

SANCTUARY

Newsletter of the
White Memorial Conservation Center
Vol. XXXV No. 3
Summer 2017

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
www.whitememorialcc.org



Biho Takashi: "Bat Before Moon", Woodcut 1910

White-nose Syndrome: A Decade of Battling to Save Bats

by Jenny Dickson, Supervising Wildlife Biologist,
Connecticut Department of Energy and Environmental Protection

This year marks the tenth anniversary of the discovery of white-nose syndrome (WNS), a devastating disease that has decimated bat populations in North America. Rarely have we seen a disease that has spread so rapidly and impacted so many species. First documented in 2007, WNS is caused by a cold-loving fungus, *Pseudogymnoascus destructans* or Pd for short. During hibernation, Pd causes a fuzzy white fungal growth on the hairless parts of a bat's body that has cascading health impacts. The fungal growth occurs when a bat's metabolism is slow and its ability to fight diseases and infections is reduced. It causes visible symptoms—fuzzy white noses, dry and flaking skin, and even dramatic loss of wing tissue. Perhaps more significant are the impacts we can't see, alternations in the normal sleep and arousal patterns of a bat, changes in gas and metabolic exchange through their wings, and depletion of stored fat reserves. Pd also opens the door for secondary illnesses such as pneumonia.

The impact on bat populations in Connecticut and the Northeast over the last decade has been dramatic. Many bat populations have declined by over 90 percent and unfortunately, WNS is not just a problem faced by our region any

more. Currently documented in 31 states and 5 Canadian provinces, WNS continues to spread south and west at alarming rates. Washington and Texas represent two of the recent additions to the list of impacted states. More than half of the 47 species of bats that live in the



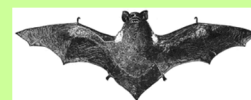
These hibernating little brown bats display unique color bands that help wildlife biologists monitor survival after exposure to WNS. This data will help monitor signs of immune response in affected bats.

Photo credit: DEEP Wildlife Division

US and Canada hibernate and are susceptible to WNS. Eight of those have been confirmed with WNS and seven more have tested positive for the fungus. Here in Connecticut, six of our nine bat species—big brown, little brown, Northern long-eared, Eastern small-footed, Indiana, and tri-colored—have been severely impacted by WNS. Two others, the red bat and the silver-haired bat, have been documented with Pd, but

not with the diagnostic signs of WNS. Many of our bat populations have declined by over 90 percent since 2008, the year we first saw signs of WNS in Connecticut. Of the six species confirmed with WNS, only the big brown bat is not currently listed under the state Endangered Species Act. Although the big brown bat is affected by WNS, its populations have declined less dramatically, around 40 percent, and it remains the most common species we have in Connecticut and the one most likely to be seen gracing the summer night sky.

Why does the loss of a creature associated with horror movies and Halloween really matter? Ecosystem function and service—they play a crucial role in the balance of the natural world around us. Bats are the single largest predators of night flying insects and as a result provide insect control services that have been valued at over \$22.9 billion dollars annually to agriculture. Not only do they control moths such as the corn ear worm moth, they consume vast quantities of insects known to be pests to agriculture and forestry. A single big brown bat can eat nearly nine-thousand insects a year.



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The estimates of the economic value of bats doesn't include secondary impacts—the impact of increased use of pesticides on ecosystems and people, decreased agricultural productivity, and reduced forest health due to insect infestations. When you stop to consider the ripple effects of the loss of bats on people, it is easy to understand why WNS is a conservation crisis.

After a decade, we have made progress. While that progress may be frustratingly slow for wildlife biologists trying to prevent species from becoming extinct or hoping to halt the increasing spread of WNS, in terms of infectious diseases, the progress has been steady. We have identified the cause (Pd), the likely origin (Europe), the routes of fungal transmission (human spread and bat-to-bat), and the clinical signs. We have created rapid assessment tests and have sequenced the DNA of the fungus. Research and tests have been on going to try and find treatments for the bats or for the habitats in which they hibernate. Some of these have shown initial promising results. Studies are also underway to see if new “clean” hibernation areas can be created for bats to use to help reduce fungal exposure and fungal loads.

