

# SANCTUARY

Newsletter of the  
White Memorial  
Conservation Center  
Vol. XXXIV No. 4  
Fall 2016

## Museum Hours:

Monday - Saturday 9:00 A.M. - 5:00 P.M.  
Sunday 12:00 P.M. - 5:00 P.M.

## For Information

Phone: 860-567-0857  
E-Mail: [info@whitememorialcc.org](mailto:info@whitememorialcc.org)  
Website: [www.whitememorialcc.org](http://www.whitememorialcc.org)



Trail Blazers: Dean Werner (left) and Leo Kulinski, Jr. at Beaver Pond Photo credit: Gerri Griswold

## 2017 Changes in How You Will Receive "Sanctuary"

After careful consideration and thoughtful discussion, board members of the White Memorial Conservation Center unanimously voted that issues of the quarterly newsletter, *Sanctuary*, should be distributed to Center members via email beginning with the Winter 2017 issue.

The reasoning behind this change was more conservation than cost, although both factored into the decision.

This change will be phased in during 2017. Members with email addresses we possess will be given the option through 2017 to receive a printed copy through the mail but they must contact us (opt-in) with their request. Beginning with the Winter 2018 issue, an emailed newsletter will be the default for all members with email addresses we have on file.

All new members will have *Sanctuary* emailed to them. If they have no email then a printed copy will continue to be mailed. This also applies to current members.

This fall, Conservation Center staff will be contacting all members for whom we do not hold an email address requesting that they receive future issues of *Sanctuary* via email. All members will be receiving a reminder of these changes and their options in the mail.

By receiving the newsletter via email members can enjoy the publication two to three weeks earlier than they are accustomed to receiving it via "snail mail". Our primary concern is conservation. Eliminating paper is simply the right thing to do.

## Ready for a Challenge? By Dean Werner, Photographs by Leo Kulinski, Jr.

So much in your backyard! 4000 protected Foundation acres in Litchfield and Morris. Sprinkle in many diverse programs, well manicured trails, unlimited wildlife and foliage. What a bonus package waiting just for you at The White Memorial Conservation Center!

My longtime friend and hiking buddy, Leo Kulinski, and I would often challenge each other or initiate a "brilliant" idea. We have hiked all the 4000'ers in NH, numerous trails throughout New England and considered hiking the Long Trail in VT. In the past, the main theme was elevation and suspense. As the years have ticked away, these two qualifications have been seriously compromised. Guess it comes with age, or is it wisdom?

Recently, another challenge somehow presented itself; to hike all the trails in White Memorial. Easy task you say. Well, how many of you have done it and in the winter? Leo has been associated with White Memorial on a volunteer basis for decades. His love for hiking has branched out to photography. What started with whales, over 100 watches, has blossomed to wildlife. He is very gifted and White Memorial is the perfect location for his expertise. Our challenge was initiated after having taken numerous wildlife photos and stomped 10 trail miles. We were determined to cover all the designated trails shown on

the well plotted Litchfield and Morris CT property map while blending in photography, history and the natural senses. We decided to hike mornings once a week. Usually I eat breakfast before any morning activity. But for this event, we experienced delayed gratification; a large meal at Patty's Restaurant after each hike. The coffee would warm us up and the meal surely "hit the spot".

Our expedition started at the museum area. Each day we chose a different zone on the map to hike. Apparently, these zones are unofficially named for a common point of reference. So we tackled the Museum, Wheeler Hill, Duck Pond, Boardwalk, Cranberry Pond, Spruce Hill, Haight Vineyard, Five Ponds and Apple Hill areas. Our elevation appeared to range between 900 and 1100' by looking at the hill height designations. Topography is critical to any hiker and was very comfortable throughout. We covered flat to moderately hilly terrain.

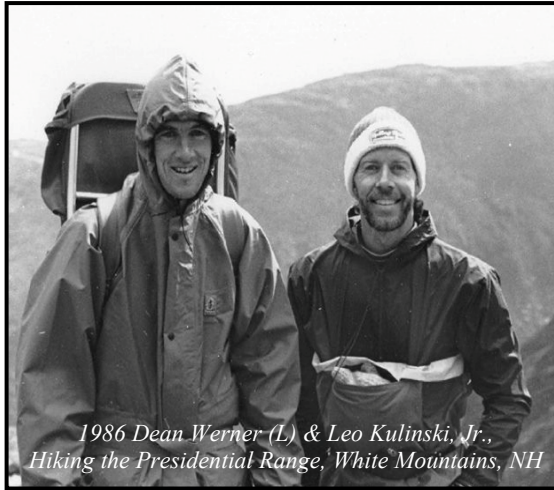
Thank goodness for Horatio Benton who faithfully made exquisite "roads" within the property for horse, carriage and now foot travel. His work is described in *The White Memorial Foundation 1913 - 1938* which was published in 1938. This rare book is written by several people and gives an exceptional cultural and historical background.

(continued on page 2)

(continued from page 1)

A more current literature "The White Memorial Foundation, The First 100 Years" by Keith Cudworth, gives an excellent chapter on the Foundation's fight to keep the property healthy. Current property management is certainly evident. There are very limited invasive plants along the trails; such as barberry, bittersweet, poison ivy, etc. Vegetation such as mountain laurel, reeds, giant oaks, ground cover, hard and soft timbers abound. These two marvelous books answered many of our questions. They are a must to help understand the overall Foundation puzzle.

