

SANCTUARY

Newsletter of the
White Memorial Conservation Center
Vol. XXXVI No. 3
Summer 2018

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



Planted in Nature: Andrew Dobos, The Forest Wolf

Connecting to Wild Plants

By Andrew Dobos, Artist, Educator & Nature Skills Mentor <https://theforestwolf.com/>

My grandfather introduced me to the first edible wild plant I learned. He had grown up on a farm and knew all the trees and many of the plants in our area. We were in the woods cutting brush or something glamorous like that and he stopped to show me this little thick-leaved thing growing under the chestnut oaks on the rocky top of a ridge. The plant was only a couple inches tall and had a few dark green leaves that were very tough for such an unassuming creature. Hidden by the leaves was a red berry with a star shaped impression making it look like a very plump flower. It tasted like good toothpaste, only better, and I fell in love. I still go to this place today to pick the berries to eat and the leaves to make tea.

This experience gave me two great gifts; one was that the woods was not just a place for work even for my grumpy old grandfather and two, I had a tiny new friend.

How to bring wild plants into your life

Most of us move past many dozen species of wild plants that we can eat, use for medicine or make into useful items every day. I would like to offer a few ways to bring local wild plants into one's life to both avoid adding to the environmental toll of industrial agriculture and to add a feeling of connection to the life right at our feet.

Food

The most obvious and popular way to interact with a plant beyond observation and study is to eat it. Only the edible ones please.

There is a long list of edible wild plants, I will cover a few accessible and

easy-to-identify species. Before I do some warnings; when identifying a plant use at least three resources to confirm you have both the correct species and the edibility of the plant part you plan to eat. There is incorrect information in even the most renowned books and websites; don't trust just one source, including this article. Two print resources and an in person lesson from someone who eats the plant regularly is the best advice I can give.

A good beginner plant to taste test is



Common Wood Sorrel (*Oxalis montana*)

Common Wood Sorrel (*Oxalis montana* or *acetosella*). Its leaves resemble the shamrock shape with three leaflets shaped like hearts connected at their points; it is rather tiny with a short lived yellow or white flower (*montana* has purple lines in it) and grows in lawns and similar places. One can find it in any good wildflower guide. It has a sharp lemony taste so my young students refer to it as lemon grass.

Wood sorrel is fun to eat on its own and to put in salads. It does have oxalic acid in it so those with issues with such

should avoid it. Remember don't just take my word for this stuff, do the research.

My daughter and I have spent many, many hours marveling at the colorful insects that can be found on milkweeds and playing with the seeds on their little parachutes. I once found a mouse nest made almost entirely from the seed down; it must have been the coziest mouse house in the neighborhood.



Common Milkweed (*Asclepias syriaca*)

Common Milkweed (*Asclepias syriaca*) is another old friend of mine and will come up again later with the utilitarian uses. There are three parts of the milkweed one can eat. Some resources will state that it must be boiled in three changes of water to be palatable and safe.

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This is not the case (Look it up! Sam Thayer's book *Foragers Harvest* is a good place to look for the latest understanding on the subject), and I have eaten all the edible parts raw many times with no ill effects. That said it is best to cook this plant.

The new shoots, flower buds and new seedpods one inch long or less are all edible once cooked. I especially like the flower buds on their tassels with tomato sauce as the tassels hold the sauce like pasta does. The shoots can be difficult to distinguish from dogbane so use a good resource and take your time.

Milkweed gets its name from its milky latex sap. I do not know if this latex is similar enough to the rubber latex that many people have an allergy to so be cautious and do some research if that is a factor.

I once made a deal with some stinging nettle plants. I wanted to harvest some very tall nettles to use their fibers to make cordage (string). These were particularly magnificent plants and to acknowledge my recognition of taking their lives I did not wear gloves while picking them and though I was careful, would take any stings I received as the price I paid for killing them.

I was stung quite a bit, in fact my hands were tingly for a couple days.

I would not recommend this as everyone reacts differently and it is possible to acquire a systemic reaction to the sting of nettles, so do not do what I did. Find another way to balance the debt if so inclined.