Here in Connecticut, band return studies are underway to see if after ten years bats are starting to show an immune response to the disease. Acoustic surveys are being conducted statewide to closely monitor the relative abundance and distribution of our bats. Summer maternity colonies are being documented and monitored to gauge productivity. Perhaps most importantly, we are working to raise awareness about the plight of our bats, the devastating impact of WNS, the economic value of bats, and the critical role they play in ecosystem health and function.

You can help us protect these unique mammals. Don't disturb bats during hibernation or

summer maternity colonies when young are being born and raised. If you know the location of a summer maternity colony, let the DEEP Wildlife Division know.



The tri-colored bat is the smallest bat in Connecticut. During hibernation, water droplets bead up on their fur and provide a source of moisture for the sleeping bat. This bat shows the tell-tale sign of WNS. Tricolored bat populations have declined so dramatically in the past decade, they are now listed as endangered in Connecticut.
Photo credit: DEEP Wildlife Division

If you see a bat on the landscape during the winter, let the Wildlife Division know. While the white fuzzy growth characteristic of WNS may not be visible, bats active outside during the winter months when they should be asleep, could be affected by WNS.

If you have to remove or exclude bats that are nuisance roosting, do so safely and avoid doing so during late spring and summer when young bats could be orphaned and die.

Consider installing a bat house. While bats tend to be very particular and very loyal to their favorite roosts, they will use a well-designed and appropriately placed bat house.

Share what you have learned. We only protect what we come to understand and value and bats have suffered falsely from a bad rap. One of our biggest weapons in the fight against WNS is awareness.

While the past decade has held more bad news than good for bats in Connecticut, and North America, we have made great strides. Following the lessons learned from other wildlife crises such as colony collapse disorder in pollinators, chytrid fungus in amphibians and reptiles, and chronic wasting disease in deer, we have made significant advances and avoided duplication of efforts. Partnerships have been formed between state, federal, and tribal agencies, academic institutions, conservation organizations, and disease specialists to address WNS. We now have a North American Bat Monitoring Program (NABat) and a multi-disciplinary group addressing research, management, conservation, and disease management tools and strategies. We have a framework in place that will allow us to continue to make great strides as we enter the next decade. Now, we just have to hope that we have enough time to avoid losing some of these truly amazing animals forever.

To report a maternity colony, bats out during the winter, or to volunteer, contact: deep.batprogram@ct.gov

For more information on bats or WNS visit:

www.whitenosesyndrome.org

http://www.ct.gov/deep/cwp/view.asp?a=2723&q=505716&deepNav_GID=1655

http://www.ct.gov/deep/cwp/view.asp?a=2723&q=325964&deepNav_GID=1655

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WAMOGO REGIONAL HIGH SCHOOL AGRICULTURAL SCIENCES & TECHNOLOGY DEPARTMENT RECIPIENT OF THE 2017 WHITE MEMORIAL FOUNDATION CONSERVATION AWARD

The White Memorial Foundation Conservation Award was established in 1964 to honor an individual or group who has made a significant contribution to the environment. To date, 20 organizations and 28 individuals have received this recognition. Each year the award, a bronze rendering of a beaver, White Memorial's symbol, which was created by the late Peggy Reventlow, is presented at the Foundation's annual dinner. This year we honor the Wamogo Regional High School Agricultural Sciences & Technology Department as the 48th recipient of the award.

Accepting the award for Wamogo was teacher Christopher Brittain. In presenting the award to the Wamogo Agricultural Department, White Memorial's President Arthur Diedrick remarked on how important Wamogo has been to White Memorial.

Over the past 10 years students from Wamogo's agricultural science education program have volunteered at least 10,000 hours at White Memorial. The museum's live-animal exhibits receive care from students every day of the week and students assist White Memorial's research and conservation staff throughout the entire year: where they learn about a variety of natural resources, including how to iden-



WMF President and CEO Arthur Diedrick (L) presents Wamogo Regional High School Agricultural Sciences and Technology Instructor, Chris Brittain with the 2017 White Memorial Foundation Conservation Award.

tify and monitor critical wildlife species, recognize and manage invasive species, and learn how White Memorial's lands provides ecosys-

tem services which sustain clean air, water, and healthy soils for future generations. Currently, the program, which graduates over 50 students annually, is taught by six professionals who impart an agricultural-based curriculum that includes: natural resources, agricultural mechanics, livestock veterinary, food, plant, and animal sciences. Many of Wamogo's students, who have volunteered at White Memorial, have attended college and are pursuing careers as natural resource professionals.