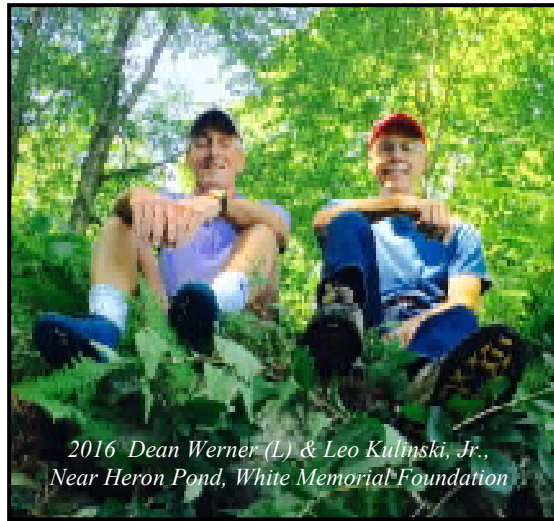
We were fortunate that the winter weather was very cooperative. It could have been a challenge by itself. Temperatures ranged from 15 to 50 degrees depending on the day. Fortunately, snow depths ranged from a trace of snow to about one foot. Determining how to be an efficient walker and overlap trails as little as possible; THAT was difficult. After our fourth day, we were at the "half way" point, but had covered 28 miles. Apparently there are 40 plus miles of trails. This includes those named in the legend as well as ghost (unnamed) trails and trails within the acreage not even on the map. Regardless, they were well maintained, very clean,



1986 Dean Werner (L) & Leo Kulinski, Jr.,  
Hiking the Presidential Range, White Mountains, NH

extra wide and clearly marked. A true bonus for family adventures. Kudos to the maintenance crew for the constant upkeep of the existing 100 plus year old trails.

I must say, my White Memorial trivia knowledge has grown exponentially. Imagine yourself walking over the Chickadee and Sutton bridges. Perhaps consider trodding the Ice House locale (a must) which would farm out 40 tons of ice from Bantam Lake per winter. Maybe you are a "hill bagger". Search out Spruce, Windmill, Wheeler, Apple, Schermerhorn, Barney (not within the Foundation locale), Laurel and the newly named (by me) Kulinski Hills. All 1000'ers of which each has its own personality. Like water? Five Ponds area is much more secluded than Cranberry, Little, Duck or Ongley Ponds. Apple Hill has Cat Swamp which is one of the best kept secrets. When you hike there and take a side trail you will know why. I often wonder how many feet of boardwalk exist on the Memorial property. It lures you into searching farther and farther. Certainly beats walking on a bog board which is likened to a slippery balance beam.



2016 Dean Werner (L) & Leo Kulinski, Jr.,  
Near Heron Pond, White Memorial Foundation

(continued on page 9)



## **2016 ANIMAL FOOD FUND APPEAL**

**THE CONSERVATION CENTER REACHES OUT TO  
YOU FOR HELP IN DEFRAYING THE  
MONUMENTAL COST OF FEEDING THE  
WILD BIRDS AND OUR ANIMAL  
AMBASSADORS THROUGHOUT THE YEAR.**

**THE ANNUAL EXPENSE OF KEEPING OUR  
BIRDS, SNAKES, TURTLES, AND FEEDERS FULL  
IS APPROXIMATELY \$5500.**

**YOUR DONATION, NO MATTER HOW SMALL,  
WOULD BE GREATLY APPRECIATED.**

**Yes! I'd like to help feed wild birds and animal ambassadors at the White Memorial Conservation Center with my gift of:**

( ) \$5      ( ) \$10      ( ) \$20      ( ) \$50      ( ) \$100      ( ) Other \$ \_\_\_\_\_

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

*Please make your check payable to WMCC, 80 Whitehall Road, P.O. Box 368, Litchfield, CT 06759*

*Your donation can also be made on-line or over the phone by credit card! Visit [www.whitememorialcc.org](http://www.whitememorialcc.org) or call us at 860-567-0857!*

# Make a Difference

In her continuing series, Zoë Greenwood helps you find small ways to help the environment.

So, it is time for you to be less trashy. I am not talking about short shorts or low cut tops or see-through mesh, although that certainly is a topic. I am talking about things you throw away!

Fully one third of the food that we purchase is thrown into the landfill. I *know* that none of *you* is doing that, because we already had the conversation about making a compost pile. Leftovers are your friend. My mother thought of endless ways to use leftovers in new dishes, as lunch or in her once a week, "special"- ice box clean out. She would save a dab of veggies or meat and toss it into a container in the freezer for use in fall and winter casseroles and soups. They were never the same twice, but I cannot think of one dinner that was not yummy...well, except for that one incident of salmon loaf, but that is another story and it wasn't even leftover, anyway.

However, in this season of endless zucchini, tomatoes and green beans, it is tempting to do just that, [toss into the compost heap] I know, trust me, I know. So, for those veggies, look up recipes that use a ton of zucchini or green beans or tomatoes. It is the time now to think outside of the saucepan and boiling and do something creative. Many kids don't like cooked veggies, but they like them raw. Consider giving them raw veggies and yogurt or humus for a filling and uber healthy lunch or snack. Consider dropping some off

at the local food bank or car dealership or post office or church (ask first, of course).

