meetings at Baker Free Library*

All are welcome to join the the monthly meetings of the Bow Open Spaces Board of Directors. We meet on the first Tuesday of the month, September - June at 7:00 p.m. at the Baker Free Library. We would love to hear from you about our open spaces - what you love and what improvements you would suggest. Our next meeting is Tuesday, June 6th - join us!

Membership? Your support of Bow Open Spaces is important! Become an official member of the organization today! Details on [our website](#).

[bowopenspaces@gmail.com](mailto:bowopenspaces@gmail.com) | [bowopenspaces.com](http://bowopenspaces.com)

STAY CONNECTED:



Bow Open Spaces, Inc | c/o Editor | 1 Tally Ho Lane | Bow | NH | 03304