In short, Wamogo's agricultural students are the heart of White Memorial's volunteer corps. Their daily service is the primary reason why White Memorial has built upon and expanded its programming over the past decade.

So, it is with great pleasure that White Memorial presents its 2017 Conservation Award to the Wamogo Regional High School Agricultural Sciences & Technology Department.

For more information about the Wamogo Agricultural Department, be sure to check out the Wamogo web site at <http://wrhs.rsd6.org> and click on Ag Sci & Tech Dept.

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Volunteer Spotlight: Tom Alena Story and Photograph by Gerri Griswold

Tom Alena's storied history with us began in 2007 when Research Director James Fischer approached him about presenting a weather program for adults. Alena was then established as a teacher at *Talcott Mountain Science Center* in Avon. The relationship snow-balled (as it were) from there. Tom has been a force in education at White Memorial. He has authored two cover stories for *Sanctuary* (Winter 2009 and Summer 2011), taught classes on snowflakes, the Bantam Tornado of 1989, the beauty of winter ice, the magnificence of the Aurora Borealis. He has led geology hikes and even played guitar by the fire pit. This summer he will accompany me for the third time as my geologist on a survey of geology around Iceland's Ring Road called "Rock Around the Ring Road" with my tour company, *Krummi Travel*. Tom captivates young and old alike annually at *Family Nature Day* with an amazing bag of weather tricks and experiments.

Alena grew up in near Los Angeles. He attended *California Polytechnic State University* in San Luis Obispo, California earning a degree in electrical engineering. "I never liked it so much." He enrolled in the *University of Nevada* at Reno and received a Masters in Atmospheric Physics. The university was affiliated with the *Desert Research Institute* where he was exposed to atmospheric chemistry, snow making in the Sierra Nevada Mountains,



*Just One of the Kids:
Tom Alena in Iceland teaching
Emma and Ulfur about bubbles.*

and crystal making. He was especially interested in ice crystal growth inside clouds. His

Master's Thesis addressed this topic. "Nevada was so beautiful. Nature came to me pretty early on." After deciding not to pursue a PhD, Alena went to Sacramento to work for a company which developed equipment for the *National Weather Service*. While in Sacramento, a Boy Scout troop leader contacted him to give a science program. Tom's first foray into teaching was a hit. He began pondering a career in education. While reading an issue of the *American Meteorological Society*, he saw a job posting for a meteorologist at *Talcott Mountain Science Center*. At TMCC he branched out into all sciences adding geology to his repertoire. After 22 years at TMCC ("I would say I liked it") he now teaches at *The Farmington Valley Academy Montessori* in Avon. Tom's ability to enthusiastically make complex science palatable to people of all ages is just another of his extraordinary attributes.

He equates White Memorial to a national park. "What a place! I don't have to travel 3,000 miles. It is a place where the protection of nature is formal. The mission of our national parks is exactly that."

Tom Alena is a natural treasure! We are so grateful for the vast contributions he has made to the Conservation Center as a member and as a volunteer. His passion and joy for science is contagious. As a HUGE bonus, Tom is just so much fun!

Summer Calendar of Events

For more information on any of our programs, please call us at 860-567-0857 or visit www.whitememorialcc.org.

JUNE

29 - July 5 **Museum Children Free Week***
In Memory of Louise W. Willson

June 27, July 11, 18, 25, & August 1
Wee Discoverers Summer Nature Programs
See page 6 for details.

JULY

1 **Explore Our New & Improved Interpretive Trail with Gerri Griswold**
10:00 A.M., Meet at the A. B. Cedar Room.



1 **The Landscapes of Ella Knox Art Show Opening Reception**
4:00 P.M. - 6:00 P.M.
A. B. Cedar Room.
Pre-register by calling 860-567-0857 or online:
www.whitememorialcc.org

4 **INDEPENDENCE DAY**
Museum Closed



5, 12, 19, 26 **Yoga in the Garden with Judith Erhman-Shapiro**
Wednesdays in July
8:00 A.M. - 9:00 A.M.
Call 860-309-9489 for more information.