Although, as I write this, one day last week was "National Sneak Some Zucchini onto Your Neighbor's Porch Day". I do not recommend that as a way to win friends and influence people. They might reciprocate, or worse, next year. A friend just dropped off the biggest head of cabbage I have ever seen, no really. Another friend and I are going to get together and make stuffed cabbage for the freezer. That way, the cabbage gets used; I get to spend an afternoon with a friend and we both have several meals frozen for days we don't want to cook. Which are more and more with this heat and humidity.

All paper that comes into your home should be recycled. That goes for box board from cereal, tissue and pasta boxes; junk mail and catalogues; old grocery lists, etc. I know I am a bit over- the- top, but when a clerk asks me if I want my receipt, I always say "yes" because I know s/he is only going to throw it away and I am going to take it home and put it in my recycle bag.

Go to [www.DoYourPart.com](http://www.DoYourPart.com) and find out what location near you takes E-waste.

Computers, etc. contain heavy metals that are dangerous for the environment. Sometimes, you can even get money for those things. Extra money never hurt.

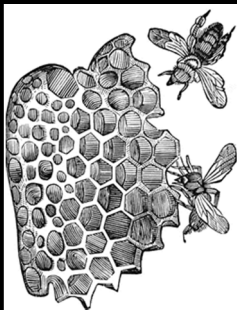
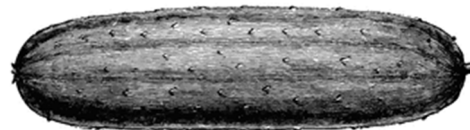
Reuse as many things as you possibly can. I am about to make a hanging light set out of

old canning jars. It will be funky and nearly free. A friend of mine is making row markers out of the lids of cans. She plans on selling them at craft shows. She is also making a tripod out of a bunch of old ski poles. Creative.

Finally, be sure that you are not buying stuff to throw out. Food in individual serving sizes makes a lot more trash than a big bag of chips which you divide into small, reusable containers. Water bottles can be recycled. Summer and fall are good times for picnics. Picnics don't need to rely on paper plates and napkins and plastic silverware. It is almost as easy to get some plastic or non-breakable china plates to use at a picnic. Just give them a quick rinse before you take them home and put them in the dishwasher. Dishcloths or bandannas make nice washable, reusable napkins for picnic time.

Keep the environment and your lifestyle in the forefront of your mind. Always stop and think before you decide what to buy or throw out. There is almost always a way to simply.....

*make a difference.*



**The Conservation Center  
thanks Mark Moorman  
from Sprain Brook Apiary  
in Woodbury, for overseeing our  
honey bee observation hive  
this summer!**

Have YOU signed up  
to receive our weekly email newsletter,  
**THE HABITATTLER?**

Calendar of Events  
Program Reminders  
Top 10 Notable Sightings  
The Tail End Video....And more

Visit: [www.whitememorialcc.org](http://www.whitememorialcc.org) to sign up.



## AFTER-SCHOOL PROGRAMS

### NATURE'S NURSERY

For Ages 3-6 Years  
Second Thursday Every Month  
All Classes 4:00 - 5:00 P.M.  
Members: \$7/session  
or \$25/whole series  
Non-Members: \$12/session  
or \$45/whole series



### AFTER-SCHOOL ADVENTURES

For Grades 1-3: Weds., October 5, 12, 19, 26  
For Grades 4-6: Tues., October 4, 11, 18, 25  
All Classes 3:45 - 5:00 P.M.  
Members: \$8/session  
or \$28/whole series  
Non-members: \$13/session  
or \$48/whole series



### 'TIS THE SEASON FOR CRAFTS !

For Grades K-3:  
Wednesday, December 14  
For Grades 4-6:  
Tuesday, December 13  
3:45 - 5:15 P.M.  
Members: \$10.00  
Non-Members: \$15.00

Advanced registration required. Call 860-567-0857 or visit [www.whitememorialcc.org](http://www.whitememorialcc.org) for more information.

THE WHITE MEMORIAL CONSERVATION CENTER  
PRESENTS THE 35TH ANNUAL

# FAMILY NATURE DAY

SATURDAY, SEPTEMBER 24, 2016, 11AM - 5PM  
ADMISSION \$6.00  
CHILDREN UNDER 12 & CENTER MEMBERS FREE



SKYHUNTERS IN FLIGHT + RIVERSIDE REPTILES  
CREATURE TEACHERS: THE NATURE OF MY BACKYARD  
HORIZON WINGS RAPTOR CENTER  
MUSIC BY: THE ZOLLA BOYS

HORSE DRAWN WAGON RIDES + CRAFTS FOR KIDS  
GUIDED WALKS + DEMONSTRATIONS  
BOOTHs & EXHIBITS + FOOD  
LOCAL ARTISANS + SILENT AUCTION  
THE POCKET LADY + BAKE SALE  
MUSEUM OPEN HOUSE

**WIN A TRIP FOR TWO  
TO ICELAND IN OUR RAFFLE!**



80 WHITEHALL ROAD, LITCHFIELD, CONNECTICUT  
LOCATED OFF ROUTE 202  
BETWEEN LITCHFIELD AND BANTAM

FOR MORE INFORMATION: 860-567-0857 [WWW.WHITEMEMORIALCC.ORG](http://WWW.WHITEMEMORIALCC.ORG)

# Before the Whites - Lake View Inn/Belvedere Tavern/The Hofbrau

By Lee Swift

In the summer of 1914, the directors of Camp Columbia changed the location where they had planned to build a boat-house due to "Foster building a most unattractive structure on the Miles Morris property directly opposite the tract which was purchased 2 years ago. It was decided that it would not be wise to erect the boathouse on the Dowd tract as was intended when it was purchased."

