

# ATTLEBORO LAND TRUST NEWS

August 2021

A Monthly Newsletter on Outdoor Adventure, Conservation and History

A publication with Attleboro High School Collaboration

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## July Was a Big Month but More is Coming for August



Ken Salome Stony Brook Camera Club Volunteers  
"School to Career" students to complete the beautification efforts.

July has been a very busy month. Work was conducted on several properties to prepare for events and to make improvements. The work "parties" completed much that was needed, and we also worked with the

We then hosted the Hike Attleboro Grand Opening at the Richardson Preserve on July 17th. See page 5. We also held the Dedication of the Joseph and Margaret O'Donnell Nature Preserve on Bishop Street on July 24th (page 2), and the Land Trust was represented at the Attleboro Farmers Market on July 31st. See page 6.

This month we are continuing to work with the "School to Career" students for another week. The Attleboro Council on Aging will be holding Guided Hikes on Mondays beginning on August 9th. See page 2.

The Attleboro Land Trust will continue to move forward toward making our community a greener and better place for all residents to live.




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 <https://www.youtube.com/channel/UCUAeg-BwaBICy-HuIXd2lrg>


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## Joseph and Margaret O'Donnell Nature Preserve Dedication

On July 24th, the Attleboro Land Trust dedicated and opened the Joseph and Margaret O'Donnell Nature Preserve. Earlier this summer, Terracorps Member Evan Foster led a team of volunteers to complete the trail system in the Nature Preserve and to install an entrance sign. The team overcame both natural and property line obstructions to complete the project. (See [attleborolandtrust.org](http://attleborolandtrust.org))

Dr. Robert B. O'Donnell donated the 14-acre property in memory of his parents in 2015. Dr. O'Donnell attended the event along with several family members and regaled those who attended with stories of his parents and their connection to Attleboro.

Mayor Paul Heroux also attended and spoke about the significance of "Green Space" land to the City. Other speakers included Charlie Adler, Jay Burby, Missy Riley and Evan Foster.

After the speeches, a ribbon-cutting ceremony was held at the entrance of the 0.7-mile trail. Evan and Gary Krofta then led attendees on a walk of the trail pointing out noteworthy features along the way.

We would like to thank Dr. O'Donnell once again for his important donation to the Land Trust. The Joseph and Margaret O'Donnell Nature Preserve becomes the eighth Land Trust property to be added to the Hike Attleboro Network and a key one at that. It gives us the street access necessary to connect to Blanding Woods and other conservation lands we hope will one day



Bill Lewis

connect Bishop Street to our Steere Street properties. This would put us one step closer to the goal of Hike Attleboro's long network of connected trails.

For those who could not attend the dedication, a video of the speeches and ribbon cutting will be available on the Attleboro Land Trust Facebook page shortly for all to enjoy.



Dr. O'Donnell



Mayor Heroux

## Attleboro Council on Aging Guided Hikes

The Attleboro Council on Aging will be sponsoring a series of guided hikes in August on some of the Hike Attleboro trails. Attleboro Land Trust Vice President, Juliet Teixeira, will host the August hikes of Land Trust, Mass Audubon and City of Attleboro properties on Monday mornings beginning on August 9. The hikes are geared toward seniors and designed to be a moderate level (leaning closer to the easy side of moderate) as well as be informative about the properties. Depending on interest, the program will continue into the Fall. The hikes will begin at the properties at 10 am, weather permitting. The scheduled hikes are:

**8/9 – Larson Woodland, 50 Watson Avenue**

**8/16 – Oak Knoll Wildlife Sanctuary – 1417 Park Street**

**8/23 – Richardson Preserve – 577 B Wilmarth Street**

**8/30 – Downtown Historical Loop – Meet at Larson Center, 25 South Main Street**

### Colonial Employment Quiz

In colonial times many jobs were like today but there were others that were different or named differently. Can you guess what the following jobs were? ACCOUCHEUR/ACCOUCHEUS, BASIL WORKER, BEAMSTER, BENDER, BID-STAND, BLEMMERE, BLOOMER, BLUESTOCKING, BONIFACE, BRASIATOR, BRAYER, and BRIDEWELL KEEPER. Answers on page 8.