Stinging Nettle (*Urtica dioica*) is an intense plant. The stinging hairs are actually tiny hollow pointed tubes made of



Stinging Nettle (*Urtica dioica*)

calcium carbonate and silica that breaks off in the skin and "injects" irritating chemicals including histamine. That's what makes it "sting". This is a temporary irritation; it usually lasts minutes to an hour though, as I said above, a great deal of exposure can create much longer effects and even serious ones. Don't be scared off, a couple stings is not a big issue and one can always wear gloves.

Heat and drying take care of the stinging parts so cooking of any kind will render it harmless. In fact stinging nettle and its relative wood nettle are delicious, full of minerals not easily found elsewhere and have a pleasant heartiness. I use it for tea and in soup though my favorite way to prepare nettles is to wilt them over a fire and eat straight from the stalk.

Utilitarian uses

As a maker of things I greatly appreciate the materials one can get from wild plants. I often use fibers to make cordage for binding or weaving. Many local wild plants have great fibers for this purpose. Stinging Nettle, several of the milkweeds and dogbanes all have great fibers, nettle and dogbane among the strongest.

These fibers exist just below the outer "bark" of the stem of these plants and are easiest to access when the stem is dried and the woody part broken away below the fibers. There are many videos on the internet on this subject. The fibers are then twisted into cord or used in some other way. I have made many carrying straps and binding for projects in this way.

Another plant material I use for crafts are dyes, particularly the husk of Black Walnuts (*Juglans nigra*). When walnuts fall from the tree they are covered in a green husk that smells vaguely citrus. It contains a strong dye that does not require a mordant to fix the color. I have used it on fabric, wood, leather and as ink. It is a lovely deep brown. Separate the husk from shell, add to a volume of water and boil it down. I don't have a fixed recipe, I just go by eye depending on how dark I want the results to be. It will dye your hands during this process so think about wearing gloves.

Medicine

Plant medicine is a vast area of study and I do not claim to be any kind of herbalist or expert in this area. That said there are some simple and reasonable safe places to start. I only have space for one example here so I will make it a very accessible one.

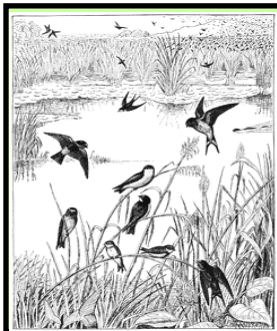


Broadleaf Plantain (*Plantago major*)

In almost any lawn can be found the very humble plantain. Not to be confused with the banana-like fruit, Broadleaf Plantain (*Plantago major*) was brought to this continent by European settlers as a food crop; the young leaves can be eaten. It was called white man's foot prints by the Native people of the East Coast, reportedly because it was found in the disturbed areas of the ecosystem around early colonial villages.

I use Plantain as a treatment for stings and small cuts by chewing it up to release the good stuff inside the cells and applying it to the wound. The younger kids I work with sometimes call it the bandaaid plant for this reason and it takes the edge off boo-boos enough to dry up the tears.

It is difficult to describe the feeling of having a relationship with these plants. I hope this article can help others to find connection to the green neighbors we all share.



Thank You Corporate Members!

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Litchfield Hills Audubon Society * O&G Industries * Union Savings Bank
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PETER LITWIN RECIPIENT OF THE 2018 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 29 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 Peter Litwin as the 49th recipient of the award.

In presenting the award to Peter Litwin, White Memorial's President Arthur Diedrick remarked on Peter's dedication to conservation. Peter has had a lifelong interest in farming and conservation, which after a career as an attorney, was furthered when he joined the Litchfield Land Trust board over a decade ago. His background in estate planning has been an asset to the land trust and his work has resulted in several



WMF President and CEO Arthur Diedrick (L) presents Peter Litwin with the 2018 White Memorial Foundation Conservation Award.

new acquisitions. He also served several years as the Litchfield Land Trust President.

His advocacy has extended beyond his work with the land trust to how he has managed his family's land, which has been sustainably and prudently managed by the Litwin family since 1928. The Litwin family have practiced what they preach and now 265 acres of the family's farm is permanently protected under a conservation easement.

The protection of these lands, and his work on conservation issues is the reason why he is being honored as well as why he previously received the Litchfield Hills Greenprint award in 2013 and the 2017 Club Conservation Committee Award from the Litchfield Garden Club, in recognition of his dedication to conservation.