6 - 12 **Museum Children Free Week***
Courtesy of the J. Denis O'Toole
Family honoring Helen Ryan Donnelly

July 6, August 24, September 7
Nature's Nursery Series
See page 6 for details.

8 **Full Buck Moon Walk to Apple Hill and Cat Swamp with Gerri Griswold**
8:00 P. M., Meet at the A. B. Cedar Room.
Bring a flashlight!

10 - 28 **Nature Adventurers Summer Programs**
Weekdays only!
See page 6 for details!



10 - August 11 **Natural History Explorers Summer Programs**
Weekdays only!
See page 6 for details.



14 / 15 **A Celebration of the Bantam River**
See page 5 for details.



22 **Impressionist Summer Garden In Watercolor with Betsy Rogers-Knox**
See page 5 for details!



22 **7th Annual Celebration for the Bats 25th Anniversary Edition!**
7:00 P.M., A. B. Cedar Room
Pre-register: 860-567-0857



28 **Star Party!**
8:00 P.M., A. B. Cedar Room



29 **Film: The Eagle Huntress**
2:00 P.M., A. B. Cedar Room



AUGUST

2, 9, 16, **Yoga in the Garden with Judith Erhman-Shapiro**
Wednesdays in July
8:00 A.M. - 9:00 A.M.
Call 860-309-9489 for more information.

15 **Catlin Woods via the Trail of the Senses with Marlow Shami**
9:00 A.M., Meet at the A. B. Cedar Room.

3 - 9 **Museum Children Free Week***
Courtesy of Joan and Jack Benham
honoring Brianna R. Parcell

12 **A Morning Hike to Little Pond with Marlow Shami**
9:00 A.M., Meet in front of
the A. B. Cedar Room.



19 **Bantam Lake Day!!! Morris Town Beach**

Celebrate Connecticut's largest natural lake in this day-long event sponsored by the Bantam Lake Protective Association!
9:00 A.M. - 5:00 P.M.
Museum Open House!
10:00 A.M. Lake Trail Walk
Meet in front of the A. B. Cedar Room.
Visit: www.bantamlakeect.com
for more information as this wonderful day continues to evolve.



17 - 23 **Museum Children Free Week***
Courtesy of Tara and Arthur Diedrick
honoring Ann and Arthur Diedrick

* Free admission for children ages 12 and under when accompanied by an adult.

25 **Star Party!**
8:00 P.M., A. B. Cedar Room



26 **Exploring Spruce & Schermerhorn Hill with Gerri Griswold**
2:00 P.M., Meet at the A. B. Cedar Room.

SEPTEMBER

3 **An Evening at Little Pond with Gerri Griswold**
6:00 P.M., Meet at the trailhead on Whites Woods Road. Limited to 20 participants.
Pre-register: 860-567-0857



4 **LABOR DAY**
Museum Closed



9 **Radical Raptors with Carrie Szwed**
Family friendly bird of prey program.
10:00 A.M., A. B. Cedar Room

9 **Deep Travel: How to Journey Like Henry David Thoreau with David K. Leff**
See page 5 for details!



11 **Let Freedom Ring: 9/11 Memorial**
Music and falconry atop Apple Hill.
2:00 P.M.
Please call 860-567-0857 to pre-register.

14 - 20 **Museum Children Free Week***
In Memory of Louise W. Willson

16 **Late Summer Walk at Camp Townshend with Gerri Griswold**
11:00 A. M., Meet at the A. B. Cedar Room.

22 **Star Party!**
Star gazing begins at 8:00 P.M. in the Sawmill Field, weather permitting.

September 23, 2017
36th Annual Family Nature Day



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

See back page for information!