## NATIVE CORN



It is summer and how often has “Native Corn” on a roadside sign or shopping circular instantly put excitement into meal planning and family gatherings? The image of salt and melting butter on fresh corn creates the setting of eating what we wait nearly an entire year to enjoy. Though true, this story is of another native corn. A native American corn that took a five thousand years-long journey of thousands of miles to reach our tables and become our current dietary staple. This is a shortened history

of how the Ceramic-Woodland people of the Algonquin nation created the agricultural experience with corn in New England for themselves and leading up to those of the First Encounter.

Corn or maize in the Americas started with the use of a simple grass with small kernels on the top roughly five millennia ago in Central America. It would not have become the bigger story if it had stayed in this grass form. As it was utilized and moved further northward, anthropologists believe that observed selections were responsible for improvements to the kernel size and number per ear. This natural selection of the best crops characteristics was true of many horticultural plants that the indigenous people grew and consumed. As planting moved into better soils and ample moisture, the crop became more consistent in their diet. When dried, this crop could be stored for use in the winter season. By the time corn was introduced into New England about 200 AD, the original 3-5 inch ears had tripled in size to 9-10 inches with a bright array of 25 or so large colorful kernels. It continued to improve through time and selection to become the “Indian Corn” we see today.



The spread of corn was more than just a food source. For some indigenous people, it became a symbol of their existence. It was power, a sign of authority and had an importance that would equal any of their jewels or precious metals. It propelled the empires of the Olmec, the Maya and the Inca that lived and dominated the south and central parts of the Americas through their cultural development and vast trading network. The celebration of what corn provided created major religious deities, Corn Maidens, corn festivals and worshipful dances, rain dances to ensure the success of the crops and then the celebration of the harvest. More than just food, corn was a respected part of the culture. They concealed cavernous granaries that held the wealth of their people guarded against attack by occupied fortresses.

As the movement of corn steadily extended throughout North America the most successful group was the Hopewell Nation that lived in the Ohio and eastern Mississippi valleys. Their exact origins are still a bit of a mystery as they had traditions and methods within their society not seen before. They were the mound builders that created and occupied large agricultural settlements that dominated trade, cultural and religious activities in the region. Prosperity and population density created friction with many of the original smaller tribes due to territory and religious differences. Disputes and conflicts arose with a small less robust tribe called the Adena that were expelled and moved eastward over the mountains to begin a new life with the most friendly Woodland tribes established there.

Not an enemy, they brought several different crafts and methods to the eastern indigenous people in the form of new arrowhead configurations, ceramic pots, (continued page 9)

## A Big Thank You to the Attleboro Land Trust! By: Evan Foster

As my service term comes to a close, I have found myself reflecting on the work that I completed during that time. Along the way, I was able to create social media content, install a bike rack, assist with the opening of the O'Donnell Preserve, develop trail maps for Attleboro Land Trust (ALT) properties and, most importantly, connect and engage with the many volunteers that make the ALT so special. I learned so much from the amazing people that took the time out of their days to clear a trail, pull invasive plants, or weed a garden bed. It was in those moments and small conversations where I learned about what makes Attleboro so special. The commitment and desire to improve your community were so evident with every volunteer that I interacted with. I saw this through the different events including Hike Attleboro Day where so many volunteers spent many hours preparing for the special day. This commitment is truly unique to this organization and do not forget that! I see the future of the ALT as bright and hopeful as the volunteer pool grows along with its passion and diversity.

Finally, I want to reflect on the importance of protecting forests and wetlands from further development. Every ALT volunteer understands that at the heart of this work lies the common appreciation for the natural environment. We do this work because we care about the earth, and now more than ever, we need to continue advancing that work!