So, it is with great pleasure that White Memorial presents its 2018 Conservation Award to Peter Litwin.

Volunteer Spotlight: Richard Heys Story by Gerri Griswold Photo by Marlow Shami

Litchfield's Richard Heys is an Ohio transplant by way of Indiana (DuPaul University), California (Stanford University), Korea (drafted 1969-1971... "It was very boring. There wasn't much freedom. It was M.A.S.H. without the war."), New Haven (Post Doctorate at Yale) and Missouri (first job after finishing his Post Doc). Heys carved himself a career as a chemist. He met his wife Anna while studying at Stanford.

Most of Richard's career was spent in the Philadelphia area. The Heys' lived in the suburbs. As he approached retirement, the area he called home was becoming more congested with traffic jams and strip malls. Anna's family was from New England and after some research, it was determined that they would settle in Litchfield. They moved here in 2005 and immediately found White Memorial. "We considered it a gem...so many trails...this is great! It is just such a precious place. We gravitated towards the trails and attended events."

Richard became involved in wildlife tracking and vernal pool surveys for Research Director James Fischer.

Heys took an interest in woodworking around 1990; when attending an estate auction, he picked up some of the contents of a woodworking shop that was being dismantled. One of the pieces was a lathe. It began as a



Our favorite bodger, Richard Heys, keeping company with The King's Oak!

hobby. He made his own furniture and then gravitated to wood turning, "This is cool!" In 2002 a company where he worked staged an event. Employees were asked to sell things

they made to other employees. All of Richard's work sold. Today his pieces can be seen at The Hen's Nest Gallery in Washington Depot and can be purchased in our gift shop. Heys spends as much as five days a week at his beautiful man cave (studio) next to his home. On several occasions he has invited groups from WMCC to take tours of his studio.

One of the most significant contributions Richard Heys has given the Conservation Center is his generous donation of hand turned wooden bowls from trees harvested at White Memorial. Heys was inspired by bowls he had seen at the Brooklyn Botanical Garden that had been created from trees at the park. Heys thought, "Maybe I could do this at White Memorial!" Our own Lukas Hyder is a bodger (wood turner). Lukas gives Heys pieces of wood worthy of his lathe. To date, Richard has donated 120 bowls to the Gift Shop... certainly the most precious pieces of inventory on our shelves.

In his spare time, Richard Heys is deeply involved in the Litchfield Land Trust where he has served as its President. He loves classical music and serves on the board of Music Mountain. About White Memorial he says, "This is a wonderful place. I would love to be more involved."

Be careful what you wish for, dear Richard!

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

JULY

4 **INDEPENDENCE DAY**
Museum Closed



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

7 **Bringing Turtles Out of Their Shells**
with Pam Meier
See page 5 for details.



7 **The Watercolors of Mary Nolan Fracchia**
Art Show Opening Reception
6:00 pm - 8:00 pm
A. B. Cedar Room.

Pre-register by calling 860-567-0857 or online:
www.whitememorialcc.org

9 - 27 **Nature Adventurers**
Summer Camp
Weekdays only!
See page 6 for details!



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



July 10, 17, 24, 31, & August 7
Wee Discoverers Summer Nature Camp
See page 6 for details.

July 11, 18, 25, August 1, 8, 15
Yoga in the Garden
with Judith Erhman-Shapiro

Wednesdays

8:00 am - 9:00 am

Call 860-309-9489 for more information.

14 **Wild Edible Plants with Andy Dobos**
See page 5 for details!



14 **A Tour of Our StormWise Site**
with Julia Rogers
2:00 pm, Meet at the trailhead
at the junction of S.R. 61 & 63



21 **8th Annual Celebration for the Bats**
7:00 pm, A. B. Cedar Room
Members: FREE Non-members: \$5.00
Pre-register: 860-567-0857 or register online.

27 **Star Party!**
8:00 pm, A. B. Cedar Room



28 **Full Buck Moon Walk to Apple Hill**
with Gerri Griswold
7:30 pm, Meet at the A. B. Cedar Room.
Bring a flashlight!