Erlis Foster had purchased 40 acres at the southwest corner of Bantam Lake, now #29 Bantam Lake Road (Rt. 209), the site of Camp Layton Rose.

And so the first Camp Columbia boat-

house was built further east on leased land. Later, it was moved to the site it occupies today on Dowd Passway.

gambling and slot machines located in the store. Four arrests were made.

The name changed again in 1934 to The Hofbrau but apparently this was an unsuccessful venture. The forty acre tract with "buildings, furniture and equipment, and 10 boats connected with the business" were sold to the White Memorial Foundation in November 1935.

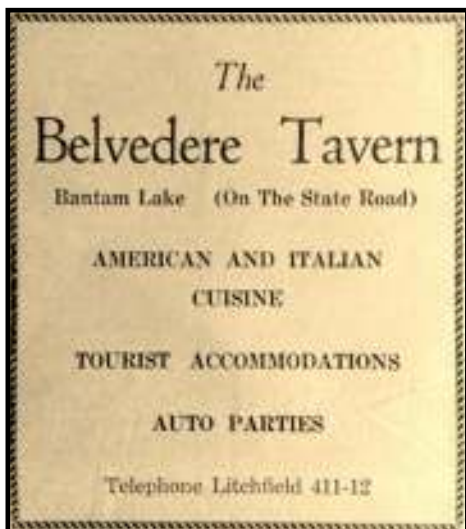
For two years it was unoccupied and "unsightly" before being leased to the Waterbury Lions Club to operate as a day camp. The old inn building was burned down by Morris

volunteer firefighters in 1961.



But back to Erlis Foster. He erected a 3 story hotel, known as Lake View Inn, built a store, and rented out boats. He leased the property to Daniel Zoli and Thomas Furmento in 1923 and sold it to them a year later. Contents of the 7 guest rooms included beds, mattresses, bureaus and wash stands; and the dining facilities had 21 pie plates, 10 soup plates, 40 saucers, 25 meat plates, 5 candy dishes, 4 frying pans, and 1 stove, among other things.

By 1926, the inn was operating under the name of The Belvedere Tavern when the State Police raided and searched it for liquor. A considerable amount of liquor and beer was confiscated along with



from: The Litchfield Enquirer, May 1926.



from: The Litchfield Enquirer, July 2, 1934



# Fall Calendar of Events

For more information on any of our programs, please call us at 860-567-0857 or visit [www.whitememorialcc.org](http://www.whitememorialcc.org)

## SEPTEMBER



**SEPTEMBER 24th**  
**35th ANNUAL**  
**FAMILY NATURE DAY**



*Sky Hunters in Flight*  
*Riverside Reptiles*  
*Creature Teachers*  
*Horizon Wings Raptor Center*  
*Music: The Zolla Boys*



**11:00 A.M. - 5:00 P.M.**  
*See page 4 for details.*

**28-Oct. 4 Museum Kids Free Week \***  
Courtesy of Joan and Jack Benham  
honoring Wesley D. Parcell

## OCTOBER

**1 ROAD TRIP!**  
**Connecticut's Notable Trees**  
**with Gerri Griswold**  
8:00 A.M., Meet at the A. B. Cedar Room.  
Pre-register online or call 860-567-0857.

**4 - 26 After School Nature Adventures**  
**For grades 1 - 6**  
*See page 3 for details.*

**8 Fungus Among Us with Dave Paton**  
*See page 7 for details.*



**9 Digital Photography 101**  
**with Pam Velez**  
*See page 7 for details.*



**10 COLUMBUS DAY**  
**Museum Closed**



**12 - 18 Museum Kids Free Week \***  
In Memory of Tish Samponaro from her  
husband Philip G. Samponaro

*Nature's Nursery Series*  
*October 13, November 10, December 8*  
*See page 3 for details.*

**15 Photography of Leo Kulinski, Jr.**  
Program and Exhibition Opening Reception  
4:00 P.M., A.B. Cedar Room  
Pre-register online or call 860-567-0857.

**21 Star Party**  
Astronomy program with star  
gazing to follow, weather permitting.  
7:00 P.M., A. B. Cedar Room



\* Free admission to Children ages  
12 and under when accompanied by an adult.

**22 THE AMAZING RACE!**  
*How well do you know*  
*our 4,000 acres???*  
*See page 7 for details.*



**29 Super Spooky Halloween Walk**  
**with Gerri Griswold**  
**and Bradley the Wonder Dog**  
Dress yourself and your pooch up in  
Halloween finery! 12:00 P.M., Meet in  
front of the A. B. Cedar Room.