Another challenge for you: invite a family member or friend who has not volunteered with the ALT before to a work party or a volunteer event. When we see and hear different perspectives, we learn and grow as an organization. Now is the time for fresh ideas, new perspectives and bold action. This work can and does start with you! And finally, this experience has left me feeling extremely hopeful and excited about the future for all of us. Although it can feel as if things are dark and gloomy, we must remember the hopeful parts! Reflect on the times you have spent with the other ALT volunteers. In that reflection, the skies will clear, and bright rays of sunlight will shine down on all of us! Once again, thank you all for an incredible 7 months and keep up the great work!



## Hike Attleboro Day: Scoops of Community Interaction with a Hike on Top

By: Jason Burby

The Attleboro Land Trust hosted Hike Attleboro Day at the Richardson Preserve on July 17th in cooperation with Mass Audubon and the City of Attleboro. The event was held to celebrate the successful kickoff of the Hike Attleboro initiative earlier in the year when signs were erected throughout the city directing residents to hiking trails within Attleboro. Hike Attleboro exists to raise awareness of the City's available green spaces and trails, strengthen community partnerships, and work towards an eventual goal of connecting trails into a citywide network for the enjoyment of area hikers.

Those who attended were greeted by representatives from several city organizations who had set up information tables highlighting the individual focus of each of the groups while providing a bit of entertainment on the side. Collectively it was evident we share many of the same goals including the preservation and protection of the land, its inhabitants, and the history ingrained within. We thank those who joined us from the Attleboro Land Trust, Mass Audubon, the Conservation Committee, the Attleboro Historical Commission, Friends of the Ten Mile, and the Garden Club.

The day included remarks by Brian Hatch, Mayor Paul Heroux, State Rep. Jim Hawkins, Nick Wyllie, Lauren Gordon, and Jason Burby. Each highlighting the importance the Attleboro's hiking trails and the open space they sit upon and sharing their excitement for Hike Attleboro.



Bliss Brothers Dairy was on hand to share vouchers for some well-deserved ice cream cones after a Hike Attleboro Day hike.

The primary goal of the day was to promote hiking and get people out on any of the network's trails to explore and enjoy the miles of available trails. Participants enjoyed the trails at Richardson Preserve and posted on social networks about their day's adventure on trails throughout the city. A 'Selfie Scavenger Hunt' runs through August 27th, challenging hikers to visit

all the Hike Attleboro trails and take photos at various landmarks.

Several generous sponsors helped make Hike Attleboro Day possible. Those included Pleasant Printing Company, Seven Arrows Farm, Stanetsky Memorial Chapel, Citiworks Corp., Evergreen Tree & Landscape, Bliss Brothers Dairy, Liston Portables, and the Colonel Blackinton Inn. Thank you for your donations and participation.

We thank everyone who attended or participated in Hike Attleboro Day. It had been some time since we had been able to come together with our members, volunteers and community partners and it was a pleasure to see so many new and familiar faces.

Please visit [HikeAttleboro.org](http://HikeAttleboro.org) for more information on the event and information on the scavenger hunt which is running through August 27th.

*Photos Ken Salome Stony Brook Camera Club Volunteers*



# The Attleboro Land Trust at the Attleboro Farmers Market

The Attleboro Land Trust (ALT) joined over 15 organizations on July 31 to take part in the Attleboro Farmers Market's first Community Alliance Day of the 2021 season. ALT volunteers greeted visitors of all ages at its booth. They distributed trail guides and other materials and spoke about the Land Trust's mission to preserve open space and wildlife while providing residents with recreational opportunities. They also let people know about the ALT's partnership with the City of Attleboro and Mass Audubon in the Hike Attleboro program and the Hike Attleboro Selfie Contest which runs to August 27. See [HikeAttleboro.org](http://HikeAttleboro.org) for details. The Land Trust will be back at the Attleboro Farmers Market on October 16. We hope you will stop by our booth. *Text and photos by Juliet Teixeira*



