



MASSWILDLIFE

Massachusetts Division  
of Fisheries & Wildlife  
Hunter Education  
Program Newsletter

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## MASSACHUSETTS HUNTER EDUCATION PROGRAM NEWSLETTER

# IN THE KNOW

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## THANK YOU VOLUNTEERS

On behalf of MassWildlife and the Hunter Education Program, we wish to express our gratitude to all of our program volunteers. The Massachusetts Hunter Education Program would not be successful without your contribution which has been and still is vital to the interests of sportsmen and women of Massachusetts. Volunteers are critical and valuable players in the very existence of the program. Your willingness to give so freely of your time and service is greatly appreciated and your support of MassWildlife Hunter Education Program's mission allows us to serve thousands of people in the commonwealth each year.

Please know that your support and participation in this program is indispensable and deeply appreciated. Your spirit, energy and commitment make a difference to all our students.

Again, I thank you so much for your willingness to donate your time and talent. We have enclosed a few items in appreciation for your enduring support, and enthusiasm. We look forward to your continued volunteer involvement with the Massachusetts Hunter Education Program.



Our sincere thanks for your hard work to ensure the  
success of the program



# IN THE KNOW

## National Park Service Article

March 2023

**Nature Makes you ...** Here are a few of the health benefits of getting outdoors.

### Smarter

Just 20 minutes in nature improves concentration and reduces the need for ADHD and ADD medications in children. Walking through nature also improves cognitive function and memory. These benefits can greatly improve performance in school.

### Stronger

Exercising in nature leads to greater health benefits than performing the same activity indoors. Individuals are more likely to repeat being physically active when the exercise is performed in a natural environment. Communities that are closer to nature are more likely to have stronger ties with their community members.

### Healthier

A 30-minute visit to a park can improve heart health, circulation and lower cholesterol, blood glucose, and blood pressure. Walking in nature reduces inflammation and boosts your immune system, which decreases the risk of certain diseases and cancers. Interacting with a green space increases social interactions which can prevent diseases like dementia.

Listening to birdsongs and observing animals in nature have shown to promote wellbeing, reduce stress, improve mood, and reduce attention fatigue. Natural aromas from wood and plants have calming effects and viewing nature reduces mental fatigue.

### Happier

5 minutes walking in nature improves mood, self-esteem, and relaxation. Frequent exposure to nature reduces anxiety and depression, while promoting a sense of wellbeing and fulfillment. Physical activity in a green space can reduce stress and lowers cortisol levels by 15%.

### More Productive

Physical activity in a green space can improve cognitive control, short and long-term memory and overall brain function. Children who walk 20 minutes in a park concentrate in school longer and have better participation. The mental and attention restoration achieved from walking in nature can improve performance on tasks in school and at work. Exercising in nature leads to greater health benefits than performing the same activity indoors. **Views of nature** in work or school increase direct attention, wellbeing, and life satisfaction. They also increase working memory and concentration. Living within 1/2 mile of a green space decreases mental distress and anxiety, while boosting heart and metabolic health.



MASSWILDLIFE

1 Rabbit Hill Road | Westborough, MA 01581 | [mass.gov/masswildlife](https://mass.gov/masswildlife)



## WELCOME NEW PROGRAM INSTRUCTORS

The MassWildlife Hunter Education program conducted two more Introductory Workshops for New Instructors at the MassWildlife Field Headquarters in Westborough in March and May 2023.

Participants learn about program information and policies, curriculum requirements and how to use the instructor manual which includes a review of the lesson plan format. Seventeen new instructors joined our program as a result, and they are ready

to help. Please join us in welcoming the following new volunteer instructors:

- **John Billings from Gardner**
- **Raymond Chartier from West Brookfield**
- **Thomas Crosson from Buckland**
- **Andrew Cuniff from Tewksbury**
- **Robert Dougherty from East Wakefield, NH**
- **Andrew Dunne from Chatham**
- **Robert Foss from Uxbridge**
- **Ernest Foster from Scituate**
- **Vincent Fraumeni from Arlington**
- **Jason Link from Sandwich**

- **Paige McMahon from North Kingston, NH**
- **Michael Meyer from North Attleborough**
- **Robert Parron from Holland**



*Pictured Back Row L-R: Jason Link, Robert Parron, Ernie Foster, Mike Meyer, Andrew Cuniff; Front Row L-R: Bill Phipps, Vinnie Fraumeni, Arleen Stevens, Tom Crosson*

- **William Phipps from Holliston**
- **Arleen Stevens from Ware**
- **Brendan Stokes from Newbury**
- **Donald Theriault from Athol**