AUGUST

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

4 **Things That Go Bump in the Night**
with Gerri Griswold
8:00 pm, Meet at the A. B. Cedar
Room. Limited to 20 VERY QUIET
individuals. Pre-register: 860-567-0857
or online: www.whitememorialcc.org



11 **Tree Identification Walk**
with Lukas Hyder
10:00 am, Meet in the Museum parking lot.

11 **All About Trees Watercolor Workshop**
with Betsy Rogers-Knox
See page 5 for details!



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

17 **Star Party!**
8:00 pm, A. B. Cedar Room



18 **Summer's Golden Healing Meditation & Wood Walk with Marlow Shami**
10:00 am, A. B. Cedar Room,
Members: FREE, Non-members: \$5.00

25 **Wild Edible Plants with Andy Dobos**
See page 5 for details!



25 **An Evening at Little Pond**
with Gerri Griswold

6:00 pm, Meet at the trailhead on Whites
Woods Road. Limited to 20 participants.
Pre-register: 860-567-0857 or register online:
www.whitememorialcc.org



SEPTEMBER

1 **Live Concert and Contra Dance**
with O'Wryly and Caller Bill Fischer
See page 5 for details.



3 **LABOR DAY**
Museum Closed



6 **Nature's Nursery**
See page 6 for details.



8 **A Visit to Slab Meadow**
with Marlow Shami
10:00 am, Meet in front
of the A. B. Cedar Room.



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

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

15 **Nowhere is a Place: Travels in Chilean Patagonia with Gerri Griswold**
See page 5 for details.



21 **Star Party!**
Star gazing begins at 8:00 pm
in the Sawmill Field, weather
permitting.



September 22, 2018
37th Annual Family Nature Day



Sky Hunters in Flight
Riverside Reptiles
Horizon Wings Raptor Center
The Bat Lady
Meet the North American Porcupine

Music by The Zolla Boys & The Redwood Hill Band

Win a trip for 2 to Iceland
in our Raffle!

Bunnell Farm Wagon Rides!

Food by The Litchfield Lions Club
Hardcore Cupcakes
Cups & Cone Ice Cream

Local Artisans
Kids Nature Crafts
See back page for information!

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

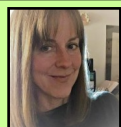
29 **Loving Haight with Gerri Griswold**
10:00 am, Meet at the A. B. Cedar Room.



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

Nature Study Workshops and Saturday Programs: Summer 2018

You can now register online: www.whitememorialcc.org



Bringing Turtles Out of Their Shells with Pamela Meier
 Saturday, July 7, 2018, 2:00 pm
 A. B. Ceder Room
 Members: \$5.00 Non-members: \$10.00

Pamela Meier, state-permitted wildlife rehabilitator, will talk about Connecticut's native turtles—and bring along some chelonian friends, too. Learn how to identify different species and genders, what to do (and not do) if you find a turtle, what rehabbing is all about, and how you can help. Suitable for adults and children ages 8 and older.



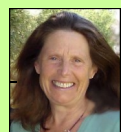
Wild Edible Plants with Andrew Dobos
 Saturday, July 14, 2018, 10:00 am - 1:00 pm
 Meet in front of the Museum, Limited to 20 participants!
 Members: \$15.00 Non-members: \$30.00

The Forest Wolf, Andy Dobos, will help you learn some common, easily identifiable edible wild plants and how to responsibly harvest and prepare them. Walk through field, forest and wetland edge. We have special permission to pick plants on the property, something that is not normally allowed. Bring a notebook, camera, and protection from the elements.



8th Annual Celebration for the Bats
 Saturday, July 21, 2018, 7:00 pm
 A. B. Ceder Room
 Members: FREE Non-members: \$5.00

Help Gerri Griswold celebrate 26 years of crusading for Bats! A lecture featuring a live Big Brown Bat will begin the evening's festivities. We can then count our bat colony as it emerges from the Green Barn! Charming bat cupcakes and lemonade will be served (to humans...not bats...they prefer insects)! Pack a picnic or BYOB! The event is on rain or shine.



All About Trees: Water Color Workshop with Betsy Rogers Knox
 Saturday, August 11, 2018, 1:30pm - 4:00 pm
 A. B. Ceder Room
 Members: \$35.00 Non-members: \$60.00

Working both in and out of the classroom learn the basics of drawing trees and their endlessly varied overall shapes, branching and leaf structures. We'll use water-soluble graphite crayons to capture the illusion of roundness and distance, bringing to life these giant treasures of the woods! For ages 12 and up. All materials included!