## Lack of Vitamin B1 in Environment Causing Loss of Wildlife By Bill Lewis

An article in Nature is showing how a decrease in vitamin B1 Thiamine in the environment is causing a loss of wildlife in the Northern Hemisphere, far greater than habitat loss and climate change could account for. From 1950 to 2010 seabirds have decreased in population by 70% and from 1970 to 2012 terrestrial and marine vertebrate species populations have dropped by 50%. All species in the wild are also becoming extinct 1,000 times faster than naturally all across the globe.

Environmental biochemist Lennart Balk of Sweden's Stockholm University says, "Humans are to blame." Dale Honeyfield of the U.S. Geological Survey says, "Humans are somehow involved. Thiamine deficiency is really an indicator that we have an ecosystem that is disrupted."

B1 is necessary for the production of five critical enzymes necessary for the basic metabolic functioning of cells in invertebrates, fish, animals and humans.

Thiamine deficiency is lethal over time but also has sublethal neurological, immunosuppression, reproductive and digestive effects. People get thiamine mostly from enriched rice, breakfast cereals, and enriched bread which many governments have required to be enriched with synthetic thiamine to protect against the deficiency diseases beriberi and Wernicke-Korsakoff syndrome. This compensates for the modern milling and production of grains. But the heat of cooking and the loss of water from cooking decreases the amount of thiamine received.

The loss of phytoplankton and bacteria, which produce thiamine, in our waterways and oceans, plus the increase of microorganisms that use thiamine appear to be a major cause of the loss. This can be caused by the increase in water temperature from climate change. This plus the increase of plant and animal species that produce the enzyme thiaminase, which destroys thiamine for their immune system, decreases predatory and ruminant species intake and storage of thiamine in their systems.

Though the true cause of the decrease is not fully understood by scientists, probable causes include climate change, air and water pollution, overfishing and loss of diversity in species. Man is changing nature with the effect of losing a significant part of nature that keeps us alive.



## Colonial Garden

Rain, Rain, and More Rain. See what it has done. Along with the maize corn and beans, the weeds also go crazy. Luckily, we have been working with the "School to Career" program and have had their help removing the weeds but it is a never-ending problem. Hopefully, the squash and pumpkins will sprout soon and cover the weeds.



June 28

July 22

## Colonial Employment

**ACCOUCHEUR / ACCOUCHEUS:** one who assisted women in childbirth. Midwife.

**BASIL WORKER:** a person who worked tanning sheep and goat skins with bark often for use as book bindings.

**BEAMSTER:** the person who works at the beam in a tannery fleshing or scudding out the hides. It was a very odoriferous trade and tanneries were relegated to the outside of towns. The pollution was often a problem.

**BENDER:** a person who cut leather. You would think this is an easy job, but it takes talent to layout the uneven leather and make a smooth continuous cut with no nicks or uneven spots.

**BID-STAND:** one who bids travelers to "stand and deliver"; a highwayman or robber.

**BLEMMERE:** a plumber. Yes, there were plumbers back then that used fired clay, wood, or lead pipes. Plumber come from the Latin "plumbum" for lead which the Romans used for piping. Some was used all the up to WWII. Lead pipes causes neurological problems particularly in newborns.

**BLOOMER:** a person who produced iron from ore. We talked about this in our very first edition and showed a bloomery.

**BLUESTOCKING:** a female writer.

**BONIFACE:** an innkeeper. Also called a Publican who ran a public house (inn). Sometimes was a tax collector.

**BRASIATOR:** a brewer of ale, ale was produced over lager since lager required cold which was only available in winter. Ale and lager use different yeasts.

**BRAYER:** a person who ground things up in a mortar with a pestle or a maker of pestles.

**BRIDEWELL KEEPER:** the person in charge of a lock-up or jail. Derives from Bridewell Palace in England which became a prison.