## NOVEMBER

**5 Songbirds in Watercolor**  
**with Kathy Goff**  
*See page 7 for details.*



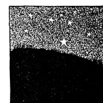
**9 - 15 Museum Kids Free Week\***  
In honor of Louise W. Willson

**11 Wildlife in Winter**  
**Veterans Day Program**  
*See page 9 for details!*

**12 Autumn Forest Medicine**  
**Walk & Meditation with Marlow Shami**  
10:00 A.M., A. B. Cedar Room.



**18 Star Party**  
Astronomy program. Star gazing  
will follow, weather permitting.  
7:00 P.M., A. B. Cedar Room



**19 Tree Identification Walk**  
**with Lukas Hyder**  
10:00 A.M., Meet in the Museum parking lot.

**24 / 25 THANKSGIVING**  
**Museum Closed**



**26 Walking the Cranberry Pond Trail**  
**with Gerri Griswold**  
2:00 P.M. Meet in the Museum.



## DECEMBER

**3 Nevermore: Remembering the**  
**Dodo Bird with Gerri Griswold**  
*See page 7 for details.*



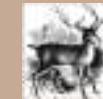
**9 Museum Open House 6:00 P.M. - 8:00 P.M.**  
Stroll through the Museum.  
Sip Mulled Cider.  
Wrap up your holiday shopping.  
Take 10% off all purchases!



**10 Crack o' Dawn Owl Prowl**  
**with Fran Zygmunt**  
**and Gerri Griswold**  
4:00 A.M.  
Meet in the A. B. Cedar Room.



**13 / 14 'Tis the Season for Crafts!**  
**For grades K - 6**  
*See page 3 for details.*



**17 Five Ponds on the Cusp of Winter**  
**with Gerri Griswold**  
10:00 A.M., Meet at the A. B. Cedar Room.

**18 Litchfield Hills Audubon Christmas**  
**Bird Count.** To volunteer, email Ray  
Belding: [hoatzin1@optonline.net](mailto:hoatzin1@optonline.net)

**21-27 Museum Kids Free Week \***  
Courtesy of Tara and Arthur Diedrick  
In honor of Adele and Joseph d'Assern

**24 Christmas Eve Morning Hike**  
**to Apple Hill & Cat Swamp**  
**with Gerri Griswold**  
8:00 A.M., Meet at the A. B. Cedar Room.

**25 / 26 CHRISTMAS**  
**Museum Closed**



**December 27 - 29**  
**Wild & Wacky Winter Days**  
*See page 9 for details.*



**31 Winter Walk Along the Lake Trail &**  
**Butternut Brook Trail with Marlow Shami**  
10:00 A.M., Meet in the A. B. Cedar Room.

## JANUARY

**January 1 / 2, 2017**  
**HAPPY NEW YEAR! Museum Closed**

"We will open the book.  
Its pages are blank.  
We are going to put words  
on them ourselves.  
The book is called Opportunity  
and its first chapter  
is New Year's Day."

~ Edith Lovejoy Pierce



## Adult Nature Study Workshops and Saturday Programs: Fall 2016



**Fungus Among Us with Dave Paton**  
**October 8, 2016, 10:00 A.M., A. B. Ceder Room**  
**Members: \$20.00 Non-Members: \$30.00**

Dave Paton is giddy about mushrooms and wishes to share his enthusiasm with you! Spend a couple of hours in the classroom and forest with Dave learning do's, don'ts, basic identification, and anecdotes surrounding the fungus among us.



**Digital Photography 101 with Pam Velez**  
**October 9, 2016, 2:00 P.M., A. B. Ceder Room**  
**Members: \$15.00 Non-Members: \$20.00**

Talented amateur and gifted instructor, Pam Velez teaches you the basics of manual exposure for digital photography. Included: how to use your camera's settings, composing creatively, and more. Bring your camera, instruction manual, and ideas. Rain or shine!



**THE AMAZING RACE!**  
**October 22, 2016**  
**10:00 A.M., Activity Shed and Trails Throughout the Foundation**  
**Members: \$25.00 Team: \$40.00**  
**Non-Members: \$35.00 Team: \$50.00**

Visit 13 landmarks on our 4,000 acres. Collect a token, take a selfie, and return to the finish line victorious! Individual, family, and team awards!



**Songbirds in Watercolor with Kathy Goff**  
**November 5, 2016, 1:30 P.M., A. B. Ceder Room**  
**Members: \$50.00 Non-Members: \$60.00**

With specimens from our collection, using basic techniques, noted wildlife artist, Kathy Goff will guide you towards creating a beautiful painting of a songbird just in time for holiday giving! Materials are included. For ages 12 and up. All skill levels are welcome!



**Nevermore: Remembering the Dodo Bird with Gerri Griswold**  
**December 3, 2016, 1:00 P.M., A. B. Ceder Room**  
**Members: \$20.00 Non-Members: \$30.00**

**INCLUDES LUNCH: BYOB and your own soup bowl, plate, and utensils!**

The Dodo bird or *Raphus Cucullatus* was a flightless bird native to the island of Mauritius. Its closest relatives are pigeons and doves, even though Dodo birds were much larger in size. Due to human population and aggressive persecution, Dodo birds became extinct in the late 17th century. Learn more about this curious creature and its tragic demise. A lovely soup luncheon will be served during the program.