Summer's Golden Healing Meditation & Woods Walk With Marlow Shami
 Saturday, August 18, 2018, 10:00 am
 Meet in the A. B. Ceder Room.
 Members: FREE Non-members: \$5.00

Delving into our native turf is an essential ingredient in cultivating joy in daily life. Take a little time to experience White Memorial's enchanting trails. It is our many senses that tether us to this beautiful planet we call home. We'll enjoy a relaxing guided meditation then embark on a memorable walk designed to inspire healing insights and soulful restoration



Wild Edible Plants with Andrew Dobos
 Saturday, August 25, 2018, 10:00 am - 1:00 pm
 Meet in front of the Museum, Limited to 20 participants!
 Members: \$15.00 Non-members: \$30.00

The Forest Wolf, Andy Dobos, will help you learn some common, easily identifiable edible wild plants and how to responsibly harvest and prepare them. Walk through field, forest and wetland edge. We have special permission to pick plants on the property, something that is not normally allowed. Bring a notebook, camera, and protection from the elements.



Live Concert and Contra Dance with O'Wryly!
 Saturday, September 1, 2018, 7:00 pm - 9:00 pm
 Activity Shed
 Members: \$15.00 Non-members: \$30.00

Strap on yer dancin' shoes, pack a picnic or a snack, BYOB, and kick off Labor Day weekend with Conservation Center favorite **Robert Messoré** and his colleagues, AKA **O'Wryly!** Tonight our Activity Shed will undulate with the gleeful sights and sounds of Contra! Dancing is not mandatory this evening but we DARE you to stay seated! Bill Fischer calls!



Nowhere is a Place: Travels in Chilean Patagonia
 Saturday, September 15, 2018, 2:00 pm
 A. B. Ceder Room
 Members: \$5.00 Non-members: \$10.00

It's not always about Iceland! Spend an hour with Gerri Griswold as she shares breathtaking images from this ethereal travel destination tucked along the tail of the Andes near the bottom of the world.

<input type="checkbox"/> Turtles with Pamela Meier	Member: \$5.00	Non-member: \$10.00
<input type="checkbox"/> Wild Edible Plants (July 14)	Member: \$15.00	Non-member: \$30.00
<input type="checkbox"/> Celebration for the Bats	Member: FREE	Non-member: \$5.00
<input type="checkbox"/> All About Trees: Water Color Workshop	Member: \$35.00	Non-member: \$60.00
<input type="checkbox"/> Summer Meditation & Walk	Member: FREE	Non-member: \$5.00
<input type="checkbox"/> Wild Edible Plants (August 25)	Member: \$15.00	Non-member: \$30.00
<input type="checkbox"/> Live Concert & Contra Dance with O'Wryly	Member: \$15.00	Non-member: \$30.00
<input type="checkbox"/> Nowhere is a Place	Member: \$5.00	Non-member: \$10.00

Name

Address

City State Zip

Phone e-mail

Please circle one: member non-member

Payment enclosed:

Program fee: \$ Membership fee: \$ Total: \$

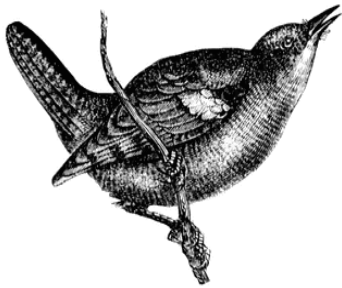
Become a member of The White Memorial Conservation Center and take advantage of the member discount, along with free admission to the Nature Museum, a discount in the Gift Shop, and receipt of the quarterly newsletter and calendar of events. Your tax-deductible fee will help sponsor programs like these.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



Make check payable to
 White Memorial Conservation Center.
 WMCC, P.O. Box 368, Litchfield CT 06759.

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 (SOLD OUT), August 24 (SOLD OUT), September 7

Meet in the A. B. Cedar Room.

4:00pm - 5:00pm

Members: \$8/child per session

Non-Members: \$12/child per session

"Wee Discoverers" Summer Nature Camp Tuesdays, July 10, 17, 24, 31, & August 7

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 Camp July 9-27 (weekdays only)

Sign up by week!