28 - Oct. 4 **Museum Children Free Week***
Courtesy of Joan and Jack Benham

30 **Nature as Mentor with Marlow Shami**
10:00 A.M., A. B. Cedar Room



Nature Study Workshops and Saturday Workshops: Summer 2017

You can now register online: www.whitememorialcc.org



A Celebration of the Bantam River
Friday, July 14, 2017, 6:30 P.M.,
A. B. Ceder Room
Saturday, July 15, 2017, 6:30 A.M.
on the Bantam River
and Litchfield Town Beach
Members: \$25.00 Non Members: \$35.00

The festivities begin Friday evening with a presentation of photographs celebrating the beauty of the Bantam River and its surroundings. Nibble hors d'oeuvres, sip wine, and enjoy breathtaking images. Saturday morning meet at the boat launch on Whites Woods Road for an interpretive paddle down the Bantam River with like-minded nature-loving kayak/canoe enthusiasts. Breakfast awaits you at Litchfield Town Beach. This event is rain or shine. In the event of inclement weather the breakfast will be moved to the A. B. Ceder Room.



Impressionist Summer Garden
in Watercolor with Betsy Rogers-Knox
Saturday, July 22, 2017, 1:30 P.M.
A. B. Ceder Room
Members: \$35.00 Non Members: \$45.00

Enjoy a fun afternoon creating a loose, colorful garden impression in watercolor. This workshop is designed for all levels and offers step-by-step instruction and plenty of demos. All materials are included. For ages 15 and up.



Deep Travel: How to Journey Like
Henry David Thoreau with David K.
Leff
DINNER INCLUDED!
BYOB and a place setting!
Saturday, September 9, 2017, 7:00 P.M.
A. B. Ceder Room
Members: \$25.00 Non Members: \$30.00

Join David K. Leff for a Thoreau inspired dinner and a slide illustrated talk that opens a window into the Concord naturalist's way of approaching a trip, or what he would call an "excursion." Learn how Thoreau prepared, why he chose particular means of travel, his technique for close observation of people and nature, and the impact of travel for life on return. Although Thoreau never used the term deep travel, it well describes his expansive and enriching way of experiencing places near and far. You too can travel like Thoreau. Learn how. Mr. Leff's books will be available.

___ **Celebration of the Bantam River**..... Member: \$25.00 Non Member: \$35.00
___ **Impressionist Summer Garden in Watercolor**.....Member: \$35.00 Non Member: \$45.00
___ **Deep Travel with David K. Leff**.....Member: \$25.00 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. WMCC,
P.O. Box 368, Litchfield CT 06759.



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 an individual
membership is \$40.00.

2017 WMF Conservation Award

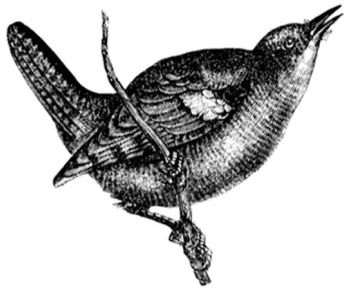
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WAMOGO Agriculture Science and Technology Department staff and students attending White Memorial Foundation's Annual Trustee Dinner and 2017 recipient of White Memorial Foundation's Conservation Award. (Left to right,) Christopher Brittain (teacher), Ireland Kennedy, Amber Andrews, Rachelle Talbot, and Charles Rowland (Department Coordinator)



SUMMER FUN FOR KIDS

Some Classes Still Have Openings! Call 860-567-0857 or visit www.whitememorialcc.org to register online!



Join us on one Thursday per month for an hour-long program designed just for children 3-6 years old. Every session will include a story, an encounter with a live animal, and an activity or craft. Bring your young nature lovers out to White Memorial for a jam-packed hour of hands-on learning. Parents, we ask that you stay for the duration of the program.

Pre-registration and pre-payment are required.

Nature's Nursery Series **Thursdays, July 6 August 24, September 7**

Meet in the A.B. Ceder Room.

4:00pm-5:00pm.

Members: \$7/child per session

Non-Members: \$12/child per session

"Wee Discoverers"

Summer Nature Program

Tuesdays, June 27, July 11, 18, 25, & August 1

9:30am - 11:30am

Nature Museum Children's Corner

Members: \$15/session

Non-members: \$25/session

This weekly series for 4 & 5 year-olds features songs, stories, crafts, games, and outdoor adventures.

What better way to introduce young ones to the wonders of nature!

Sign up by session or for all 5 sessions.

Pre-registration and pre-payment are required.