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Duncan Walker

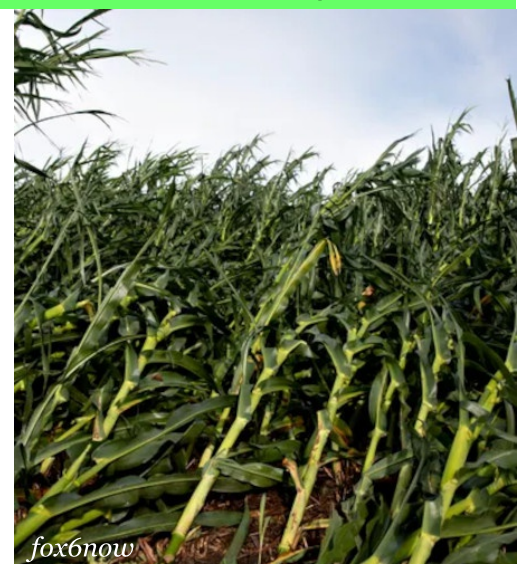


historichampshire

Iron Bloomery

## What's Happening on the Barrows' Farm in 1721

The summer is moving along fast. The Barrows are constantly having to tend to their fields and animals while still maintaining their business of the saw/shingle/coopers mill. The weather was erratic in the summer of 1721 with cooler temperatures and much rain. They would have to be particularly wary of the storms which could damage their sustenance crops like the corn. They probably had some corn blown down as we have had in the Colonial Garden at the Deborah and Roger Richardson Nature Preserve. We learn as they learned through experience. The kitchen garden crops, which grew faster, would have to be preserved for winter or eaten as they became ripe. Food was seasonal back then as they had no supermarket which imported food from all over the world. They ate what was available.



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## NATIVE CORN con't

clay forming methods for vessels and their corn. Many of the woodland people were still functioning in a late archaic living style that was less advanced than the new arrivals. New methods were embraced as they eased many parts of daily life. In the short span of 1500 years, settlement First People, our own Wampanoag, were growing and depending on their corn harvest. Life was not without work but certainly a more secure and plentiful food source was at hand. Along with peace, the Adena people also benefited from the rich wildlife and nearby marine resources that bordered the Algonquin nation.



With corn and the foraging for local plants, the majority of consumed meals by the encampments were 75% plant products along with meat from animals and a range of fish and seafood. Acquiring and preparing materials for meals was an all-day process. The gathering of local fruits and berries, acorns, nuts along with the cultivated produce of dried beans, squash and wild grains or herbs were always part of a daily meal. Everyday life was hard and very different from what we are accustomed to seeing in the movies. Corn traveled far and affected the lives of all that came in contact with it. The widespread use of corn syrup and ethanol is evidence that

this fact is still true today for all of us.

*[For this article, it was necessary to shorten the entire story of corn and the Native People of the Americas. There is a long and proud story of the adaptation and amazing cultural traditions and celebrations that each tribe or cultural cluster enjoyed. I encourage everyone to view the history of the First People and how they have lived on this continent for over thirty thousand years. Corn is just part of their story.]*



### Mahtohkatoopowi - Cracked Corn Soup

*Mahtohkatoopowi (cracked corn soup) which came from an honored Myaamiaki (Miami people) community elder, Mildred Walker.*

#### Ingredients

1 cup corn cracked and dried, 1 lb. pork cubed or ham hock, 1 medium onion diced  
Salt and pepper to taste

#### Method

Prepare corn by soaking it overnight in enough water to cover by an inch or two. Begin to cook in the morning slowly on a stove in a pot or in a crock pot. When the corn is nearly cooked, chop pork into 1/2 inch cubes and fry in pan with the onions. Once the pork is completely cooked through, add to the corn mixture. If using a ham hock, place in the corn mixture with the onion and cook until tender. Finish cooking all together until corn is tender. Add more water as needed. Finish with salt and pepper to taste.



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