9:30am - 3:30pm each day

Meet on the Museum lawn.

Members: \$125/week

Non-members: \$185/week

"Natural History Explorers" Summer Camp July 9-August 10 (weekdays only)

9:30am - 3:30pm each day

A. B. Cedar Room

Members: \$150/week

Non-members: \$210/week

Grades 3 & 4: July 9-13 & 16-20 (SOLD OUT)

Grades 5 & 6: July 23-27 & July 30-August 3

Grades 7, 8, & 9: August 6-10 (SOLD OUT)

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.



Make a Difference

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

I just cleaned out our refrigerator. It's a job that I just don't like. I don't like it because it is very hard to get into the bottom of the appliance (the freezer is on the top) and because I always find some "treasure" that I had overlooked. This time it was two small zucchini squash that I had purchased and never used. I don't even remember why I bought them...I think it was for a recipe that I never ended up making. I hate having things I don't use. I hate having things I don't need. I hate waste. And yet, just like most everyone else, those two zuc-

chini squash ended up being thrown out from my kitchen. Oh sure, I can take a *little* comfort in the fact that "my garbage" ended up in the compost pile instead of the landfill. How very smug of me. But, it is still waste. And, as I said, I hate waste. Even if I caused it.

On the trip to the compost pile to throw out said compost, I reflected on the amount of food waste there is in this country. I reflected on the number of times I have made applesauce out of "tired" apples. I remembered my mother cutting out the "bad" part of the fruit or

veggie and using the rest. We have gotten so used to perfection in our world today, that things that are not "perfect" just don't cut it anymore. That attitude goes for school reports to fashion to veggies and fruit. How I miss school reports made with construction paper covers in your "best" handwriting. I miss sloppy copies, as my friend Betty used to call them; you know, the ones you copied over from before handing in your report.



(continued on page 7)

White Memorial's President Receives the 2018 Boy Scouts of America Good Scout Award

The Boy Scouts of America Connecticut Yankee Council annually presents the Environmental Good Scout Award to individuals who represent the values the Boy Scouts strive to instill in young people and for their outstanding leadership and commitment to the community. This year's awards were presented at a reception in North Haven on April 25th. Those honored were Elin Swanson Katz, State of Connecticut Consumer Counsel, Tony Marone, President & CEO of UIL Holding Corp., and **President of the White Memorial Foundation and Conservation Center, Arthur H. Diedrick.**

Bryan Garcia, President & CEO of The Connecticut Green Bank, in his introductory remarks, spoke of Arthur's commitment to community, his recognition of the importance of both economic development and environmental protection and his leadership on climate change. Mr. Diedrick, in addition to his over 30 year tenure as White Memorial's President, is the Chair of the Institute of Sustainable Energy at Eastern Connecticut State University, was the founding chairman of the Connecticut



White Memorial President, Arthur Diedrick

Clean Energy Fund and the Connecticut Brownfield Redevelopment Authority and chaired the Governor's Steering Committee on Climate Change, which was recognized by the EPA with the "Climate Protection Award for 2005".

Mr. Garcia relayed a quote from a legislator on the State Environmental committee that he felt summed it all up speaking of Arthur: "Just a comment, that given the debate we had during our Committee meeting earlier, I find it the height of irony that the quasi-public agency's chief executive officer in charge of economic development in the State of Connecticut is running the greenest initiatives of any state agency. And I think it's important to understand that there is no irony to that fact because this is all about economic development and the future of the State of Connecticut and I only wish that it was an attitude that was seen administration-wide and I commend you on your work."

We congratulate Arthur is receiving this award as a testament to his leadership and commitment to the community and to the environment.

Make a Difference Continued from page 6

Americans throw out, on average 150,000 tons of food waste every year. EVERY YEAR! 150,000 TONS! EVERY SINGLE YEAR! It is estimated that between 30 to 40 % of the food produced each year in this country is thrown away! That amounts to \$165 billion or about \$2,200 per family. Much of it is in the form of "tired" apples that could be used to make delicious applesauce. Some of it is "day old" bread. Milk on the day after it's "use by" date. Veggies that have a spot or two. Kale that is used to "dress" your restaurant dinner. The rolls that were delivered to your table, but that you didn't eat.