Kids entering grades 1 & 2 can join us for three weeks of outdoor discovery, games, books, songs, and crafts that help them learn more about the natural world around them.

Pre-registration and pre-payment are required.

"Nature Adventurers"

Summer Program

July 10 - 28 (weekdays only)

Sign up by week or for all 3 weeks!

9:30am - 3:30pm each day (note the longer time frame)

Meet in the Museum parking lot.

Members: \$120/week

Non-members: \$145/week

"Natural History Explorers"

Summer Program

July 10 - August 11 (weekdays only)

9:30am - 3:30pm each day

A.B. Ceder Room

Members: \$140/week

Non-members: \$165/week

Grades 3 & 4: July 10-14 & 17-21

Grades 5 & 6: July 24-28 & July 31-August 4

Grades 7, 8 & 9: August 7-11

Kids entering grades 3 - 9, join us for all-day discovery programs both on and off White Memorial property.

Immerse yourselves in nature! Activities include collecting rocks and minerals, investigating aquatic life, exploring different ecosystems, learning to identify wildlife, climbing mountains, hiking trails, and so much more.

Pre-registration and pre-payment are required.



The Self-Guided Interpretive Trail Gets a Modern Makeover!

Carrie Szwed, Education Director

Back in October of 2014, Bantam Lake cottage owner, Bob Stern, contacted me about an idea to improve the decades-old Self-Guided Interpretive Trail across from the Museum. Bob had recently taken the nearby Ice House Trail and appreciated being able to use the QR codes on the posts to go online and learn more background on that rich historical area. He suggested perhaps the same high-tech treatment be given to the Interpretive Trail to give it some new life. I couldn't have agreed with him more, not to mention many of the "stops" along the Interpretive Trail no longer

displayed the natural features that were intended. Nature changes a great deal in 30 years!

While I had only been on the job a handful of months, I had already recognized that the Interpretive Trail needed some serious updating, so now with Bob willing to lend a hand, we figured what better time to revamp and modernize this well-worn trail.

So, we embarked on a 2½ year journey (I had some other tasks on my plate as well J) to re-route the trail to make it more easily accessible, identify 14 focus-worthy stops, and design a brand new Interpretive Trail booklet includ-

ing an updated map. As of May 2017, the new Self-Guided Interpretive Trail is ready! Due to a very generous ongoing donation by The Maurice and Lucile Pollak Foundation, headed by Bob, the printed brochures to accompany the numbered stops along the trail are available free of charge in the Museum. Of course, we also gave the trail that modern touch by making the text from the brochure available online via our website, which can be accessed by visiting www.whitememorialcc.org/itrail or by scanning the QR codes on the brand new posts next to each stop. (Continued on page 7)

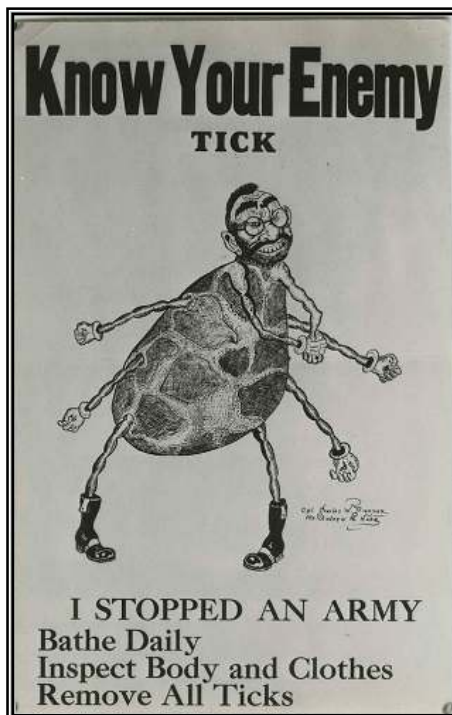
Make a Difference

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

Man, are the ticks bad this year! Maybe it is just in the woods and yard around our home and where we frequently walk, but they are BAD! I've talked to other people in my circle, and they are finding the same thing. Walking with dogs which once came back with one or two ticks, now have seven or eight or ten! Instead of finding one or two on ourselves when we are outside, it is not uncommon to find three or four. A simple walk to the compost pile and you need to check for ticks. Yikes!