\_\_\_\_ **Fungus Among Us** .....Member: \$20.00 Non-Member: \$30.00

\_\_\_\_ **Digital Photography with Pam Velez**.....Member: \$15.00 Non-Member: \$20.00

\_\_\_\_ **THE AMAZING RACE**.....Member: \$25.00 Team: \$40.00 Non-Member: \$35.00 Team: \$50.00

\_\_\_\_ **Songbirds in Watercolor**.....Member: \$50.00 Non-Member: \$60.00

\_\_\_\_ **Nevermore: Remembering the Dodo**.....Member: \$20.00 Non-Member: \$30.00

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Please circle one: member non-member

Payment enclosed: Program fee: \$ \_\_\_\_\_ Membership fee: \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Make check payable to White Memorial Conservation Center and mail to:  
 White Memorial, P.O. Box 368, Litchfield CT 06759  
 You can now register online: [www.whitememorialcc.org](http://www.whitememorialcc.org) !

Become a member of the White Memorial Conservation Center and take advantage of the member discount, along with free admission to the Nature Museum, a discount in the Gift Shop, and receipt of the quarterly newsletter and calendar of events. Your tax-deductible fee will help sponsor programs like these. A family membership is \$60.00 per year and individual is \$40.00.

**For more information call 860-567-0857**  
 or visit: [www.whitememorialcc.org](http://www.whitememorialcc.org)



"October is nature's funeral month.  
 Nature glories in death more than in life.  
 The month of departure is more beautiful  
 than the month of coming - October than May.  
 Every green thing loves to die in bright colors."

~Henry Ward Beecher

## Volunteer Spotlight: Lynda W.

Story and photograph by Gerri Griswold

The day Lynda W. walked through the doors of the Conservation Center was tantamount to winning Powerball! Lynda hails from central Connecticut but a road trip to Lime Rock when she was a teenager left her in awe of the northwest corner. "The drive up was so beautiful I knew I wanted to move here." Lynda holds a BS in marketing. Her teenage dream of moving to Litchfield County was realized as an adult when she landed a job as a sales and marketing manager at a rock music camp in the area. She eventually left the position to pursue a master's degree in education. "I was always interested in nature and education." She discovered White Memorial and would hike the grounds and visit the Museum. "I thought, 'This is so well done. Wouldn't it be nice to volunteer or work here?'" She was inspired to call and inquire about opportunities. "I started volunteering in the spring of 2014. I loved everything in the gift shop so much I would buy some-



Guardian Angels: Lynda W. and Bradley the Museum Dog

thing every day for six months! My guest room is decorated with everything from White Memorial."

Lynda came to the rescue in the biggest way this past spring when she took over as our Administrative Assistant / Gift shop Manager when Lois Melaragno was away on medical leave. During our busiest season, Lynda truly showed what she was made of...FAIRY DUST!

In her spare time, Lynda enjoys hiking and takes daytrips around the northwest corner. She is particularly fond of Cornwall Bridge and the daffodils off Wigwam Road. The Salisbury area is another favorite. She draws in pastels to relieve stress and cares for her two shelter cats. Four years ago Lynda became gluten intolerant. She enjoys hunting out gluten free options in Litchfield County.

We are eternally grateful to Lynda for her hard work and the stellar contributions she has made and continues to make at White Memorial.

## Remembering a Friend

Words & photographs by John Dankosky, Journalist, WNPR, National Public Radio

This weekend, I had to deal with the unexpected and traumatic loss of a friend. This friend was not a person I've known my whole life. Not family, a colleague or even a loving animal. This friend is a giant tree who presided over the fields at White Memorial in Litchfield. Since the first time we came to this park in the mid-1990s, its scale and strength drew us toward it.

Jen [John's wife] and I picnicked under this tree dozens of times, in all seasons, sipping wine and lounging under its canopy in the summer and huddling next to its shivering limbs in early spring and late fall.

You've got to expect that things change in this life, and that things - and people - go away. But it's hard to process that something that was there so long before I was wouldn't still be there long after I'd gone.

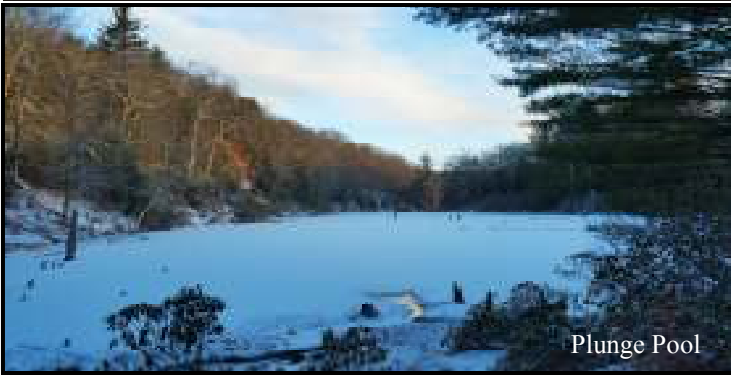
I don't know that trees can rest in peace. So, instead I'll say:

*Thank you for the shade.*

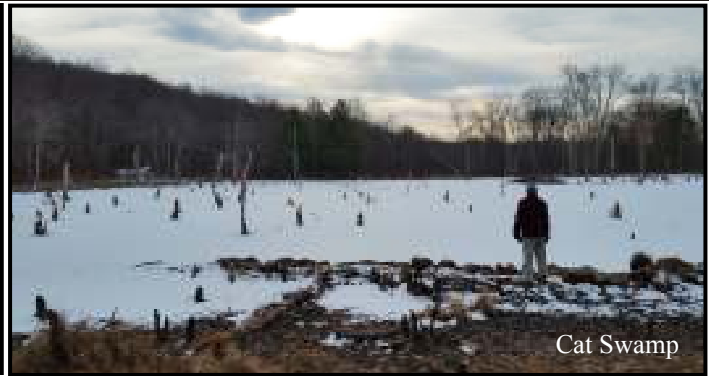
*Editor's Note: The stately Norway Maple had to be removed because although it looked beautiful on the outside, it was rotting on the inside and was considered a hazard.*



## Ready for a Challenge? *Continued from page 2*



Plunge Pool



Cat Swamp

Without the extensive boardwalk system many favorite locations would be limited to distant viewing.

Eventually, after nine mornings, our "quest" was finished. Done! 65 miles in all because of overlapping. A great sense of ac-

complishment. We have either started a new club or probably have joined an unofficial old one. Regardless, the exciting challenge was complete. Our hope for seeing a moose fell short, but the void was filled with deer, eagle, owl, bear, dogs, people, cats and most im-

portantly; serenity. How blessed you are to have the White Memorial Foundation property, as well as 6000 more acres throughout CT, which Alain and May White so graciously gifted to the state. HIKE ON!



Camp Townshend



Apple Hill



Camp Townshend



Cat Swamp

## SCHOOL VACATION PROGRAMS

### **WILDLIFE IN WINTER**

November 11

(Veteran's Day)

Grades 1-3: 9:30am-12:30pm

Grades 4-6: 1:30pm-4:30pm

Members: \$20.00

Non-Members: \$30.00

### **WILD & WACKY WINTER DAYS**

December 27-29

Grades 1-3: 9:30am-12:30pm

Grades 4-6: 1:30pm-4:30pm

Members: \$20/day or \$55/series

Non-Members: \$30/day or \$85/series



# Cyanobacteria in Bantam Lake

By James Fischer, Research Director, White Memorial Conservation Center

Cyanobacteria, a.k.a. blue-green algae, have been making the recent news in Connecticut, as well as throughout the United States. A prime example is Bantam Lake which is experiencing a bloom currently. There are several reasons why harmful algal blooms have been making the news. A bloom impacted the drinking water quality for Toledo, Ohio in 2014, as well as other drinking water sources and popular recreation areas in the U.S. recently. Research correlating the nutrients that run off our landscapes into the watershed serve as the primary food source for cyanobacteria. Law-makers and government policy now refer to these nutrients as pollutants. Therefore, Connecticut Department of Public Health and Dept. of Energy and Environmental Protection are informing people who recreate on lakes and ponds about the potential hazards of harmful algal blooms when they arise. The primary implication of a cyanobacteria bloom is that they can produce toxins that can impact people and domestic animal health, especially when the toxins reach certain levels. *Not every bloom is toxic but recreationists should be cautious in waterbodies that are experiencing a bloom because high concentrations of cyanobacteria, such as in the scums that form on the water surface, indicate the potential for increased concentration of toxins which can impact human and animal health.* A bloom is defined as a period of time when a waterbody contains a high cell count of cyanobacteria, which live throughout the water column. Blooms are often detected by people when the cyanobacteria rises to the water surface and become concentrated in bays, coves, or areas sheltered by the wind. A gentle breeze is all that is necessary to push the cyanobacteria into a cove to collect and concentrate thereby concentrating the toxins they produce. Cloudy days seem to be the best environmental conditions for cyanobacteria to rise to the water surface but it can happen at almost any time. Cyanobacteria have certain pigments in their cells, similar to

plant pigments, which allow them to produce their food by converting solar energy, water, and carbon dioxide into food. They ascend through the water column

The range of health impacts to humans and pets depends on the toxins produced. Each cyanobacteria group can produce specific types of toxins. Some toxins

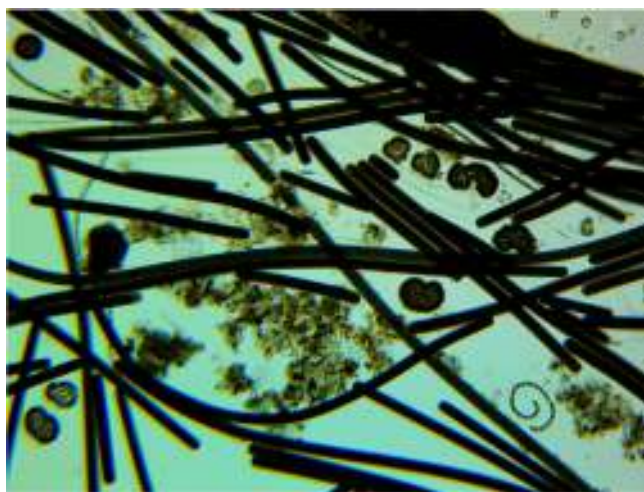
contact with the water impacted by a bloom, then you should rinse off your body and pets with clean water. Discourage your pets from drinking the water or licking their fur, and monitor their activity for changes that warrant visiting a veterinarian. Local health departments monitor and post signs to warn recreationists and when warranted, public beach closures follow. Water quality is monitored weekly after severe blooms have been observed and signage is removed when deemed feasible by public health authorities. Bantam Lake Protective Association is consulted by Northeast Aquatic Research (NEAR) to monitor water quality in Bantam Lake. NEAR's data is reported to CT Department of Public Health and Torrington Area Health District. White Memorial has joined in with the monitoring efforts recently. US Environmental Protection Agency has given us a microscope, digital camera, and field collection equipment to collect water samples and report the cyanobacteria that dominate the blooms. We report our observations at <http://www.inaturalist.org/projects/cyanoscope>