We have become so used to having everything perfect that we overlook the misshapen squash and the not so perfectly round orange. Why? Are those foods any less healthy? Are they less full of vitamins? Of flavor? No, it is because we have chosen to look past the items

in our grocery store that don't look like magazine covers. We have become too preoccupied with perfect.

I guess many people who regularly shop farmer's markets are less likely to be quite so picky, at least I hope so. If small-time farmers go the way of the big- farmers who grow food to look good after it has shipped several thousand miles *and* for several days after it has arrived, then we have lost more than we have gained.

How many times have you heard someone say, "Man, tomatoes in the grocery store just don't taste like the tomatoes I grew up with?" Of course they don't. The tomatoes you grew up with were picked that morning. Those grocery store tomatoes were probably picked while they were still green and then shipped. How else do we get "fresh" strawberries in January?

Consider getting involved in an organization such as *Food Rescue US* which uses volunteers to gather still useable food from restau-

rants, grocery and produce stores and dining facilities and donate it to local food programs, such as homeless shelters and food pantries. Google "food recovery groups" to find a list of organizations in your area. It is a small way that you can help with the food waste problem.

Find out the proper way to store fresh fruits and veggies so you don't throw out so many. Consider buying smaller quantities more frequently, like they do in Europe. Clean out your refrigerator more often and you can still use the "slightly weary" zucchini and spinach.

So, dear friends, stand up for the ugly fruit and the ugly veggies. Make soup out of the "tired" vegetables. Make your own breadcrumbs or croutons out of bread heels. Use the "good" parts of the fruit in your smoothies. You will end up spending less money on groceries and you will have the opportunity to feel a little smug, because you know that *you* have

made a difference!



WHITE MEMORIAL CONSERVATION CENTER, INC. 54th ANNUAL MEETING MINUTES MAY 4, 2018



The 54th Annual Meeting of the White Memorial Conservation Center, Inc. was called to order by President Diedrick at 3:30 pm., on May 4, 2018 at the White Memorial Foundation office.

The minutes of the May 5, 2017 Annual Meeting were approved as previously distributed.

Mr. Samponaro presented the report for the Nominating Committee. For member of the Board of Directors for a term of three years: Henry Perrault. For

members of the Education and Activities Committee for terms of three years: Gail Berglund, Dean Birdsall, Mary-Ellen Birdsall, Sue Carpenter, Lisa Cook, Morgen Fisher, Barry Huber, and Kelly Orr. For member of the Education and Activities Committee for a term of one year: Tom Clark. Upon motion of Mr. Schoelzel and second by Ms. Skilton the Secretary was authorized to cast one ballot for the slate as presented.

Center staff Gerri Griswold, Carrie

Szwed, and James Fischer reported on accomplishments for 2017 and plans for 2018.

The membership was informed that signs have been added, by the State Department of Transportation, at Route 8 Exit 42 directing people to White Memorial.

As there was no further business, upon motion of Mr. Samponaro and second by Mr. Morosani, the meeting was adjourned at 4:07 pm.

37TH ANNUAL FAMILY NATURE DAY

SATURDAY, SEPTEMBER 22, 2018

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

ADMISSION: \$6.00

CENTER MEMBERS AND CHILDREN UNDER 12 FREE



BATS & PORCUPINES!

GUIDED NATURE WALKS

NATURE CRAFTS FOR KIDS

BOOTHS AND EXHIBITS

ARTISANS MARKET

YUMMY FOOD

HORSE DRAWN WAGON RIDES

WIN A
TRIP FOR TWO TO ICELAND
IN OUR RAFFLE!



THE ZOLLA BOYS



HORIZON WINGS RAPTOR CENTER



RIVERSIDE REPTILES



SKY HUNTERS IN FLIGHT

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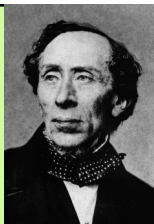
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Just living is not enough...
one must have
sunshine, freedom, and a little flower.
~ Hans Christian Andersen



Keep close to Nature's heart...and break clear
away, once in awhile, and climb a mountain or
spend a week in the woods.
Wash your spirit clean.
~ John Muir



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