A tick bite can result in many illnesses, of which I can truly attest, having nearly died from one. Tick bites can give you anaplasmosis, babesiosis, Borrelia miyamotoi, ehrlichiosis; among others. If you feel like you've been run over by a truck and have a fever...scurry to your doctor for a diagnosis.

So...what can we do? Well, it turns out that some of what makes living in the country in a rural area so special, can actually help! All kinds of birds eat ticks...from guinea hens to chickens to wild birds. Be sure to keep your bird feeders well away from your house, though, to help discourage mice and squirrels, which are known to carry ticks. Just don't forget to stop feeding as soon as possible in the spring. And, it turns out



that opossums are lovers of ticks! Because they self-groom, like cats, they eat ticks and a LOT of them. I'm not sure I want to invite opossums to the yard, but they are certainly welcome if they come.

Brush piles; damp plant litter; high grass; low light; organic debris and weeds are all contributing factors in tick

habitats. There are a number of plants which are also thought to repel ticks, as well: American beautyberry; eucalyptus; garlic; lavender; pennyroyal; pyrethrum (which is a type of chrysanthemum) and sage. Be sure to check your growing zone, however, to make sure these plants will grow in your yard.

If you want to help by eating certain things, it is thought that a diet high in garlic and onions will help. Some people swear by B1 (thiamin) which is found in asparagus; eggplant; flax seeds; green peas; leafy green veggies like kale, spinach, and Romaine lettuce. sunflower seeds; tomatoes and tuna. Good thing it is almost garden time! Some people swear by dryer sheets tucked into their belts or boot tops. I just read that diatomaceous earth also helps. The added bonus of using that, is that slugs don't like it either. Just be careful not to inhale the dust if you have respiratory problems.

There is not a quick fix for this problem. Like a lot of life's other challenges, it is a many faceted situation. Eating well, clearing brush, growing plants, hosting birds and daily self-checking can all help *make a difference* in your life and the lives of your loved ones.

New Interpretive Trail

cont'd from page 3

So, whether you have the brochure in hand or a mobile device with internet access, you can learn all about the stops that caught our eye and we hope catch yours too! Because this Interpretive Trail now literally begins directly across from the Museum entrance and loops back around to the same spot

to end, it is the perfect trail for school groups, casual hikers, dog walkers, or visitors who may not be familiar with our 4,000 acre property, but want a taste of what it has to offer. The trail is about ½ mile long. While relatively flat, it does include boardwalks, heavily rooted areas, and a slight incline at the end, so the difficulty measures in as "easy to moderate." The trail can easily be completed in 45 minutes - 1 hour, including the time it takes to

read up on each stop. It takes you through the woods, along a marsh, and out to the Bantam River, all in one fell swoop. We sure hope you enjoy traversing this trail and learning from the 14 informative stops that encompass the theme: "White Memorial's cultural and natural history are written in the landscape."



White Memorial Conservation Center, Inc.

53rd Annual Meeting Minutes

May 5, 2017



The 53rd Annual Meeting of the White Memorial Conservation Center, Inc. was called to order by President Diedrick at 3:32 pm., on May 5, 2017 at the White Memorial Foundation office.

The minutes of the May 6, 2016 Annual Meeting were approved upon motion of Mr. Schoelzel and second by Mr. Morosani.

Mr. Plunkett presented the report for the Nominating Committee. For member of the Board of Directors for a term of three years: Mary Skilton. For members of the Education and Activi-

ties Committee for terms of three years: Debbie Goebel, Katka Hannelova, Erin Johannesen, and Lisa Roberge. Upon motion of Ms. Pollock and second by Mr. Youngling the Secretary was authorized to cast one ballot for the slate as presented.

Center staff Gerri Griswold, Marlow Shami, Carrie Szwed, and James Fischer reported on accomplishments for 2016 and plans for 2017.

As there was no further business, upon motion of Ms. Pollock and second by Mr. Youngling, the meeting was adjourned at 4:20 pm.

36TH ANNUAL FAMILY NATURE DAY

SATURDAY, SEPTEMBER 23, 2017

11:00 A.M. - 5:00 P.M.

ADMISSION: \$6.00

CENTER MEMBERS AND CHILDREN UNDER 12 FREE



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