When cyanobacteria populations are at a low to moderate abundance, they are an important part of a lake or pond ecosystem. They are the primary food source for zooplankton, which are food for other animals that live in the water. Cyanobacteria produce oxygen as a byproduct of producing their food. Cyanobacteria have inhabited earth for millions of years and we attribute them with producing the earth's first atmospheric oxygen; previously, the earth's atmosphere was a very toxic place consisting of large components of nitrogen, sulfur, and other harsh elements. Cyanobacteria were some of the first living organisms on this planet and have adapted to many harsh environments. Their toxins are a useful defense mechanism against zooplankton predators.

(Continued on page 11)



*Cyanobacteria bloom producing a scum at Litchfield Town Beach August 1, 2016*



*Lyngbya, Microcystis, Anabaena, and Coelosphaerium (ranked by abundance) dominated the cyanobacteria bloom in Bantam Lake, August 2016.*

towards the surface on cloudy days to gain more solar energy. One way you can help serve as an early bloom detector is to install the "BloomWatch" at [www.cyanos.org](http://www.cyanos.org) onto your smartphone and reporting your observations with a few photos. The data you report is very helpful to local health departments and lake associations.

ir-  
ritate skin or eyes, while others can harm the liver or other vital organs. The standards for monitoring drinking water supplies for cyanobacteria toxins are rigorous and monitored frequently. Water recreationists are advised to avoid having contact with the scum or film on the water surface whenever a bloom is observed. If you or your pets happen to come into



## Cyanobacteria in Bantam Lake

*Continued from page 11*

They can be found living on all of earth's continents and can be found living in every pond or lake in Connecticut. Managing blooms are very difficult once they develop because the treatments are very toxic to many other lifeforms, so they are often not considered feasible for most blooms in large waterbodies due to the economic or ecological costs. For some lakes in Connecticut, nutrients enter the lake from rivers and streams, which means that everyone needs to consider how their environmental decisions impact water quality downstream. We all live in a watershed and the decisions we each make impact water quality. However, NEAR's data suggests that most of Bantam Lake's nutrients are not entering it from the river upstream after monitoring every tributary for almost 20 years. Bantam Lake is especially difficult because it is a shallow lake even though it is Con-

necticut's largest natural lake. The sunlight is able to reach the lake bottom, thereby mobilizing nutrients deposited on the lake bottom sediment. Another contributing factor is that the municipalities and landowners in the Bantam River watershed adequately conserve wetlands, which capture the nutrients before discharging the water downstream. The best management strategies are those that prevent the nutrients from entering the lake or pond in the first place. Vegetated shorelines (greater than 50 feet wide) that transition naturally into the water's edge (littoral zone) absorb or tie up most nutrients adequately and prevent the nutrients from entering the water column. A common lake shore treatment that land owners appear to prefer is creating a wall along the lake shore. This practice only increases the amount of nutrients entering the lake. Retaining storm water from

roads and allowing it to naturally percolate into the ground bypasses the nutrient flows into the lake, as well. There are many additional management options for capturing or diverting nutrient flows into waterbodies. Additional strategies can be found at [http://www.ct.gov/deep/lib/deep/water/lakes/Caring\\_for\\_Our\\_Lakes.pdf](http://www.ct.gov/deep/lib/deep/water/lakes/Caring_for_Our_Lakes.pdf)

Bantam Lake is a complex ecosystem that is impacted by a variety of factors and plays a vital role in our community. The health and functionality of all lakes depend on the decisions everyone contributes throughout the year and throughout the watershed. We all share the responsibility of ensuring that all waterbodies and watercourses are available for safe drinking water and recreational opportunities. Please do your part by learning more and making decisions that conserve one of our most precious resources: *water*.



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Autumn wins you best  
by this... its mute appeal  
to sympathy for its decay.  
Robert Browning



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#### **VACATION PROGRAMS (SEE PAGE 9 FOR DETAILS)**



**WILDLIFE IN WINTER**  
NOVEMBER 11 (VETERAN'S Day)



**WILD AND WACKY WINTER DAYS**  
DECEMBER 27-29

#### **AFTER-SCHOOL PROGRAMS (SEE PAGE 3 FOR DETAILS)**



**AFTER SCHOOL ADVENTURES**  
TUESDAYS AND WEDNESDAYS IN OCTOBER

**NATURE'S NURSERY**  
SECOND THURSDAY EVERY MONTH

**'TIS THE SEASON FOR CRAFTS**  
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