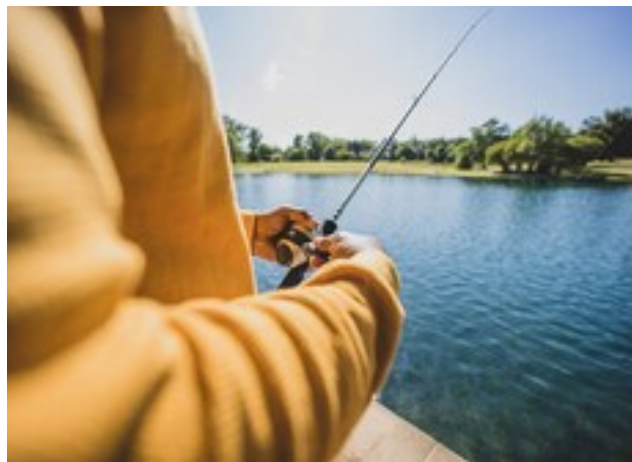
During these workshops we cover all aspects of the program to ensure every new instructor will have the knowledge and skills to be able to join an existing team and participate at a Basic Hunter Education course straightaway. We ask our Team Leaders to please invite new instructors to teach. We appreciate your efforts to recruit new instructor candidates. Please continue to send all interested people to us directly so we may expedite the application process.



*Pictured L-R: John Billings, Andy Dunne, Rob Dougherty, Brendan Stokes, Paige McMahon, Don Theriault, Ray Chartier, Rob Foss*

## IN THE KNOW

### MASSWILDLIFE CALENDAR OF EVENTS



#### JULY 2023

**July 6: Learn to Fish, Gardner** – Join MassWildlife for a free, family friendly fishing class at [Dunn Pond](#) from 2 – 4 p.m. Learn to set up your rod, tie knots, cast, and identify fish. Bring your own fishing equipment or borrow ours. Limited gear and bait will be provided. Pre-registration is encouraged, walk-ins are welcome. Visit <https://massfishhunt.events.licensing.app/em/events/4268>

**July 25: Becoming an Outdoorswoman Learn to Fish Clinic, Natick** – Women ages 15+ who want to learn how to fish on their own are invited to join MassWildlife for a free fishing class. The class is from 5 – 7 p.m. at [Lake Cochituate Middle Pond](#) in Natick. This class includes an online video tutorial. To get the most out of the class, participants are encouraged to watch MassWildlife's online video tutorial prior to attending the class. Come try your hand at this great pastime—you're guaranteed to catch some fun! The in-person class will cover how to use bait, how to set up a line, and how to cast. There will be plenty of time to fish and ask questions. To pre-register visit <https://massfishhunt.events.licensing.app/em/events/4268>

#### AUGUST 2023

#### INSTRUCTORS NEEDED FOR MJCC AUGUST 9, 10, 11 AND 14 2023

The Massachusetts Junior Conservation Camp (MJCC) offers a hands-on curriculum focused on outdoor skills, conservation, and ethics. It is a two week overnight camp designed for girls and boys aged 13–17. It will be held at the Moses Scout Reservation in Russell from August 8–20, 2023.

The MA Hunter Education Program offers Basic Hunter Education annually at the MJCC. The course is integrated into the camp curriculum. The dates for the 2023 Basic Hunter Ed course are Wednesday, August 9<sup>th</sup> through Friday, August 11<sup>th</sup>, and Monday August 14<sup>th</sup>. We will have several small groups of students participating in classes each day and we will have all of the campers on Monday night August 14<sup>th</sup> to take the final exam.

To facilitate this schedule, we will have two classrooms set up on Wednesday August 9 & Thursday August 10; one classroom on Friday August 11; one classroom on Monday August 14; and will use the cafeteria Monday night Aug 14<sup>th</sup> to administer the final exam.

To staff the classrooms, we will need eight instructors on August 9<sup>th</sup> & 10<sup>th</sup> (four instructors per classroom); we will need four instructors on August 11<sup>th</sup> and 14<sup>th</sup>; as well as four instructors Monday night to administer the final exam.

The scout reservation has a nice two-story staff lodge available if you are inclined to stay overnight. It accommodates over 30 people and has indoor plumbing.

Please consider teaching with us at the MJCC this year! To sign up or for more information contact Susan Langlois at 508-389-7824 or by email at [Sue.Langlois@mass.gov](mailto:Sue.Langlois@mass.gov).



The Wildlife and Sport Fish Restoration Program . . .  
*Partnering to fund conservation and connect people with nature.*